

Distance Training



Brice Allen

The Ohio State University
Associate Head Coach

Define your Season

- Conditioning Phase – 6 weeks
- Transition Phase – 4 weeks
- Competition Phase – 4 weeks

Define your Components

- Volume
- Density
- Intensity
- Rest

Goals of Training

- Improve Running Economy
- Improve VO2 Max
- Improve Anaerobic Threshold

Improve Running Economy

Amount of O₂ consumed relative to body weight and running speed.

Why?

Allows athlete to race at a faster pace, without an increase in energy.

How?

Increase in mileage

Intervals of 1-3 miles @ 85% effort, short rest (3x3)

3-5 mile tempo @ 85% mile (date pace)

Steady State runs of 7-10 miles @ 78% mile (date pace),

Hill Intervals

Example Week in August

Athlete:	Week of	Aug. 22-28	Redd, S-J, Leitch, Stifel - 90-95/	Wood, Fleming, 75
Event: Distance/ Middle-Distance	BaseWeek 3		Blank, Landis, Jarrell, Mandel, Schmeling- 80-85	Bowie TBD
High Volume Week			Grose 80, Lomong, Bauers - 68	
1st week of school	Micro 1			
Monday-French - 20%			Health info:	Hrs of Sleep _____ A.M. Pulse _____
9:00 AM - Overdistance Day			Emotional Stress 1 2 3 4 5	
			Physical Fatigue (before prac.) 1 2 3 4 5 (after) 1 2 3 4 5	
10:30 AM - President's Convocation (Freshman & Trans)			Injury? _____	Pain Index 1 2 3 4 5 6 7 8 9 10
5:00 PM - Buckeye Bash			Fluid Intake _____ (8oz.)	Weather/conditions _____
			Times & Comments:	
Tuesday - French - 15%			Health info:	Hrs of Sleep _____ A.M. Pulse _____
7:15 AM - Correctives + 40 min. run classes begin			Emotional Stress 1 2 3 4 5	
			Physical Fatigue (before prac.) 1 2 3 4 5 (after) 1 2 3 4 5	
2:30 PM - Recovery			Injury? _____	Pain Index 1 2 3 4 5 6 7 8 9 10
			Fluid Intake _____ (8oz.)	Weather/conditions _____
			Times & Comments:	
Wednesday - French - 15%			Health info:	Hrs of Sleep _____ A.M. Pulse _____
			Emotional Stress 1 2 3 4 5	
			Physical Fatigue (before prac.) 1 2 3 4 5 (after) 1 2 3 4 5	
2:30 PM - Golf Course - 2-3x3mile			Injury? _____	Pain Index 1 2 3 4 5 6 7 8 9 10
4:45 PM - Team Lift - French			Fluid Intake _____ (8oz.)	Weather/conditions _____
5:30 PM - Team Meeting			Times & Comments:	
Thursday - 16% of weekly volume			Health info:	Hrs of Sleep _____ A.M. Pulse _____
			Emotional Stress 1 2 3 4 5	
			Physical Fatigue (before prac.) 1 2 3 4 5 (after) 1 2 3 4 5	
AM - on own recovery			Injury? _____	Pain Index 1 2 3 4 5 6 7 8 9 10
PM - on own recovery			Fluid Intake _____ (8oz.)	Weather/conditions _____
			Times & Comments:	
Friday - French - 11%			Health info:	Hrs of Sleep _____ A.M. Pulse _____
			Emotional Stress 1 2 3 4 5	
			Physical Fatigue (before prac.) 1 2 3 4 5 (after) 1 2 3 4 5	
2:30 PM - Practice			Injury? _____	Pain Index 1 2 3 4 5 6 7 8 9 10
			Fluid Intake _____ (8oz.)	Weather/conditions _____
			Times & Comments:	
Saturday - French - 13%			Health info:	Hrs of Sleep _____ A.M. Pulse _____
			Emotional Stress 1 2 3 4 5	
			Physical Fatigue (before prac.) 1 2 3 4 5 (after) 1 2 3 4 5	
8:30 AM - 4-5 mile tempo Team Workout			Injury? _____	Pain Index 1 2 3 4 5 6 7 8 9 10
			Fluid Intake _____ (8oz.)	Weather/conditions _____
			Times & Comments:	
Sunday - 10%			Health info:	Hrs of Sleep _____ A.M. Pulse _____
			Emotional Stress 1 2 3 4 5	
			Physical Fatigue (before prac.) 1 2 3 4 5 (after) 1 2 3 4 5	
AM Recovery day on own			Injury? _____	Pain Index 1 2 3 4 5 6 7 8 9 10
			Fluid Intake _____ (8oz.)	Weather/conditions _____
			Times & Comments:	

Improve VO_2max

- Practice adaptation of maximal amount of O_2 an athlete can consume.
- Why?
 - Allows athlete to hold faster than VO_2max pace for longer period of time, because energy contribution from aerobic sources increases – decreasing lactic acid production thus increasing capacity.
- How?
 - Reps between 2-5min in length @ 3k-5k pace with 1:1 recovery or less
 - 6-8 x 1k on 4:15-5 goes for men, 4:45-5:30 for women
 - Faster tempo
 - 4 miles at 87% of mile (date pace)

Example of week in September

Athlete: _____ Week of 9/5-11/16	Redd, SSJ,Leitch,Stifel - 90-100/ Wood, Fleming, 75
Event: Distance/ Middle-Distance	Blank, Landis, Jarrell, 85-90 Bowie TBD
High Volume Week	Mandel, Jarrell, Grose 80-85/ Wood, Bauers - 70-75
Micro 1 BaseWeek 5	Seltzer 60, Andrews 50, Johnson 45, Kunkel - 75
Monday-French - 20%	Health info: _____ Hrs of Sleep _____ A.M. Pulse _____
3:30 PM - Overdistance Day/ 6:00 PM Ice Bath	Emotional Stress 1 2 3 4 5
MD& Kunkel - 50-70 min. run on own	Physical Fatigue (before prac.) 1 2 3 4 5 (after) 1 2 3 4 5
	Injury? _____ Pain Index 1 2 3 4 5 6 7 8 9 10
	Fluid Intake _____ (Boz.) Weather/conditions _____
	Times & Comments: _____
Tuesday - French - 13%	Health info: _____ Hrs of Sleep _____ A.M. Pulse _____
7:15 AM - Correctives + 20-40 min. run (Bowie 40 on bike	Emotional Stress 1 2 3 4 5
2:30 PM - Recovery Run/ Highbanks + strides x 4 (bring	Physical Fatigue (before prac.) 1 2 3 4 5 (after) 1 2 3 4 5
your spikes) Bowie - Underwater treadmill	Injury? _____ Pain Index 1 2 3 4 5 6 7 8 9 10
	Fluid Intake _____ (Boz.) Weather/conditions _____
	Times & Comments: _____
Wednesday - French - 15%	Health info: _____ Hrs of Sleep _____ A.M. Pulse _____
AM - Bowie 1 on 1 off on bike for 45 min.	Emotional Stress 1 2 3 4 5
2:30 PM - Golf Course - Fartlek	Physical Fatigue (before prac.) 1 2 3 4 5 (after) 1 2 3 4 5
MD & Kunkel - 4.3.2.3.4 (6x200)	Injury? _____ Pain Index 1 2 3 4 5 6 7 8 9 10
Bowie - Underwater treadmill	Fluid Intake _____ (Boz.) Weather/conditions _____
4:45 PM - Team Lift - French	Times & Comments: _____
5:30 PM - Team Meeting	
Thursday - 14% of weekly volume	Health info: _____ Hrs of Sleep _____ A.M. Pulse _____
AM - on own recovery	Emotional Stress 1 2 3 4 5
(Bowie 9:30 AM Underwater Treadmill)	Physical Fatigue (before prac.) 1 2 3 4 5 (after) 1 2 3 4 5
PM - on own recovery	Injury? _____ Pain Index 1 2 3 4 5 6 7 8 9 10
(Bowie 42 bike)	Fluid Intake _____ (Boz.) Weather/conditions _____
	Times & Comments: _____
Friday - French - 15%	Health info: _____ Hrs of Sleep _____ A.M. Pulse _____
Bowie - AM 1:10 on bike see how far you can go	Emotional Stress 1 2 3 4 5
2:30 PM - Golf Course - 3x3 "Together, Together, Together"	Physical Fatigue (before prac.) 1 2 3 4 5 (after) 1 2 3 4 5
MD & Kunkel - Hill Session	Injury? _____ Pain Index 1 2 3 4 5 6 7 8 9 10
Bowie first run back on hard surface	Fluid Intake _____ (Boz.) Weather/conditions _____
	Times & Comments: _____
Saturday - French - 13%	Health info: _____ Hrs of Sleep _____ A.M. Pulse _____
8:30 AM - Meet at Biggs	Emotional Stress 1 2 3 4 5
	Physical Fatigue (before prac.) 1 2 3 4 5 (after) 1 2 3 4 5
	Injury? _____ Pain Index 1 2 3 4 5 6 7 8 9 10
	Fluid Intake _____ (Boz.) Weather/conditions _____
	Times & Comments: _____
Sunday - 10%	Health info: _____ Hrs of Sleep _____ A.M. Pulse _____
AM Recovery day on own	Emotional Stress 1 2 3 4 5
	Physical Fatigue (before prac.) 1 2 3 4 5 (after) 1 2 3 4 5
	Injury? _____ Pain Index 1 2 3 4 5 6 7 8 9 10
	Fluid Intake _____ (Boz.) Weather/conditions _____
	Times & Comments: _____

Improve Anaerobic Threshold

- Allows athlete to hold near-max VO₂ pace for longer period of time.
- Why?
 - Allows athlete to effectively use maximal VO₂ capacity for longer periods of time.
- How?
 - Intervals between 2-5min in length @ 3k-5k pace with 1:1 recovery or less
 - 6-8 x 1k on 4:15-5 goes for men, 4:45-5:30 goes for women
 - Fastest tempo 4 miles at 89% of mile (date pace)
 - (3x2) / (3,2,1)

Example of Week in October

Athlete: _____ Week of 10/17-23/16	Redd, Bowie, Landis, Leitch, Stifel - 75-80/ Fleming 65
Event: Distance/ Middle-Distance	Blank & Mandel 75, Wood, Lomong - 65-70
Volume Week	
Micro 3 2 weeks until B1G	Seitzer 65, Andrews 60, Johnson 50, Kunkel - 80
Monday-	Health info: Hrs of Sleep _____ A.M. Pulse _____
2:30 PM -4easy/2 miles of 1 on-1 off/ 4 progression	Emotional Stress 1 2 3 4 5
MD+track distance - 50-90 min. run	Physical Fatigue (before prac.) 1 2 3 4 5 (after) 1 2 3 4 5
	Injury? _____ Pain Index 1 2 3 4 5 6 7 8 9 10
	Fluid Intake _____ (8oz.) Weather/conditions _____
	Times & Comments: _____
Tuesday -	Health info: Hrs of Sleep _____ A.M. Pulse _____
7:15 AM-20-30 min. run + Correctives - ES, CB, AL, LL, JM,	Emotional Stress 1 2 3 4 5
AW, JR, JF, LL, KB	Physical Fatigue (before prac.) 1 2 3 4 5 (after) 1 2 3 4 5
2:30 PM - Recovery Run - XC	Injury? _____ Pain Index 1 2 3 4 5 6 7 8 9 10
MD+Track Dist. - Grandview Hill Session	Fluid Intake _____ (8oz.) Weather/conditions _____
	Times & Comments: _____
Wednesday -	Health info: Hrs of Sleep _____ A.M. Pulse _____
2:30 PM - XC - 3x2 on 12 min. goes	Emotional Stress 1 2 3 4 5
MD+Track Dist. - recovery+lift	Physical Fatigue (before prac.) 1 2 3 4 5 (after) 1 2 3 4 5
	Injury? _____ Pain Index 1 2 3 4 5 6 7 8 9 10
	Fluid Intake _____ (8oz.) Weather/conditions _____
	Times & Comments: _____
4:30 PM - Team Lift - French	
5:30 PM - Team Meeting-Ohio Stadium	
Thursday -	Health info: Hrs of Sleep _____ A.M. Pulse _____
PM - on own recovery	Emotional Stress 1 2 3 4 5
	Physical Fatigue (before prac.) 1 2 3 4 5 (after) 1 2 3 4 5
	Injury? _____ Pain Index 1 2 3 4 5 6 7 8 9 10
	Fluid Intake _____ (8oz.) Weather/conditions _____
	Times & Comments: _____
Friday-	Health info: Hrs of Sleep _____ A.M. Pulse _____
French -	Emotional Stress 1 2 3 4 5
2:30 PM - XC - Recovery run	Physical Fatigue (before prac.) 1 2 3 4 5 (after) 1 2 3 4 5
	Injury? _____ Pain Index 1 2 3 4 5 6 7 8 9 10
	Fluid Intake _____ (8oz.) Weather/conditions _____
	Times & Comments: _____
Saturday -	Health info: Hrs of Sleep _____ A.M. Pulse _____
9:00 AM - Men's XC - 4 mile tempo	Emotional Stress 1 2 3 4 5
MD & Track Dist. = Recovery on own	Physical Fatigue (before prac.) 1 2 3 4 5 (after) 1 2 3 4 5
	Injury? _____ Pain Index 1 2 3 4 5 6 7 8 9 10
	Fluid Intake _____ (8oz.) Weather/conditions _____
	Times & Comments: _____
Sunday -	Health info: Hrs of Sleep _____ A.M. Pulse _____
Recovery or off day	Emotional Stress 1 2 3 4 5
	Physical Fatigue (before prac.) 1 2 3 4 5 (after) 1 2 3 4 5
training room 11-1 PM	Injury? _____ Pain Index 1 2 3 4 5 6 7 8 9 10
6-8 PM Mandatory - Dinner/Presentation	Fluid Intake _____ (8oz.) Weather/conditions _____
Schott, women's practice Gym	Times & Comments: _____

2016 - OSU XC - Template								
Week #	Monday (20%)	Tuesday (15%)	Wednesday (15 %)	Thursday (16%)	Friday (11%)	Saturday (13%)	SUN	V%
1 - 8/15-21	Long Run	AM / PM Aerobic Run	AM / PM Aerobic Run	AM / PM Aerobic Run	8m SS on Bike Path	Medium long run	Rec Run	90
2 - 8/22-28	Long Run	AM / PM Aerobic Run +bounding+ strides	PM - 3x3 Golf Course 16:40	On Own AM / PM Aerobic Run	PM - Aerobic Run	PM - 4-5 mile tempo	Rec Run	100
3 - 8/29-9/4	Long Run w/ progression	AM / PM Aerobic Run +bounding+ strides	PM - 3x3 Golf Course 16:30	On Own AM / PM Aerobic Run	PM - Aerobic Run	Cincinnati 6k	Rec Run / or off	100
4 - 9/5-11	Long Run w/ progression	AM / PM Aerobic Run +bounding+ strides	Fartlek - 5 miles @ 8k Date/Pace/steady), on rolling loop	On Own AM / PM Aerobic Run	PM - Medium long	PM - 3x3 Darby Track	Rec Run	90
5 - 9/12-18	Long Run w/ progression	AM / PM Aerobic Run +bounding+ strides	5-6 x mile on 6 goes progressively more aggressive	On Own AM / PM Aerobic Run	PM - Aerobic Run	Vanderbilt Inv	Rec Run / or off	100
6 - 9/19-25	Long Run	AM / PM Aerobic Run +bounding+ strides	PM -9 mile SS	On Own AM / PM Aerobic Run	PM - Aerobic Run	Fartlek - 6-5 miles @ 8k RP/steady), on rolling loop	Rec Run	85
7 - 9/26-10/2	Long Run w/ progression	PM Aerobic Run	VO2Max. 6-7 x1k @ 100% RP. [1:30 rec]	PM Aerobic Run + strides	All-Ohio Championship	PM - Aerobic Run	Rec Run	90
8 - 10/3-9	Long Run	AM / PM Aerobic Run +bounding+ strides	PM - 3x3 Golf Course 16:30	On Own AM / PM Aerobic Run	PM - Aerobic Run	Fartlek - 6-5 miles @ 8k RP/steady), on rolling loop	Rec Run	90
9 - 10/10-16	Long Run w/ progression (1:45)	AM / PM Aerobic Run +bounding+ strides	Draw Poker workout 6K of work	On Own AM / PM Aerobic Run	PM - Aerobic Run	Pre-Nationals	Rec Run	85
10 - 10/17-23	Long Run	AM / PM Aerobic Run +bounding	PM - 3x3 Golf Course	On Own AM / PM Aerobic Run	PM - Aerobic Run +strides	VO2 Max 1200-1 min rest, 800-2 min rest x 5/6	Rec Run	90
11 - 10/24-30	Long Run w/ progression	AM / PM Aerobic Run +bounding+ strides	Anaerobic Eff. 15-18 x 400m @ 105% of RP. [1:30 rec]. (Kick sets if needed)	On Own AM / PM Aerobic Run	PM - Aerobic Run	Rec Run + Strides Big-Ten Champion ship	Rec Run	85
12 - 10/31-11/6	Long Run	AM / PM Aerobic Run +bounding+ strides	Race Simulation - 3m @ AnT, 2m @ 5k, 1m @2m, [3 min / 5 min]	On Own AM / PM Aerobic Run	PM - Aerobic Run	Anaerobic Threshold - 1K and/ 600 [4:45 goes]	Rec Run	80
13 - 11/7-13	Medium Long Run	Anaerobic Eff. 10-12 x 400m @ 105% of RP. [1:30 rec]	PM - Aerobic Run	PM - Aerobic Run	Great Lakes Regional	Rec Run	Rec Run	75
14 - 11/14-20	Medium Long Run	Rec Run	Anaerobic Capacity - 1000, 800, 600,1000	PM - Aerobic Run	Rec Run + Strides	NCAA Championship	Rec Run	70

Ohio Division 1 State Championship Average Times

800

1600

3200

Boys

Girls

Boys

Girls

Boys

Girls

2016

01:49.2

02:07.4

4:09

4:53

8:54

10:29

2015

01:51.2

02:07.2

4:12

4:48

9:00

10:38

2014

01:51.6

02:09.5

4:07

4:56

9:02

10:43

Avg.

01:50.6

02:08.0

4:09

4:52

8:58

10:36

Thank You & Good Luck

