

BROOKS BEASTS - MIDDLE DISTANCE

DANNY MACKEY - M.S. C.PED

PROGRAMING APPROACH

- Work backwards from major goal
- Identify key performance indicators

Parameter Events	Middle-distance		Middle-long distance			Long distance	
	800 m (min:ss:ms)	1,500 m (min:ss:ms)	3,000 m (min:ss:ms)	5,000 m (min:ss:ms)	10,000 m (min:ss:ms)	60 min record (~1/2 marathon) (min:ss)	Marathon (hr:min:ss)
Male world record event duration (hr:min:ss:ms)	1:40.91	3:26.00	7:20.67	12:37.35	26:17.53	58.18	2:01:39
Average race pace intensity (% VO ₂ max; Billat, 2001)	115–130	105–115	~100	95–100	90–95	85–90	75–80
Physiological threshold	Above VO ₂ max		≤VO ₂ max, ≥ Critical velocity			<Critical velocity	
% Aerobic energy contribution (Billat, 2001)	65–75	80–85	85–90	90–95	97	98	99.9
% Aerobic energy contribution (Spencer and Gastin, 2001)	66 ± 4	84 ± 3	n/a	n/a	n/a	n/a	n/a
% Aerobic energy contribution (Duffield et al., 2005a,b)	60.3 ± 9	77 ± 7	86 ± 7	n/a	n/a	n/a	n/a
Coach interpretation of % aerobic energy contribution (Gamboa et al., 1996)	35–65	n/a	n/a	n/a	n/a	n/a	n/a
% difference in aerobic contribution to 800 m	–	5–20	10–25	20–30	22–32	23–33	24.9–34.9

JOSH KERR – MEN'S 1500



- 3:35 in 1500, 34th in World – 2018 (PR in Time Trial Race)
- 3:32.5, 6th in World 2019 (PR in Final)
- 3:29.0, 3rd in Olympics 2021 (PR in Final)
- 3:30.0 5th in World 2022 (PR in Final, got COVID at Worlds)

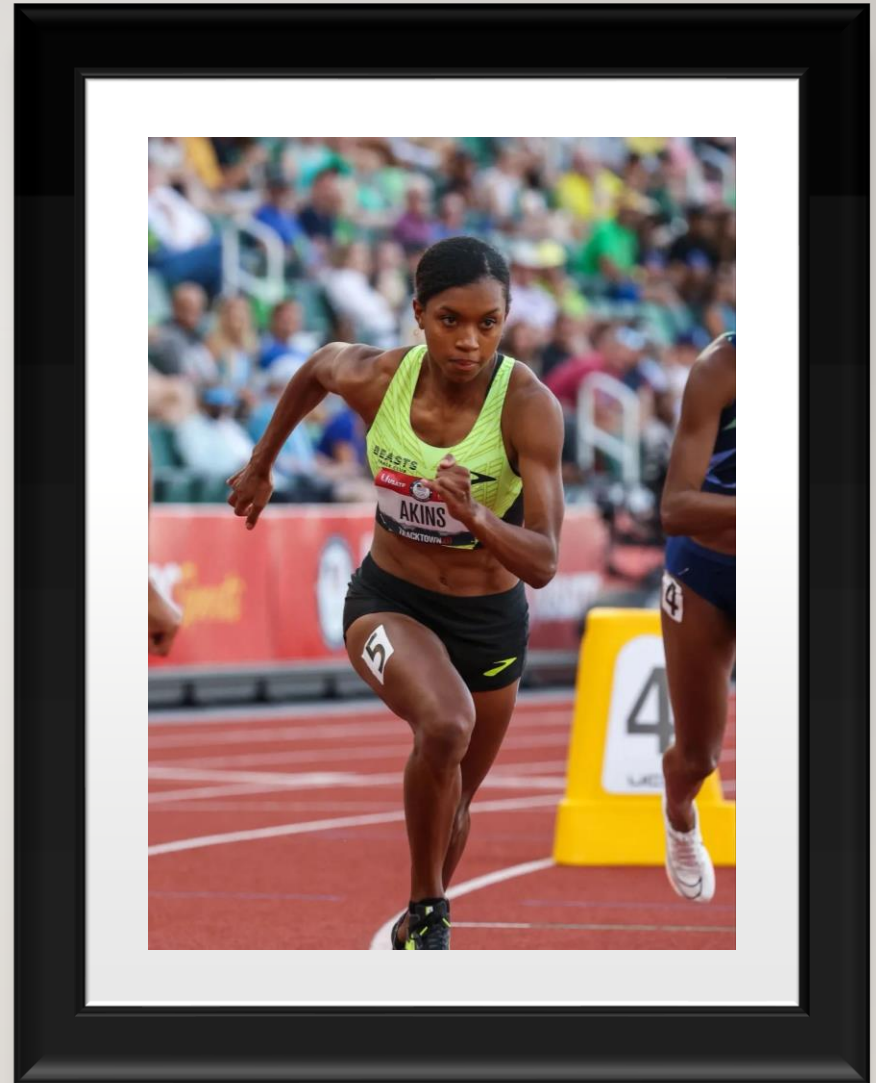
JOSH KERR – SAMPLE WORKOUTS

October 31	November 1	November 2	November 3	November 4	November 5	November 6
1 x 20m of BB A + B wicker intro 4-6 (double for 10 on the day)	WU, 6-7 x 80 Sec/20 Sec (this is alternating). 10k effort/hard stride effort. We will move starting spots so can jog down after each, CD WEIGHTS (11-12/21-22)	(6/27-28)	60-70 min run Elevate Dynamics (9-10/37-38)	WU, *first aerobic tempo aim for 9 miles averaging between 5:22-5:12, CD WEIGHTS (12-13/49-51)	off	16 miles (chill today because this is a harder week) w/ 4 x 8 sec hill sprints. (65-67)

July 12	July 13	July 14	July 15	July 16	July 17	July 18
50-60 min. 1 x 20m of BB A + B + Pusha T. 6 x football field strides, relaxed effort 1 x 6 LW PM: double (10-11)	WU, 3 x 200/400/800/400/200, then full recovery and 1 cutdown K starting at 36 for 200 and working down from there 1-2 seconds every 200. Rest is jogging whatever the distance of the next rep is. Pace is 30-28/65-63/2:17-2:12/same/same CD WEIGHTS (11-12/21-23)	7 mile recovery OR you can switch with Saturday (7/29-30)	65-70 min run, plyos, 1 x 6 DA. Beyonce'. (10-11/39-41)	40 min run easy build to progressive down (no pace here, just work to a 5 intensity by the end) 2 x 150's moderate w/ walk back (~3 min recovery), 400 (51), 2 x 150, (150's are around 18.0) CD. (WEIGHTS) (10-11/49-52)	off	14-15 w/ no hill sprints

NIA AKINS - WOMEN'S 800

- 2:00.6 in NCAA
- 2nd year, made Olympic Trials 800 Final. Broke 1:59 2 times this year. Podiumed 5 times in 9 races this year
- Opened up with 4:36.1



NIA AKINS – SAMPLE WORKOUTS

June 7	June 8	June 9	June 10	June 11	June 12	June 13
50-60 min. 1 x 20 m of BB A + B + Pusha T. 6 x football field strides 1 x 6 LW (8-9)	WU, 5 x 1k w/ 75 rest, 3:34 to start, no strides after, CD WEIGHTS (8-9/16-18)	35 min XT	50-60 min run, 1 x 6 DA. Plyo's, Beyonce' (8-9/24-27)	WU, 3 x 600/400/200 rest 2 min/1 min/6 min between sets. 1:49-1:47/70-69/33 or quicker (you can push the 200 on each rep), CD WEIGHTS (7-8/31-35)	off	9-10 mile long run. 5 x 6 second hill sprints (40-45)

December 26	December 27	December 28	December 29	December 30	December 31	January 1
1 x 30m of BB A + B + Pusha T, 6 x flying 50's (7)	WU, 4 mile paced run, average around 5:45 (could be quicker if this feels too easy) pace for the entire run. 4 x 150's w/ a standing start in 20 seconds w/ 3 min rest, CD Elevate WEIGHTS (10/17)	45-60 min XT	50-60 min run Elevate Dynamics (7-8/22-25) PM: 30 min XT	WU, 4 x 400 + 4 x 300 w/ 1 min recovery/5 min between sets. Aim for 66 sec on 400's, 46-45 for 300's, CD Elevate WEIGHTS (8-9/30-34)	active recovery, could jog or XT if you want more miles/minutes	10-11 miles w/ 6 x 8 sec hill sprints (40-45)

PARACHUTES

- Do you go right back?
- Contingency plans
- Plan B
- Adjusting on the fly
- Picking "battles"

