

MIDDLE DISTANCE TRAINING

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2020 32nd NMTCCCA Clinic
Embassy Suites
Albuquerque, New Mexico

DEVLYN LOVELL

- Tom C Clark High School (1986)
- East Texas State University (1994)
- Almost a world record in the 3000m (1991) 7:36.41
- Antonian High School (1995)
- College of the Southwest (2004) and NMJC
- Pete Belman (2006 All-American)
- Conference Champions (2006,2007)
- UMass-Dartmouth (2007)
- Jon Garcia (2008 All-American/National Champion)
- Antonian High School (2008)
- Cross Country State Championships (2000, 2001(G/B), 2009(G/B), 2010(G/B), 2011(G/B), 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019)
- Rebecca Diane Brune (2010)
- Rory Diana Lovell (2011)
- Ryder Devlyn Lovell (2014)



WHO HAS INFLUENCED
ME???

FRANK HORWILL
JACK DANIELS

AL SCHMIDT

JANICE MILLER JAMES KITTELL PHIL WILLIAMS

SCOTT CHRISTENSEN

DAVID MARTIN

PETER COE

JOE NEWTON

JOE VIGIL



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LEARNING CURVE AT COLLEGE OF THE SOUTHWEST

- Start-Up Program
- Limited Resources
- Recruiting to an unfamiliar place
- What I learned



FIGURING THINGS OUT AT ANTONIAN

Running Workouts:

- Efficiency
- Lactate Threshold
- Aerobic Power
- Glycolytic
- Alactic

- Track & Field Education (USTFCCCA/USATF)
- Athletic Periods
- Internal Recruiting
- Multi-Paced Training Plans
- 14 State Championships since 2007 (Not bragging, just proud)



Race #10 5A Boys 5k (5A)	
TEAM SCORING SUMMARY	
Team Standings	Score
1 Antonian College Preparat	39
2 St. Thomas High School -	90
3 The Village School - Houst	91
4 Cathedral High School - El	130
5 Central Catholic - San Anto	155
6 Midland Christian School	164
7 Nolan Catholic High School	207
8 Liberty Christian School - A	228
9 St. Pius X High School - Ho	241
10 Bishop Dunne High School	260
11 St. Dominic Savio Catholic	285
12 John Paul II - Plano	325
13 Bishop Lynch High School	388
14 Prestonwood Christian Aca	405
15 Trinity Christian Academy -	422
16 Monsignor Kelly Catholic H	425
17 Saint Mary's Hall - San Ant	435
18 Concordia Lutheran High S	503
19 Parish Episcopal School -	543
INDIVIDUAL RESULTS	
Name	Team
CANTU, Jonathan	Bishop D
TJERINA, Benjamin	Antonian

RESOURCES

- Books-
 - Author: Martin and Coe
 - Title: Better Training for Distance Runners
 - Author: Jack Daniels, PhD
 - Title: Daniels' Running Formula
 - Author: Steve Magness
 - Title: The Science of Running
- Coaches Education
 - USATF – Level I, II, III
 - USTFCCCA – Sports Specialization, Masters...

PHYSIOLOGICAL CHARACTERISTICS

1. Evaluate current fitness with a 1 or 2 Mile Time trial or 7' test to establish vVO_2
2. Establish paces based on the fractional utilization of the vVO_2
3. Complete an Athlete Preparation Worksheet with each athlete
4. Work backwards from seasonal goal to establish a training plan
5. Determine mileage goals based on level chart
6. Retest Time Trial every 2-3 weeks.
7. Have "Benchmark" Workouts that can be repeated to compare fitness levels
8. Implement "Rest" week every third or fourth week to remain fresh (15% less volume)
9. Planned rest periods should follow macrocycle. High school runners should rest 10% of the year.

FRACTIONAL UTILIZATION PERCENTAGES

Event	Percentage of VO_2
• 400m	• 138-140%
• 800m	• 120-136%
• 1600m	• 110-112%
• 3200m	• 100-102%
• 5000m	• 97-100%
• 10,000m	• 92-93%

ATHLETE PREPARATION PLAN

ATHLETE PREPARATION PLAN

Athlete : _____ Sport/Event : _____ DO B : _____

Result Target: _____ Performance Target: _____

Current Status: _____ Current Status: _____

Result Prognoses

	For Target Competition	Challenge(s)	Current Performance Challenge(s)
Platinum	_____	_____	_____
Gold	_____	_____	_____
Silver	_____	_____	_____
Bronze	_____	_____	_____
Personal Best	_____	_____	_____



TRAINING VOCABULARY

- AEROBIC EFFICIENCY
- AEROBIC POWER
- ANAEROBIC ALACTIC
- ANAEROBIC GLYCOLYTIC

AEROBIC EFFICIENCY

- CONDITIONING RUNS
 - REGULAR RUNS
 - USUALLY DONE AT 70%-75%
- RECOVERY RUNS
 - OFF DAYS, or
 - USUALLY DONE AT 65%-70%
- LONG RUNS
 - USUALLY DONE AT 65%-70%
 - EQUAL TO 20%-25% OF WEEKLY MILEAGE

AEROBIC EFFICIENCY: LACATATE THRESHOLD

TEMPO

- USUALLY DONE AT 85%-90%
 - EXAMPLES:
 - LONGER TEMPO
 - 40' @ 80-85%, 6+ MILES
 - MEDIUM TEMPO
 - 30' @ 85-88%, 4-5 MILES
 - SHORTER TEMPO
 - 25' @ 88-92%, 3-4 MILES
 - LT INTERVALS
 - 4 X 1M @ 90% REST: 1'

AEROBIC POWER

COMBINED ZONE TRAINING

- INTERVAL TYPE WORKOUTS
 - USUALLY DONE AT 90%-100%
- EXAMPLES:
 - 10K PACED EFFORTS = 92% VO_2 MAX
 - 8K PACED EFFORTS = 95% VO_2 MAX
 - 5K PACED EFFORTS = 97% VO_2 MAX
 - 3K PACED EFFORTS = 100-102% VO_2 MAX

ANAEROBIC GLYCOLYTIC

- **SPECIAL ENDURANCE II = 112%-120% VO_2 Max**
- **SPECIAL ENDURANCE I = 130%-136% VO_2 MAX**

ANAEROBIC ALACTIC

- 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

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



HOW CAN YOU USE IT?

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

77%

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

23%

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

WORKOUT REFERENCE

TYPE	% OF VO ₂	DURATION	VOLUME	RECOVERY
LONG RUN	65-70%	7-14 MILES	18-25% OF WEEKLY MILEAGE	
TEMPO	85-90%	3-7 MILES		
CV	89-91%	800-3000m	8000m	
5k	97-100%	400-1600m	6400m	½ time
3k	100-102%	400-1600m	5000m	1:1
1500m	110-112%	200-600m	2400m	1:2
800m	120-136%	150-300m	1600m	1:3

TEMPO/LT EXAMPLES

- 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

5K PACED EXAMPLES

POWER

- 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

Blend Workouts:

Two or more intensities are intermixed. 1600@ 92% + 600@ 100% + 1200@ 92% + 400@ 110% + 800@ 97% Rest: 3-4'

Combo Workouts:

Combining two or more workout types or intensities, can be utilized as transition work. 2 x 1000m @ 90% Rest: 1' + 3 x 800 @ 97% Rest: 1:1

3K PACED EXAMPLES

POWER

- 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

1 600M PACED EXAMPLES

SPECIAL ENDURANCE II

- 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

400/800 PACED EXAMPLES

SPECIAL ENDURANCE I & II

- 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'

LONG RUNS

- 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.

HILL TRAINING

- 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%

MY FAVORITE WORKOUTS

- **5K PACED WORK**

- 3 X 1600 ALTERNATING (80% LAP 1/3, FOLLOWED BY 97% LAP 2/4) Rest: 1:1

- **3K PACED WORK**

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

- **1500M PACED WORK**

- 3(800@ 100%, 300@ 110%) @ Rest: 1' R/3 S

- **HILL WORKOUTS**

- WFD: 3-6 x 800m uphill @ 92-97% with JB @ 75-80%
(continuous)

PATTERNS OF TRAINING – SAMPLES

1 600 M

GOAL PACE: 4:25

General Preparation Period (4 week cycle)

Date Pace: 4:42

- Training Runs, LT and Long Runs
- Sample Workouts
- Build mileage with aerobic conditioning runs of 45 minutes to 90 minutes.
- Threshold Training
- Sample Workouts
- TEMPO RUNS
- 40' @ 80% (6:27), 5-6 MILES
- 25' @ 90%, (5:44), 3-4 MILES
- LT Interval Workout:
- 2(3 x 1000m) @ 88% (5:52) Rest: 45" reps/2' sets
- Alactic
- 4 x 30m Flys
- Strides
- 8 x 150 @ 85% (34")

PATTERNS OF TRAINING – SAMPLES

1 600 M

GOAL PACE: 4:25

Specific Preparation Period (4 week cycle)

Date Pace: 4:35

Specific workouts are done primarily at LT, 3kDP, 1600mDP, 800mDP.

Sample Workouts

- VO₂ Workouts
- 6 x 800m @ 97% (2:34) Rest: 300j
- 4 X 1000M @ 100% (5:02) Rest: 1:1
- Glycolotic Workouts
- 4(2 x 300) @ 110% (51") Rest: 100 jog

reps/400 sets

- 8 x 150 @ 120% (23") Rest: 250 jog
- Threshold Training
- Sample Workouts
- TEMPO RUNS
- 25' @ 90%, (5:35), 3-4 MILES
- Alactic
- 6 x 30m Flys
- Strides
- 8 x 100 @ 95% (20")

PATTERNS OF TRAINING – SAMPLES

1600 M

GOAL PACE: 4:25

Pre-Competition Period (4-6 week cycle) • 800@102% (2:24), 400@110% (66") Rest: 1:1

Goal Pace: 4:29

- Specific workouts are done primarily at 3kGP, 1600mDP, 800mDP.
- Sample Workouts
- VO₂ Workouts
- 4 x 1000m @ 102% (3:31) Rest: 1:1
- Cutdown Workout
- 1600@ 97% (5:04), 1200@100% (3:40) 1000@100% (3:03),
- Glycolytic Workouts
- 6 x 400 @ 110% (66") Rest: 1:1
- 2(4 x 200) @ 120% (30") Rest: 100 jog reps/400 sets
- TEMPO RUNS
- 25' @ 90%, (5:44), 3-4 MILES
- Alactic
- 6 x 30m Flys
- Strides
- 8 x 100 @ 90% (18")

PATTERNS OF TRAINING – SAMPLES

1 600 M

GOAL PACE: 4:25

Competition Period (3-4 week cycle)

Goal Pace: 4:25

Specific workouts are done primarily at 1600mGP, 800mGP.

- Sample Workouts
- Glycolytic Workouts
- 5 x 300 @ 120% (45") Rest: 3'
- 2(300-400-600) @ 110% (32") Rest: 1:2 jog reps/600 sets
- 8 x 200 @ 120% (30") Rest: 4'
- VO₂ Workouts
- 3 x 1000m @ 104% (2:54) Rest: 1:1
- Alactic
- 6 x 30m Flys



MULTI PACED TRAINING PLAN ADVANTAGES

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

SAMPLE 2-WEEK CYCLES

General Preparation Period (4 weeks)

- Training Emphasis: Aerobic Efficiency, Lactate Threshold, and $\dot{V}O_2$
 - 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

SAMPLE 2-WEEK CYCLES

Specific Preparation Period (4 weeks)

- **Training Emphasis: Lactate Threshold, $\dot{V}VO$, 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

SAMPLE 2-WEEK CYCLES

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

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'

SAMPLE 2-WEEK CYCLES

- 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



TRAINING WORKSHEET

TRAINING WORKSHEET

BASE/SPECIFIC PREP

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday					MPW-50
Saturday, February 15, 2020	Warm up + 4 mile Tempo @ 52% + Strides	Warm up + 6 miles @ 78%	Warm Up + 6x20m Flys Rest: 3' + 6 miles @ 70%	Warm up + 8 miles @ 78%	7 miles @ 70% over hills	10 miles/7 miles@ 70%/3 miles @ 78%	4 miles @ 70%					
						1600m	800m	400m	200m	100m	100m	100m
HEAT #1	01/15/20	65.00%	70.00%	78.00%	92.00%	97.00%	88.00%	100.00%	136.00%	102.00%	110.00%	146.00%
Profontaine, Steve (Coos Bay)	08:41.5	06:41.2	06:12.5	05:34.3	04:43.4	04:28.8	02:27.3	01:04.8	00:23.8	00:15.9	00:14.7	00:11.9
Rupp, Galen (CC)	08:42.4	06:41.8	06:13.1	05:34.9	04:43.9	04:29.3	02:27.5	01:04.9	00:23.9	00:15.9	00:14.8	00:11.9
Munoz, Marcos (TAMU-CC/ANTONIAN)	09:12.5	07:05.0	06:34.6	05:54.2	05:00.3	04:44.8	02:36.0	01:08.7	00:25.2	00:16.8	00:15.6	00:12.6
Harrison, Kashon (Kirtland Central)	09:13.5	07:05.8	06:35.3	05:54.8	05:00.8	04:45.3	02:36.3	01:08.8	00:25.3	00:16.9	00:15.6	00:12.6
Gazda, Andrew (ANTONIAN)	09:17.3	07:08.7	06:38.1	05:57.2	05:02.9	04:47.3	02:37.4	01:09.3	00:25.5	00:17.0	00:15.7	00:12.7
Gallardo, Anthony (SIA/ANTONIAN)	09:21.5	07:11.9	06:41.1	05:59.9	05:05.2	04:49.4	02:38.6	01:09.8	00:25.7	00:17.1	00:15.9	00:12.8
Hirkey, Justin (Academy)	09:32.6	07:20.5	06:49.0	06:07.7	05:11.2	04:55.2	02:41.7	01:11.2	00:26.2	00:17.4	00:16.2	00:13.1
Flares, Martin (Hagerman)	09:38.4	07:24.9	06:53.2	06:10.8	05:14.4	04:58.2	02:43.4	01:11.9	00:26.4	00:17.6	00:16.3	00:13.2
Salas, Stevie (La Cueva)	09:44.2	07:29.4	06:57.3	06:14.5	05:17.5	05:01.1	02:45.0	01:12.6	00:26.7	00:17.8	00:16.5	00:13.3
Mortensen, Kim (Thousand Oaks)	09:52.0	07:35.4	07:02.9	06:19.5	05:21.7	05:05.2	02:47.2	01:13.6	00:27.0	00:18.0	00:16.7	00:13.5
Hasay, Jordan (San Luis Obispo)	09:55.6	07:38.1	07:05.4	06:21.8	05:23.7	05:07.0	02:48.2	01:14.0	00:27.2	00:18.1	00:16.8	00:13.6
Bridge, Kieth (Los Alamos)	09:56.5	07:38.8	07:06.1	06:22.4	05:24.2	05:07.5	02:48.5	01:14.1	00:27.3	00:18.2	00:16.8	00:13.6
Howey, Justin (Cottonwood)	10:04.3	07:44.0	07:11.7	06:27.4	05:28.4	05:11.5	02:50.7	01:15.1	00:27.6	00:18.4	00:17.1	00:13.8
Lopez, Olivia (Tulsa/ANTONIAN)	10:52.3	08:21.8	07:45.9	06:58.7	05:54.5	05:36.2	03:04.2	01:21.1	00:29.8	00:19.9	00:18.4	00:14.9
Vule, Melissa (TAMU/ANTONIAN)	10:58.7	08:26.7	07:50.5	07:02.2	05:58.0	05:39.5	03:06.0	01:21.9	00:30.1	00:20.1	00:18.6	00:15.0
Gonzalez, Johnathon (Cimarron)	11:00.8	08:28.3	07:52.0	07:03.6	05:59.1	05:40.6	03:06.6	01:22.1	00:30.2	00:20.1	00:18.7	00:15.1
Kozar, Bridgette (SIA/ANTONIAN)	11:12.4	08:37.2	08:00.3	07:11.0	06:05.4	05:46.6	03:09.9	01:23.6	00:30.7	00:20.5	00:19.0	00:15.4
Montermayor, Robin (ANTONIAN)	11:13.1	08:37.8	08:00.8	07:11.5	06:05.8	05:47.0	03:10.1	01:23.6	00:30.8	00:20.5	00:19.0	00:15.4
Master, Alyx (Taos)	11:48.7	09:05.1	08:26.2	07:34.3	06:25.2	06:05.3	03:20.2	01:28.1	00:32.4	00:21.6	00:20.0	00:16.2
Ray, Brandy (Navajo Prep)	12:21.4	09:30.3	08:49.5	07:55.2	06:42.9	06:22.1	03:29.4	01:32.1	00:33.9	00:22.6	00:20.9	00:16.9
Rios, Emily (Living)	12:43.9	09:47.6	09:05.6	08:09.7	06:55.2	06:33.8	01:47.9	01:34.9	00:34.9	00:23.3	00:21.6	00:17.5
Hernandez, Karina (Hondo Valley)	13:07.0	10:05.4	09:22.1	08:24.5	07:07.7	06:45.7	03:42.3	01:37.8	00:36.0	00:24.0	00:22.2	00:18.0

TRAINING WORKSHEET

PRE-COMP

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday					WM 43
	Warm up + 2(4x200) @ 120% Rest: 100s/400s	Warm up + 3 miles @ 75%	Warm up + 5 miles @ 85% Tempo + Strides	Warm up + 7 miles @ 70%	Warm up + 4 miles @ 65%	Race 1600m	9-10 miles @ 70%	800m	400m	200m	100m	100m
HEAT #1	01/15/20	65.00%	70.00%	76.00%	85.00%	97.00%	88.00%	100.00%	120.00%	102.00%	110.00%	136.00%
Prefontaine, Steve (Doss Bay)	08:41.5	08:41.2	06:12.5	04:43.1	04:56.4	04:28.8	02:27.8	01:04.8	00:27.0	00:15.9	00:14.7	00:11.9
Rupo, Calen (CC)	08:42.4	08:41.8	06:13.1	05:43.7	04:56.8	04:29.3	02:27.5	01:04.9	00:27.0	00:15.9	00:14.8	00:11.9
Munoz, Marcos (TAMU/ANTONIAN)	09:12.5	07:05.0	06:34.6	06:03.5	05:18.9	04:44.8	02:36.0	01:08.7	00:28.6	00:16.8	00:15.6	00:12.6
Harrison, Kathon (Kirtland Central)	09:13.5	07:05.8	06:35.3	06:04.1	05:14.5	04:45.3	02:36.3	01:08.8	00:28.7	00:16.9	00:15.6	00:12.6
Gavda, Andrew (ANTONIAN)	09:17.3	07:08.7	06:38.1	06:06.6	05:16.6	04:47.3	02:37.4	01:09.3	00:28.9	00:17.0	00:15.7	00:12.7
Gallardo, Anthony (SFA/ANTONIAN)	09:21.5	07:11.9	06:41.1	06:09.4	05:19.0	04:49.4	02:38.6	01:09.8	00:29.1	00:17.1	00:15.9	00:12.8
Hickey, Justin (Academy)	09:32.6	07:20.5	06:49.0	06:16.7	05:25.4	04:55.2	02:41.7	01:11.2	00:29.7	00:17.4	00:16.2	00:13.1
Flores, Martin (Hagerman)	09:38.4	07:24.9	06:53.2	06:20.5	05:28.6	04:58.2	02:43.4	01:11.9	00:30.0	00:17.6	00:16.3	00:13.2
Salas, Stevie (La Cueva)	09:44.2	07:29.4	06:57.3	06:24.3	05:31.9	05:02.1	02:45.0	01:12.5	00:30.3	00:17.8	00:16.5	00:13.3
Mortensen, Kim (Thousand Oaks)	09:52.0	07:35.4	07:02.9	06:29.5	05:36.4	05:05.2	02:47.2	01:13.6	00:30.7	00:18.0	00:16.7	00:13.5
Hasay, Jordan (San Luis Obispo)	09:55.6	07:38.1	07:05.4	06:31.8	05:38.4	05:07.0	02:48.2	01:14.0	00:30.8	00:18.1	00:16.8	00:13.6
Bridge, Keith (Las Alamos)	09:56.5	07:48.8	07:06.1	06:32.4	05:38.9	05:07.5	02:48.5	01:14.1	00:30.9	00:18.2	00:16.8	00:13.6
Howey, Justin (Cottonwood)	10:04.3	07:44.9	07:11.7	06:37.6	05:43.4	05:12.5	02:50.7	01:15.1	00:31.3	00:18.4	00:17.1	00:13.8
Topoz, Olivia (Tulsa/ANTONIAN)	10:52.3	08:21.8	07:45.9	07:09.1	06:10.6	05:36.2	03:04.2	01:21.1	00:34.8	00:19.9	00:18.4	00:14.9
Volz, Melissa (TAMU/ANTONIAN)	10:58.7	08:26.7	07:50.5	07:13.4	06:14.3	05:39.5	03:06.0	01:21.9	00:34.1	00:20.1	00:18.6	00:15.0
Gonzalez, Johnathon (Cimarron)	11:00.8	08:28.3	07:52.0	07:14.7	06:15.4	05:40.6	03:06.6	01:22.1	00:34.2	00:20.1	00:18.7	00:15.1
Kozar, Bridgette (SFA/ANTONIAN)	11:12.4	08:37.2	08:00.3	07:22.3	06:22.0	05:46.6	03:09.9	01:23.6	00:34.8	00:20.5	00:19.0	00:15.4
Montemayor, Robin (ANTONIAN)	11:13.1	08:37.8	08:00.8	07:22.8	06:22.4	05:47.0	03:10.1	01:23.6	00:34.9	00:20.5	00:19.0	00:15.4
Mastor, Alyx (Laos)	11:48.7	09:05.1	08:26.2	07:46.2	06:42.7	06:05.3	03:20.2	01:28.1	00:36.7	00:21.6	00:20.0	00:16.2
Ray, Brandy (Navajo Prep)	12:21.4	09:30.3	08:49.5	08:07.7	07:01.2	06:22.1	03:29.4	01:32.1	00:38.4	00:22.6	00:20.9	00:16.9
Rios, Emily (Loving)	12:43.9	09:47.6	09:05.6	08:22.6	07:14.0	06:33.8	03:47.9	01:34.9	00:39.6	00:23.3	00:21.6	00:17.5
Hernandez, Karina (Hondo Valley)	13:07.0	10:05.4	09:22.1	08:37.7	07:27.1	06:45.7	03:42.3	01:37.8	00:40.8	00:24.0	00:22.2	00:18.0

TRAINING WORKSHEET

COMPETITION

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday								MPW - 35		
	Warm-up + 5 miles @ 78%	Warm-up + 3x2000 @ 90% Rest: 2'	Warm-up + 6 miles @ 70%	Warm-up + 6 miles @ 78%	Warm-up + 5x300 @ 120% Rest: 3'	Race 1600m	Warm-up + 6 miles @ 70%	2000m	400m	300m	200m	100m	100m				
HEAT #1	01/15/20	65.00%	70.00%	78.00%	88.00%	97.00%	90.00%	90.00%	120.00%	120.00%	120.00%	136.00%	136.00%	136.00%			
Prefontaine, Steve (Coos Bay)	08:41.5	06:41.2	06:12.5	05:34.3	04:56.3	04:28.8	06:00.1	01:12.0	00:40.5	00:27.0	00:13.5	00:11.9					
Rupp, Galen (CC)	08:42.4	06:41.8	06:13.1	05:34.9	04:56.8	04:29.3	06:00.7	01:12.1	00:40.6	00:27.0	00:13.5	00:11.9					
Munoz, Marcos (TAMU-CC/ANTONIAN)	09:12.5	07:05.0	06:34.6	05:54.2	05:13.9	04:44.8	06:21.5	01:16.3	00:42.9	00:28.6	00:14.3	00:12.6					
Harrison, Kashon (Kirtland Central)	09:13.5	07:05.8	06:35.3	05:54.8	05:14.5	04:45.3	06:22.1	01:16.4	00:43.0	00:28.7	00:14.3	00:12.6					
Gazda, Andrew (ANTONIAN)	09:17.3	07:08.7	06:38.1	05:57.2	05:16.6	04:47.3	06:24.8	01:17.0	00:43.3	00:28.9	00:14.4	00:12.7					
Gallardo, Anthony (SFA/ANTONIAN)	09:21.5	07:11.9	06:41.1	05:59.9	05:19.0	04:49.4	06:27.7	01:17.5	00:43.6	00:29.1	00:14.5	00:12.8					
Hickey, Justin (Academy)	09:32.6	07:20.5	06:49.0	06:07.1	05:25.4	04:55.2	06:35.4	01:19.1	00:44.5	00:29.7	00:14.8	00:13.1					
Flores, Martin (Hagerman)	09:38.4	07:24.9	06:53.2	06:10.8	05:28.6	04:58.2	06:39.3	01:19.9	00:44.9	00:30.0	00:15.0	00:13.2					
Salas, Stevie (La Cueva)	09:44.2	07:29.4	06:57.3	06:14.5	05:31.9	05:01.1	06:43.3	01:20.7	00:45.4	00:30.3	00:15.1	00:13.3					
Mortensen, Kim (Thousand Oaks)	09:52.0	07:35.4	07:02.9	06:19.5	05:36.4	05:05.2	06:48.7	01:21.7	00:46.0	00:30.7	00:15.3	00:13.5					
Hasay, Jordan (San Luis Obispo)	09:55.6	07:38.1	07:05.4	06:21.8	05:38.4	05:07.0	06:51.2	01:22.2	00:46.3	00:30.8	00:15.4	00:13.6					
Bridge, Kieth (Los Alamos)	09:56.5	07:38.8	07:06.1	06:22.4	05:38.9	05:07.5	06:51.8	01:22.4	00:46.3	00:30.9	00:15.4	00:13.6					
Howey, Justin (Cottonwood)	10:04.3	07:44.9	07:11.7	06:27.4	05:43.4	05:11.5	06:57.2	01:23.4	00:46.9	00:31.3	00:15.6	00:13.8					
Lopez, Olivia (Tulsa/ANTONIAN)	10:52.3	08:21.8	07:45.9	06:58.1	06:10.6	05:36.2	07:30.4	01:30.1	00:50.7	00:33.8	00:16.9	00:14.9					
Volz, Melissa (TAMU/ANTONIAN)	10:58.7	08:26.7	07:50.5	07:02.2	06:14.3	05:39.5	07:34.8	01:31.0	00:51.2	00:34.1	00:17.1	00:15.0					
Gonzalez, Johnathon (Cimarron)	11:00.8	08:28.3	07:52.0	07:03.6	06:15.4	05:40.6	07:36.2	01:31.2	00:51.3	00:34.2	00:17.1	00:15.1					
Kozar, Bridgette (SFA/ANTONIAN)	11:12.4	08:37.2	08:00.3	07:11.0	06:22.0	05:46.6	07:44.2	01:32.8	00:52.2	00:34.8	00:17.4	00:15.4					
Montemayor, Robin (ANTONIAN)	11:13.1	08:37.8	08:00.8	07:11.5	06:22.4	05:47.0	07:44.7	01:32.9	00:52.3	00:34.9	00:17.4	00:15.4					
Mastor, Alyx (Taos)	11:48.7	09:05.1	08:26.2	07:34.3	06:42.7	06:05.3	08:09.3	01:37.9	00:55.0	00:36.7	00:18.3	00:16.2					
Ray, Brandy (Navajo Prep)	12:21.4	09:30.3	08:49.5	07:55.2	07:01.2	06:22.1	08:31.8	01:42.4	00:57.6	00:38.4	00:19.2	00:16.9					
Rios, Emily (Loving)	12:43.9	09:47.6	09:05.6	08:09.7	07:14.0	06:33.8	08:47.4	01:45.5	00:59.3	00:39.6	00:19.8	00:17.5					
Hernandez, Karina (Hondo Valley)	13:07.0	10:05.4	09:22.1	08:24.5	07:27.1	06:45.7	09:03.3	01:48.7	01:01.1	00:40.8	00:20.4	00:18.0					

FIND TIME FOR YOUR GREATEST SUPPORTERS



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