



TRAINING FOR THE 5,000M

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**DIRECTOR OF CROSS COUNTRY
AND TRACK AND FIELD**

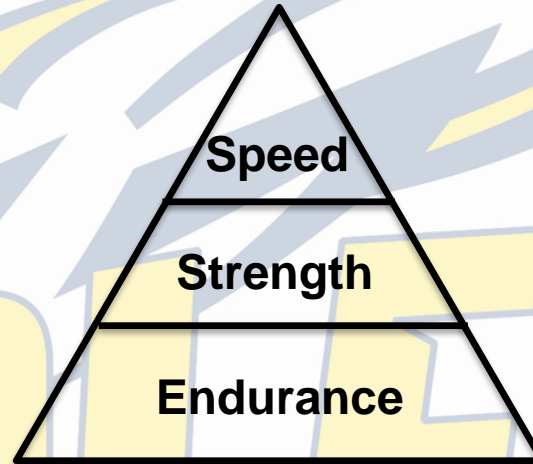
TOLEDO WAY OR YOUR WAY?

- **QUESTION OTHERS (INCLUDING ME)**
- **QUESTION YOURSELF**
- **HAVE A SOUNDING BOARD**
- **JUSTIFY, JUSTIFY, JUSTIFY**

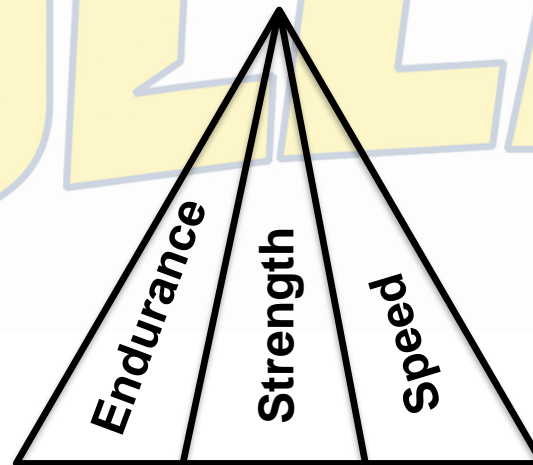
TOLEDO

TRAINING THEORY

➤ CLASSIC PERIODIZATION



➤ SIMMONS TRIANGLE



ENERGY CONTRIBUTIONS TO THE 5,000M

CLASSIC MODEL

ENERGY SOURCE	400	800	1500	5000	10000
AEROBIC %	18.5	35.0	52.5	80.0	90.0
ANAEROBIC %	81.5	65.0	47.5	20.0	10.0

CURRENT MODEL

ENERGY SOURCE	400	800	1500	3000	5000	10000
AEROBIC %	43.5	60.5	77.0	88.0	94.0	97.0
ANAEROBIC %	56.5	39.5	23.0	12.0	6.0	3.0

METABOLIC ENERGY SYSTEM CONTINUUM



ATP-CP

ANAEROBIC
GLYCOLYSIS

AEROBIC
OXIDATIVE

VOLUME

➤ VERN GAMBETTA

- “VOLUME IS NOT A BIOMOTOR QUALITY. ANYONE CAN DO MORE; THE PATH TO SUCCESS IS DOING IT BETTER.”



TRAINING PACES

GIRLS

11:30 3200 – 5:45 MILE
345 SECONDS

65% - 7:46
75% - 7:12
85% - 6:37
95% - 6:03

19:35 5K – 6:16 MILE
376 SECONDS

65% - 8:28
75% - 7:50
85% - 7:12
95% - 6:35

BOYS

10:00 3200 – 5:00 MILE
300 SECONDS

65% - 6:45
75% - 6:15
85% - 5:45
95% - 5:15

16:40 5K – 5:20 MILE
320 SECONDS

65% - 7:12
75% - 6:40
85% - 6:08
95% - 5:36

TOLLEDO

LONG RUN

- HIGHLY IMPORTANT COMPONENT OF TRAINING
- TRAIN THE BODY AND THE MIND
- DON'T "JUST GET IT IN"
- PROGRESSION

1 - 7:30
2 - 7:03
3 - 6:43
4 - 6:35
5 - 6:18
6 - 6:11
7 - 6:30
8 - 6:19
9 - 6:09
10 - 6:07
11 - 5:55
12 - 5:59
13 - 5:51
14 - 5:53



STEADY STATE

➤ **CRUCIAL FOR LACTATE THRESHOLD DEVELOPMENT**



➤ **DISTANCE**

➤ **3 – 7 MILES**

➤ **YOUNGER/LESS DEVELOPED RUNNERS**

➤ **REPETITIONS WITH SHORT REST**

➤ **HARDEST WORK WE DO**

VO2 MAX

➤ **POWER – BUILDING THE ENGINE**

➤ **300M – 1600M**

➤ **REST**

➤ **STANDING OR JOGGING**

➤ **1:1, MORE, LESS**

➤ **BE CREATIVE / KEEP IT FRESH**



HILLS AND FARTLEK

- **LESS STRUCTURE BUT NO LESS DIFFICULT**
- **FARTLEK – MIMIC REPS ON TRACK**
- **HILLS – FORM BREAKDOWN**
- **GREAT CHANCE AGAIN TO BE CREATIVE**



MIXED ZONE WORKOUTS

- **REMEMBER ENERGY SYSTEM IS A CONTINUUM**
- **EARLY AND OFTEN**
- **USUALLY THE MOST DIFFICULT BUT FUN**
- **GREAT FOR RACE SIMULATION**



JANUARY

SUN	MON	TUES	WED	THUR	FRI	SAT
1 85 min Progressive weights	2 Off	3 6 x 800m (3k effort) (2:00 rec)	4 55 min 4 x 100 weights	5 55 min	6 Fartlek 5 x (2on/1off/ 1on/1off)	7 55 min
8 85 min Progressive weights	9 55 min 4 x 100	10 8 x 1k (:45 rec) *3:25-30 3:34, 3:32, 3:29, 3:27, 3:26, 3:27, 3:26, 3:24	11 55 min 4 x 100 weights	12 12, 4, 8, 4, 4, 8, 4, 12 *4:15, 74, 2:35, 71 4:16, 75, 2:37, 70, 72, 2:37, 73, 4:12	13 55 min 4 x 100	14 UNC 800 – 2:11.52
15 85 min Progressive weights	16 Off	17 4 mi SS 5:51 12:08 (6:17) 18:09 (6:01) 24:15 (6:06)	18 55 min 4 x 100 weights	19 55 min 4 x 200 accel	20 55 min 4 x 100	21 VT Mile – 4:48.92
22 90 min Progressive weights	23 Off	24 16, 3x4, 8, 3x2 *5:20, 71, 2:20, 32 5:21, 69, 72, 71, 2:26, 31, 31, 31	25 55 min 4 x 100 weights	26 55 min	27 4 mi SS, 4x4 5:47 73 11:52 (6:05) 72 18:00 (6:08) 73 23:39 (5:39) 70	28 55 min
29 90 min Progressive weights	30 Off	31 8 x 600m (2:30 rec) *1:51 1:50, 1:51, 1:51, 1:51, 1:52, 1:53, 1:56, 1:57, 1:57				

March

2014

Brooke Tullis

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 60 Min
2 go Min <u>progressive</u> weights	3 Off	4 4 mile steady state – 23:15 + 4 x 100 (60 min)	5 70 Min + 4 x 100 <u>weights</u>	6 60 Min	7 2x1k (5k), 2x800(3k), 2x400(mile), 2:30 rest + 4 x 100 (60 Min)	8 60 Min
9 go Min <u>progressive</u> weights	10 60 Min + 4 x 100	11 4 mile steady state = 23:20 + 4 x 100 (60 min)	12 70 Min + 4 x 100 <u>weights</u>	13 60 Min	14 10 x 600 (5k), 2:30 rest + 4 x 100 (60 Min)	15 60 Min
16 go Min <u>weights</u>	17 Off	18 800,400,400,200,2 00,400,400,800. (800-5k, 400 and 200 – mile) 4 x 100 (60 min)	19 70 Min + 4 x 100 <u>weights</u>	20 60 Min	21 2k, 400, 2k, 400, 2k (2k- 5S, 400 – mile) + 4 x 100 (60 min)	22 60 Min
23 go Min <u>weights</u>	24 60 Min + 4 x 100	25 6 x 800 (2@2:45, 2@2:40, 2@2:35) + 4 x 100 (60 min)	26 70 Min + 4 x 100	27 60 Min	28 Raleigh Relays 5k – 16:19	29

SEPTEMBER

SUN	MON	TUES	WED	THUR	FRI	SAT
						1 60 MIN
2 90 MIN PROGRESSIVE WEIGHTS	3 45 MIN 4 x 100	4 5 MI SS 30:51	5 60 MIN 4 x 100 WEIGHTS	6 60 MIN	7 FARTLEK 5 x (3/2/2/1)	8 60 MIN
9 90 MIN PROGRESSIVE WEIGHTS	10 60 MIN 4 x 100	11 2 x (3 x 400M HILL, 3K)	12 60 MIN 4 x 100 WEIGHTS	13 60 MIN	14 60 MIN 4 x 100	15 5K RACE
16 90 MIN PROGRESSIVE WEIGHTS	17 60 MIN 4 x 100	18 5 MI SS 30:39	19 60 MIN 4 x 100 WEIGHTS	20 60 MIN	21 4x800, 3 MI SS 2:44, 2:45, 2:44, 2:45 17:41	22 60 MIN
23 90 MIN PROGRESSIVE WEIGHTS	24 60 MIN 4 x 100	25 4 MI SS 24:10	26 60 MIN 4 x 100 WEIGHTS	27 FARTLEK 3 x (3/2/2/1/1 /1)	28 60 MIN 4 x 100	29 5K RACE

CONTACT INFO

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