

FRACTIONAL UTILIZATION

3200M

Devlyn Lovell

dlovell@antonian.org

2020 32nd NMTCCCA Clinic

Embassy Suites

Albuquerque, New Mexico

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TEN CHARACTERISTICS OF PHILOSOPHER COACHES – FRANK DICK

1.

Committed to individual integrity,
values and personal growth

2.

Profound thinkers who see themselves
as educators, not just coaches

3.

Well educated (formally and informally)
in liberal arts tradition.

4.

Long run commitment to their athletes
and their institution

5.

Willing to experiment with new ideas

6.

Value the coach
player relationship, winning aside

7.

Understand and appreciate human nature

8.

Love their sport and work

9.

Honest and strong in character

10.

Human and therefore imperfect

COMMUNICATE WITH STAKEHOLDERS



ANTONIAN WEEKLY INFORMATION WLLK #1 - JANUARY 6-12

Monday, January 6 (Field/Pond Day)

8:15 a.m. — Distance Workouts and Strength Training w/Coach Rice — Put something for breakfast, lunch and dinner and refuel with protein after.
 9:00 p.m. — Spikes/Jumpers/Trainers meet at track for workouts.
 Report to Coach Rice in Weight Room when done.
 4:00 p.m. — Throwers meet with Coach De la Garza at track.
 8:00 p.m. — Pole Vault Practice.

Tuesday, January 7

8:15 a.m. — Distance Workouts and Strength Training w/Coach Rice. Eat something for breakfast before and refuel with protein after.
 9:00 p.m. — Spikes/Jumpers/Trainers meet at track for workouts.
 Report to Coach Rice in Weight Room when done.
 4:00 p.m. — Throwers meet with Coach De la Garza at track.

Wednesday, January 8 (Mass Day and Field Crest Day)

8:15 a.m. — Distance Workouts and Strength Training w/Coach Rice — Eat something for breakfast before and refuel with protein after.
 9:15 p.m. — Spikes/Jumpers/Trainers meet at track for workouts.
 Report to Coach Rice in Weight Room when done.
 4:00 p.m. — Throwers meet with Coach De la Garza at track.
 8:10 p.m. — Pole Vault Practice.

Thursday, January 9

8:15 a.m. — Distance Workouts and Strength Training w/Coach Rice — Put something for breakfast, lunch and dinner and refuel with protein after.
 9:00 p.m. — Spikes/Jumpers/Trainers meet at track for workouts.
 Report to Coach Rice in Weight Room when done.
 4:00 p.m. — Throwers meet with Coach De la Garza at track.

Friday, January 10 (Relay/Field)

8:15 a.m. — Distance Workouts and Strength Training w/Coach Rice — Put something for breakfast, lunch and dinner and refuel with protein after.
 9:00 p.m. — Spikes/Jumpers/Trainers meet at track for workouts.
 Report to Coach Rice in Weight Room when done.
 4:00 p.m. — Throwers meet with Coach De la Garza at track.

Saturday, January 11

7:00 a.m. — Distance Workouts at the track. Put something for breakfast before and refuel with protein after.
 8:15 a.m. — Spikes/Jumpers/Trainers meet at track for workouts.
 8:00 a.m. — Throwers meet with Coach De la Garza at track.

Sunday, January 12

Distance — Check Training Schedule for your recommended mileage for today. Eat something for breakfast before and refuel with protein after.
 Spikes/Jumpers/Trainers — Off

Returns: Let us make this season a great one. Continue to be positive leaders for our team. Our first meet is February 15.

Newcomers: We are so excited that you are a part of our family. This week will be a learning experience, but you will all do great.

Parents: If you have not created a Band account, please email me at lg@antonian.org for an invite. The band account will be our communication platform for the track & field season.

In addition, all students must have their medical paperwork completed to participate in athletics. Please email Tiauna.Hudson@antonian.org (Tiauna.Hudson@antonian.org) for details to make sure your child is current. An affidavit, an immunization checklist, and a form must be completed this process.

We will be having our January Track & Field Parent Meeting on Thursday, Jan. 30 at 6:00 p.m. in the Student Center.

Lately, we are looking for Track & Field Booster representatives. This group meets once a month and they are very good in the promotion for Track & Field. Contact: If you would like to help, please send me an email.

Newsletters: All Track members always bring and bring your stickers on cold days is essential to keep your core body temperature warm.

*School Work — Continue to stay on top of your classes. The spring gets very busy and staying ahead is essential to your success.

*Distance Runner should bring reflective vests to school every morning.

*Distance Runners need to log mileage after every workout and log it on their own parent's email.

Prerequisite Items:

- Cross-Country or Track Jacket/Pullover (Optional)
- Cross-Country or Track Inhaler (LSDSS)
- Tights (Optional)
- Rain Gear (Optional)

Misc:

- Spikes, Trainers and Flats
- Massage Stick
- Stretch Rope
- Roller



ANTONIAN PACKING LIST Saturday, February 15, 2020 (Pearsall Invitational)

COMPETITION GEAR

- Uniforms/Shorts
- Compression Shorts
- Uniform Socks
- Spikes/Flatting Shoes
- Flats

CLOTHING/OTHERS

- Hair Bands
- WIC Team Warm-Up Pants
- WIC Team Warm-Up Top/Shorts/Overalls
- WIC Team (SWE) Hood
- Sports Bra (Girls)
- Tights
- Rain Gear
- Towel
- Sunscreen
- Massage Roll
- Roller

FUEL

- Healthy B.M. Meal/Kit
- Healthy Lunch
- Water Bottle
- Packing Materials/Items

- 8 x 16 oz. stick to flats (e.g. water and sports drink)
- 8 1/2 hr. small snack (e.g. 1/4 bar or banana) plus fluff
- 8 x 2 hr. more substantial snack with protein (e.g. sandwich, chocolate milk, fruit, yogurt)
- 8 1/2 hr. or more, good recovery snack than normal spring throughout end of day

RECOVERY

- Massage Stick
- Stretch Rope
- Roller

OTHER

- Inhaler
- Label Paper
- Gait Belts
- Hair Bands/Headbands (Girls)
- Honey
- Small Masked
- Chap Stick
- Pad/Linens (Girls)
- Small Hairage bag
- Spike/Spikes/Wallet

WEATHER FORECAST

Saturday, October 12
 67°/97°
 Wind N 17 mph
 Chance of Rain 0%



ANTONIAN CROSS-COUNTRY ITINERARY 2019-20. John's Midwest Cross-Country Invitational

Friday, October 11

Antonian

- 3:45 PM — Check in at Radio Gym
- 4:15 PM — Depart for Tomball
- 8:05 PM — Arrive at Hampton Inn and Suites

Saturday, October 12

- 6:00 AM — Wake Up
- 6:15 AM — Breakfast
- 6:45 AM — Depart for course
- 8:30 AM — First Race

WEATHER FORECAST

Saturday, October 12
 55°-83°
 Wind N 17 mph
 Chance of Rain 0%

Meet Schedule:

- 8:30 AM — Varsity Boys (50)
- 8:30 AM — Jr. Varsity Boys (50)
- 8:55 AM — Varsity Girls (2 miles)
- 10:30 AM — AWARDS (Please wear Antonian Inhibit)

FLUIDS — FLUIDS — FLUIDS- FLUIDS
 FLUIDS — FLUIDS — FLUIDS- FLUIDS
 FLUIDS — FLUIDS — FLUIDS- FLUIDS
 FLUIDS — FLUIDS — FLUIDS- FLUIDS

Utrac:

- Cross-Country Jacket/Pullover (Optional)
- Cross-Country Inhib (LSDSS)
- Tights (Optional)
- Rain Gear (Optional)

Bring:

- Spikes, Trainers and Flats
- Massage Stick
- Stretch Rope
- Roller

Hampton Inn and Suites 1100 Medical Complex Drive Tomball, TX 77377

Spring Creek Park 15012 Brown Rd Tomball, TX 77377

Warm Up

- Warm up Jogger
- 10-15 min jog/walk on (2 Easy, 4 Medium, 4 Tempo)
- Meet Water
- 1/2 of 16oz. cup deep (100), shallow, long, long, long, long, long
- Drink Water
- 4 x 16oz. sippy at time pass.
- Shower (optional) on top floor.
- Double lock room.
- Drink water.
- Remove excess clothing.
- Take two deep breaths.
- 10 min rest.

Cool-Down

- Cool down jog/walk on top floor ramp
- Find and talk to one of the coaches.
- Perform a 10-20 minute cool-down or as assigned.
- Water station: Sports, athletic test and rest.

BUILD A CHAMPIONSHIP CULTURE - JANSSEN'S

1. A clear vision -- short and long-term goals that guide why you coach,
2. Aligned coaching styles -- a guide for how you coach and mentor,
3. Core values -- to guide your decision-making, your words, and your actions,
4. Intent -- a clearly communicated purpose for everything you do,
5. Expectations -- standards for on and off-field behaviors, and
6. Accountability -- a means of responsibility and ownership for all behaviors.

DEVELOP EXPECTATIONS – MISSION STATEMENT/KEYS TO SUCCESS



ANTONIAN MISSION STATEMENT

An Interscholastic Athletic Program As A Co-Curricular Activity Is An Integral Part Of The Total Education And Growth Experience At Antonian College Preparatory High School. Athletics Is Designed To Affirm And Promote The Catholic Values, And Engage Student-Athletes Fully In Mind, Body And Spirit. Student-Athletes, Coaches And Parents Are Called Upon To Work Together In A True Spirit Of Sportsmanship To Assist In Creating An Environment In Which Those Catholic Values Can Be Revealed, Tested, And Proven Relevant Both To Participants.

Through Participation In Athletics At Antonian College Preparatory High School, Students Will Mature Physically, Emotionally, Socially, And Spiritually. They Will Learn To Take Responsibility For Personal Growth By Developing Loyalty, Pride, Integrity, And Commitment. Athletics Provides The Opportunity For A Student-Athlete To Exhibit A Progression Of Physical Skills And Knowledge Of A Particular Sport, Enabling The Student To Apply These Skills And Knowledge To New Situations And A Variety Of Learning Formats.

Through Participation In Athletics, A Student-Athlete Learns That God Is Active In All Things And That Individual And Liturgical Prayer Will Bring The Student Closer To God. The Student-Athlete Comes To Trust That The Student Is Known And Loved By God; That Love Inspires A Personal Response, Which Is An Expression Of Movement Within The Human Heart Beyond Self-Interest Or Self-Centeredness. The Student-Athlete Is Called To Be Conscious Of The Call To Be A Leader In Service And To Acknowledge The Student's Active Commitment Toward Fostering A Just Society. Every Member Of The Antonian College Preparatory High School Community Must Seek To Encourage, Instill And Foster Such Growth And Development In All Student-Athletes.

Alone we can do so little; together we can do so much. - Helen Keller



5 Key Components to Success

1. **Commitment** - Those with 100% commitment are unstoppable. Extra effort is the key to success.
2. **Vision** - Consider what you want, why you want it, what that looks like, and what impact it will have when you get it, and keep the vision front and center.
3. **Integrity** - As the saying goes, a man is only as good as his word. Trust is fundamental in relationships, and our relationships are often a reflection of our own character. Those without integrity will not reach their ultimate vision of success.
4. **Faith** - Let your faith comfort you in hard times and give you the confidence to be your best.
5. **Passion** - The success mindset is driven by pure passion for a dream.

DEVELOP EXPECTATIONS

STUDENT EXPECTATIONS:

- Runners need to be ready for practice at 6:10 a.m. at the track with their running notebooks.
- Runners need to be dressed in appropriate running attire, with good running shoes and a watch.
- Runners are expected to stay at practice and meets for their duration.
- Participating at meets is mandatory, if assigned.
- Runners who are injured must dress out, meet at the track at posted time, receive treatment from trainer, and ice when needed.
- Runners should stay off their cell phones during practice.
- Runners are to be enrolled in the Band Application and check it regularly.
- Runners are to know our season schedule and communicate with their coaches.

DEVELOP EXPECTATIONS



ANTONIAN CROSS COUNTRY RUNNING LOG

Name _____

"It's hard to beat a person who never gives up." - Babe Ruth

Week of _____

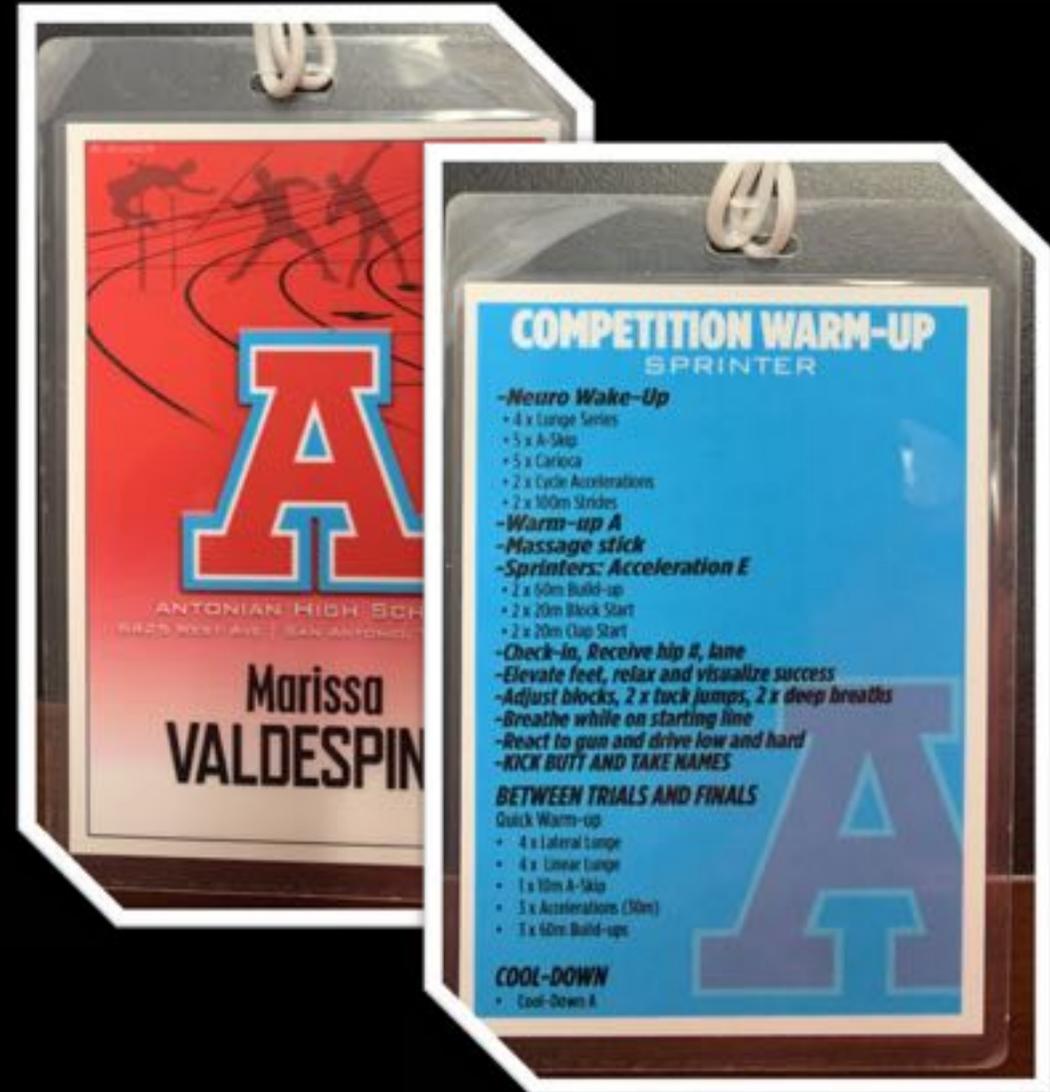
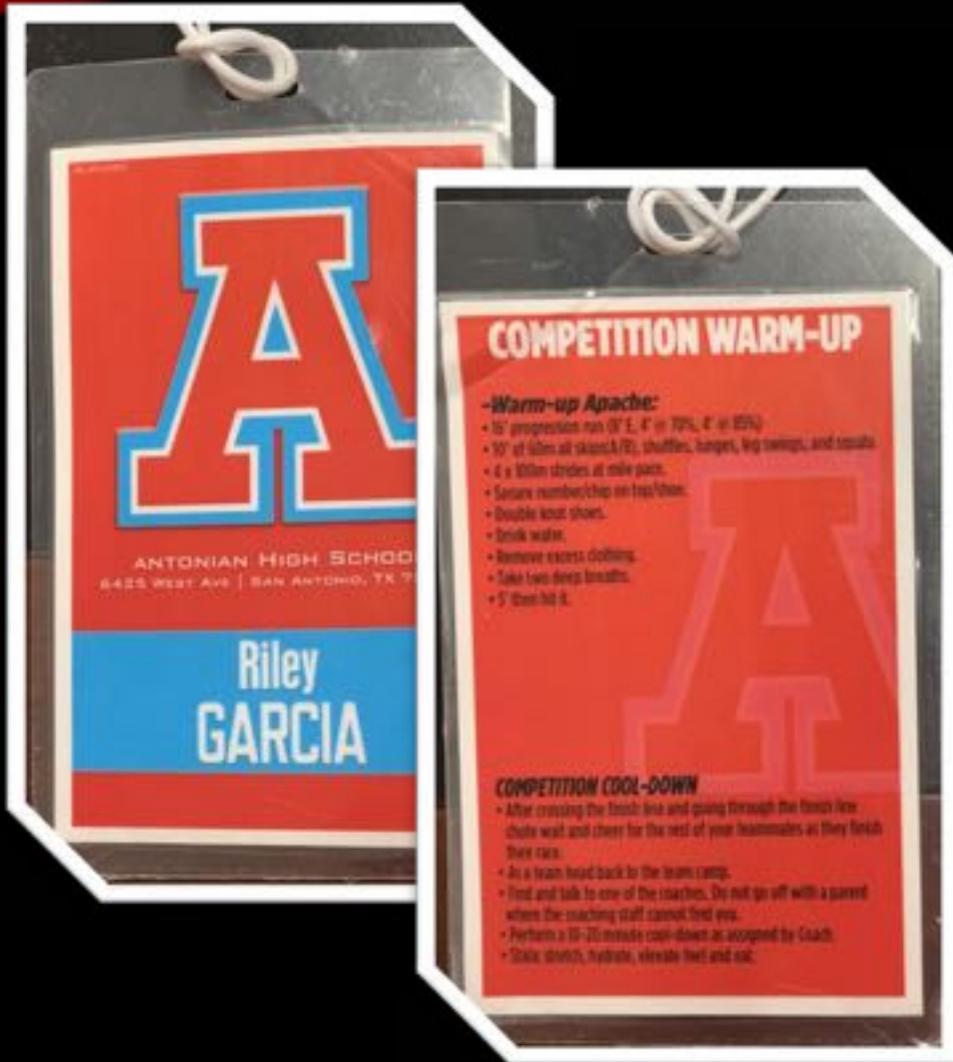
Date	Day A.M. or P.M.	Type of Run	Calculated pace	Actual pace	Total Distance of Run	Total Time	Total Miles For Day	Goal Met?

"Meeting the demands of excellence is the priority!"

Total Miles this week _____

By a persistent effort of will it is possible to change the whole body. The athlete must always keep in mind this concept of change and progression. He must never accept his limitations as being permanent, because they are not. - Zatopek

DEVELOP EXPECTATIONS



CREATE SCOUTING REPORT

STATE MEET DEMANDS-Individual

5A Girls

2019			
	Name	School	Time
1	Leah Futey	Cleveland	18:26.4
2	Jasmine Turtle-M	Eldorado	18:45.6
3	Emily Schoellkopf	Albuquerque	19:07.0
4	Brynn Esplin	La Cueva	19:15.9
5	Lila Nezar	Volcano Vista	19:19.1
6	Laurynn Sisneros	Eldorado	19:23.8
7	Isabella Schrader	Volcano Vista	19:26.7
8	Marissa Gallegos	Atrisco Heritage	19:35.7
9	Isa Gonzales	Cleveland	19:39.1
10	Kamalani Anitielu	Farmington	19:40.6

2018			
	Name	School	Time
1	Jasmine Turtle-M	Eldorado	18:22.4
2	Leah Futey	Cleveland	18:47.5
3	Reilly McClanahan	Eldorado	19:08.3
4	Alisa Marez-Fishb	Albuquerque	19:19.4
5	Olivia Salter	Sandia	19:25.6
6	Brynn Esplin	La Cueva	19:25.8
7	Mari Gonzales	Cleveland	19:26.5
8	Reina Paredes	Rio Rancho	19:28.2
9	Isa Gonzales	Cleveland	19:34.1
10	Lila Nezar	Volcano Vista	19:37.2

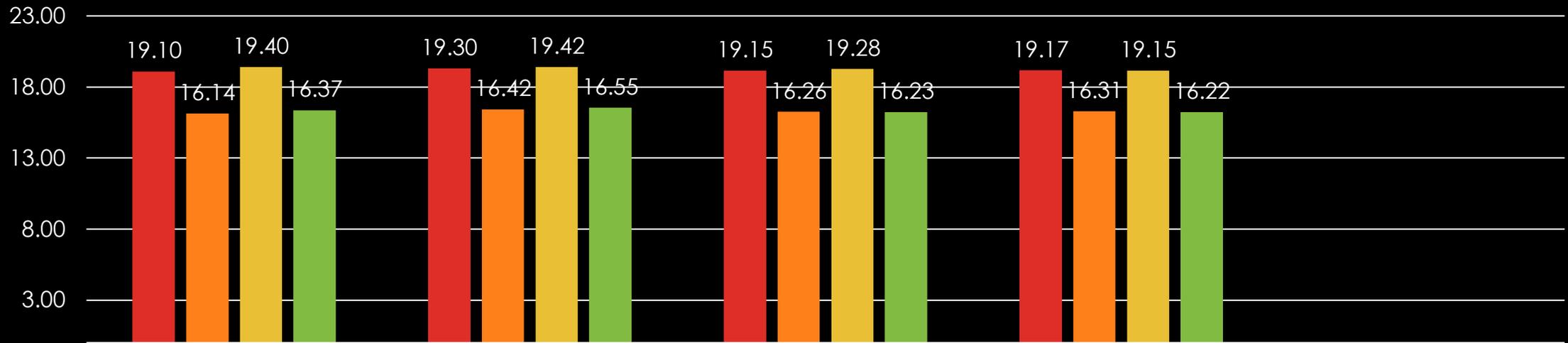
4A Boys

2019			
	Name	School	Time
1	Julian Garcia	Academy	16:04.7
2	Justin Hickey	Academy	16:09.0
3	Rafael Sanchez	Los Alamos	16:18.3
4	Angel Anchondo	Santa Teresa	16:19.7
5	Wakei Hettinga	Los Alamos	16:25.3
6	Rendon Kuydendall	Hope Christian	16:26.0
7	Steven Strevell	Los Alamos	16:27.0
8	Tayan Benson	Miyamura	16:27.5
9	Keith Bridge	Los Alamos	16:33.2
10	Riley Watson	Miyamura	16:38.5

2018			
	Name	School	Time
1	Kashon Harrison	Kirtland Central	15:27.3
2	Rafael Sanchez	Los Alamos	16:06.5
3	Duncan Fuehne	Los Alamos	16:07.9
4	Ty McCray	Miyamura	16:10.6
5	Steven Strevell	Los Alamos	16:23.7
6	Justin Hickey	Academy	16:36.4
7	Oliver Pilon	Academy	16:41.8
8	John Hall	Pojoaque Valley	16:41.8
9	Skyler Forman	Academy	16:45.1
10	Eric Scharton	Hope Christian	16:53.1

CREATE SCOUTING REPORT

2016-2019 Top 10 Average by Classification



	2016	2017	2018	2019
6A(5A) Girls	19.10	19.30	19.15	19.17
6A(5A) Boys	16.14	16.42	16.26	16.31
4A Girls	19.40	19.42	19.28	19.15
5A(4A) Boys	16.37	16.55	16.23	16.22

■ 6A(5A) Girls
 ■ 6A(5A) Boys
 ■ 4A Girls
 ■ 5A(4A) Boys

Develop Science Based Training Plan

Energy Source Comparisons for Various Events (from Gatin, 2011)

“Classic” Model

Energy Source	200	400	800	1500	5000	10000	Mar
Aerobic (%)		18.5	35.0	52.5	80.0	90.0	97.5
Anaerobic (%)		81.5	65.0	47.5	20.0	10.0	2.5

“Current” Model

Energy Source	200	400	800	1500	5000	10000	Mar
Aerobic (%)		29.0	43.5	60.5	77.0	94.0	99.0
Anaerobic (%)		71.0	56.5	39.5	23.0	6.0	1.0

The “current” model was determined using the latest methodology in oxygen kinetics, and with a much more elite subject population than the “classic” model.

BY THE NUMBERS

87%

of energy need is developed in runs of 70-100% of VO_2 max

13%

is made up of runs (100%+) or faster.

DEVELOP SCIENCE BASED TRAINING PLAN

Multi-Paced Training Plan

- Within the 13-14 day cycle we will hit different training paces. Paces are fluid differ depending on the time of year.
- Helps reduce the monotony of training.
- Allows for more recovery days if needed.
- Works well with racing schedules.
- Can hit the all of the major training parameters with in the cycle fairly easily.
- Speed and Endurance can be done each within each cycle if needed.

FRACTIONAL UTILIZATION PERCENTAGES

Event

- 400m
- 800m
- 1600m
- 3200m
- 5000m
- 10,000m

Percentage of $\dot{V}O_2$

- 138-140%
- 120-136%
- 110-112%
- 100-102%
- 97-100%
- 92-93%

DEVELOP SCIENCE BASED TRAINING PLAN

Mesocycle

- General Prep (4 weeks)

Workout Type

Aerobic Efficiency
Lactate Threshold
 $\dot{V}O_2$

- Specific Prep (4 weeks)

Lactate Threshold
 $\dot{V}O_2$
Glycolytic

- Pre-Comp (4-6 weeks)

$\dot{V}O_2$
Lactate Threshold
Glycolytic

- Comp (3-4 weeks)

$\dot{V}O_2$
Glycolytic
Recovery

DEVELOP SCIENCE BASED TRAINING PLAN

- Lactate Threshold
- Aerobic Conditioning
- Power (Hills)
- Long Runs
- VO_2 Max
- Glycolytic (Special I, II)
- Alactic

DEVELOP SCIENCE BASED TRAINING PLAN

- LONGER TEMPO

- 40' @ 80%, 5-6 MILES

- MEDIUM TEMPO

- 30' @ 85%, 4-5 MILES

- SHORTER TEMPO

- 25' @ 90%, 3-4 MILES

- INTERVALS

- 8' @ 85% Rest: 1' jog + 8' @ 85% Rest: 1' jog + 8' @ 85% Rest: 1' jog

- 5 X 1600M @ 87% Rest: 1' jog

- 2(3 x 1000m) @ 88% Rest: 45" reps/2' sets

DEVELOP SCIENCE BASED TRAINING PLAN

- INTERVALS

- 12 X 400 @ 97% Rest: 200 JOG
- 6 X 800M @ 97% Rest: 200 JOG
- 5 X 1000M @ 97% Rest: 400 JOG
- 3 x 1600m @ 97% Rest: 400 JOG

- COMBO/BLEND INTERVALS

- 3 x 1000m @ 90% Rest: 1' + 3 x 800 @ 97% Rest: 1:1
- 1600@ 92% + 600@ 100% + 1200@ 92% + 400@ 110% + 800@ 97% Rest: 3-4'

DEVELOP SCIENCE BASED TRAINING PLAN

- INTERVALS

- 12 X 400 @ 100% Rest: 1:1
- 6 X 800M @ 100% Rest: 1:1
- 5 X 1000M @ 100% Rest: 1:1
- 3 x 1600m @ 102% Rest: 1:1

- CUT-DOWN INTERVALS

- 1600@ 97%, 1200@ 100%, 1000@ 100%, 800@ 102%, 400@ 110% Rest: 1:1

“The greatest gains in maximal aerobic capacity occur when exercise intensity is at levels requiring 90-100% of maximum capacity/ VO_2 .” -Vigil

DEVELOP SCIENCE BASED TRAINING PLAN

• INTERVALS

- 4(4 x 200) @ 110% Rest: 100 jog reps/400 sets
- 4(2 x 300) @ 110% Rest: 100 jog reps/400 sets
- 3(4 x 400) @ 110% Rest: 100 jog reps/400 sets
- 6 x 400 @ 110% 1:1
- 4 x 600 @ 110% 1:2
- 3 x 800 @ 110% 1:2
- 2(300-400-600) @ 110% Rest: 1:2 jog reps/600 sets

DEVELOP SCIENCE BASED TRAINING PLAN

- SPECIAL ENDURANCE II INTERVALS

- 8 x 150 @ 120% Rest: 250 jog
- 2(4 x 200) @ 120% Rest: 100 jog reps/400 sets
- 5 x 300 @ 120% Rest: 3'
- 3 x 400 @ 120% Rest: 4'

- SPECIAL ENDUARNCE I INTERVALS

- 4 x 200 @ BEST EFFORT Rest: 4'
- 3 x 300 @ BEST EFFORT Rest: 6'
- 2 x 400 @ BEST EFFORT Rest: 8'

DEVELOP SCIENCE BASED TRAINING PLAN

- Long Run
 - 10 miles
 - 20-25% weekly mileage
 - $50 \times .20 = 10$
 - 65% VO_2 Max = 8:27 (11:00/3200)
- Other example of Long Run
 - Progression Long Run
 - $\frac{1}{4}$ easy, $\frac{1}{4}$ slightly slower than Tempo, $\frac{1}{4}$ at Tempo, last $\frac{1}{4}$ easy.
 - Very demanding and should be done only every other cycle.

DEVELOP SCIENCE BASED TRAINING PLAN

- Power

- 4 x 800M Hills (continuous)
 - Pace can be 10k pace (based on slope)
 - Shoot for same time for each bout of work
 - Rest: 88% recovery job back down the hill

- Other example of Hill workouts

- 6 mile continuous run over hills
 - Effort should be timed
 - Pace @ 75%

DEVELOP SCIENCE BASED TRAINING PLAN

- 8-10 x 30-40m Fly's with 20m run in.
- Rest: 3-4' between bouts of work.
- All speed work should be done at the beginning of practice.
- Good time to work on the mental piece with the kiddo's.
- Example workout: 8 x 30m fly's with 4' rest.
- 24 hour recovery.

DEVELOP SCIENCE BASED TRAINING PLAN

General Preparation Period (4 weeks)

- Training Emphasis: Aerobic Efficiency, Lactate Threshold, and $v\dot{V}O_2$
- Mon - Long Run
- Tuesday - Tempo (Short) + Strides
- Wednesday – Aerobic Efficiency Run
- Thursday – 6 X 800M @ 97% Rest: 300 JOG
- Friday - Aerobic Efficiency Run
- Saturday – Time Trial (1 Mile)
- Sunday – Aerobic Efficiency Run
- Monday – Tempo (Long) + Strides
- Tuesday – Aerobic Efficiency Run
- Wednesday – 6 x 30m Flys
- Thursday – Aerobic Efficiency Run
- Friday – Hills
- Saturday – Long Run
- Sunday – Aerobic Efficiency Run

DEVELOP SCIENCE BASED TRAINING PLAN

Specific Preparation Period (4 weeks)

- Training Emphasis: Lactate Threshold, vVO_2 , and Glycolytic
- Mon - Long Run
- Tuesday - Tempo (Short) + Strides
- Wednesday – Aerobic Efficiency Run
- Thursday - 5 X 1000M @ 100% Rest: 1:1
- Friday – Aerobic Efficiency Run
- Saturday – Time Trial (2 Mile)
- Sunday – Aerobic Efficiency Run
- Monday – Tempo Run (Long)
- Tuesday – 6 x 30m Flys
- Wednesday – Aerobic Efficiency Run
- Thursday – 4(2 x 300) @ 110% Rest: 100 jog reps/400 sets
- Friday – Aerobic Efficiency Run
- Saturday – Hills
- Sunday – Aerobic Efficiency Workout

DEVELOP SCIENCE BASED TRAINING PLAN

Pre-Competition Period (4 weeks)

- Training Emphasis: $\dot{V}O_2$, Lactate Threshold, Glycolytic
- Mon – 3 x 1600m @ 102% Rest: 1:1
- Tuesday – Aerobic Efficiency Run
- Wednesday – 30m Flys
- Thursday – Aerobic Efficiency Run
- Friday - Tempo (Short) + Strides
- Saturday – 3(4 x 400) @ 110% Rest: 100 jog reps/400 sets
- Sunday – Aerobic Efficiency Run
- Monday – 2(4 x 200) @ 120% Rest: 100 jog reps/400 sets
- Tuesday – Aerobic Efficiency Run
- Wednesday – Thursday – Tempo (Long)
- Thursday – Aerobic Efficiency Run
- Friday – Recovery Run
- Saturday – Race
- Sunday – Long Run

DEVELOP SCIENCE BASED TRAINING PLAN

Competition Period (4 weeks)

- Training Emphasis: $\dot{V}O_2$, Glycolytic, Recovery
- Mon - Aerobic Efficiency Run
- Tuesday – 3 x 2000m @ 90% Rest: 2'
- Wednesday – Aerobic Efficiency Run
- Thursday – Aerobic Efficiency Run
- Friday – 5 x 300 @ 120% Rest: 3'
- Saturday – Long Run
- Sunday – Aerobic Efficiency Run
- Monday – 3 x 800 @ 102% Rest: 1:1
- Tuesday – Aerobic Efficiency Run
- Wednesday – 4 x 200 @ BEST EFFORT Rest: 4'
- Thursday – Aerobic Efficiency Run
- Friday – Easy Run
- Saturday – Race
- Sunday – Long Run

FIND TIME FOR YOUR GREATEST SUPPORTERS



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