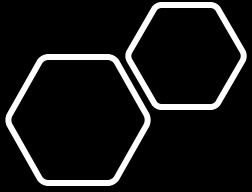




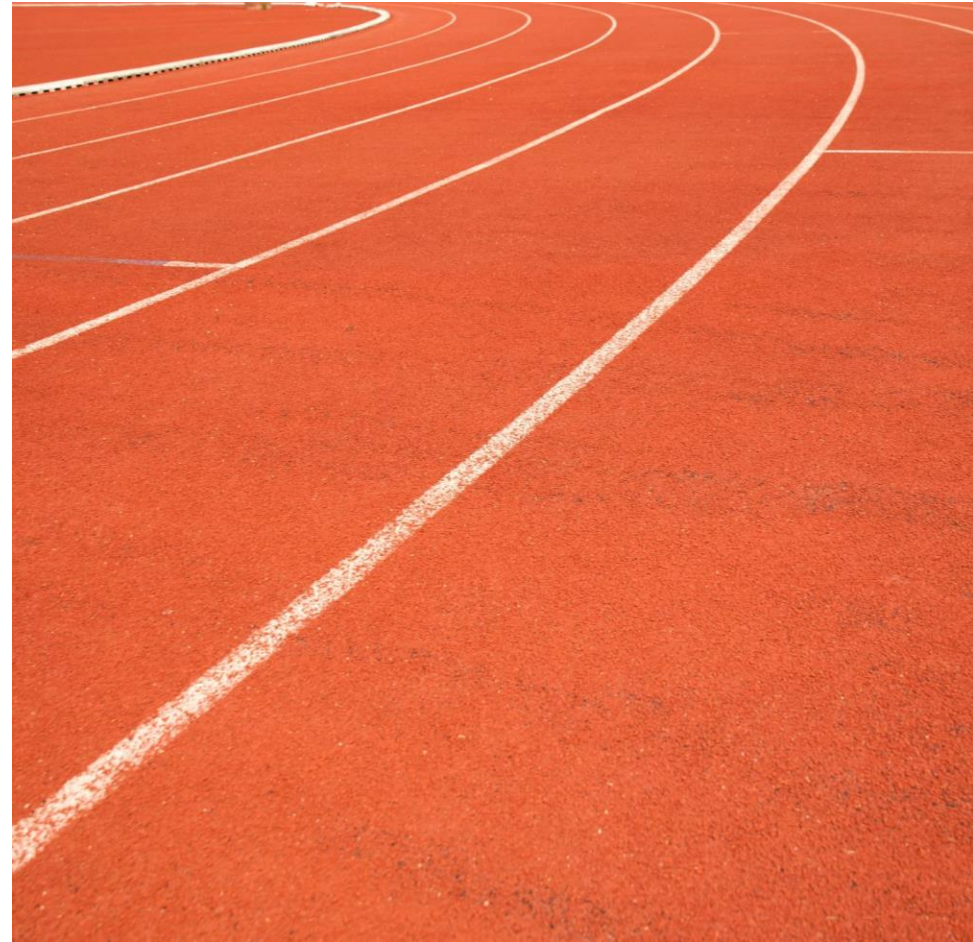
LOUISVILLE

TRACK & FIELD

CROSS COUNTRY



Coaching the 1600M +



“To win is not important. To be successful is not even important. How to plan and prepare is crucial. When you plan very well and prepare very well, then success can come on the way. Then winning can come on your way.”



Factors to Success As An Athlete

Small Goals

“You can’t climb up to the second floor without a ladder. When you set your aim too high and don’t fulfill it, then your enthusiasm turns to bitterness. Try for a goal that’s reasonable, then gradually raise it” – Emil Zatopek

Consistency

“If one can stick to the training throughout the many long years, then will power is no longer a problem. It’s raining? That doesn’t matter. I am tired? That’s besides the point. It’s simply that I just have to.” -Emil Zatopek

Recognize Progress

“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.” –Emil Zatopek

Self-Awareness

“To boast of a performance which I cannot beat is merely stupid vanity. And if I can beat it that means there is nothing special about it. What has passed is already finished with. What I find more interesting is what is still to come. “ –Emil Zatopek

Talent Identification for 1600M +

- ✓ Good results on low fitness
- ✓ Good Mechanics
 - Smooth stride. Low back kick. No wasted energy.
- ✓ Embraces long runs
- ✓ Asks a lot of questions about training
- ✓ Strong Core
- ✓ Spends a lot of time recovering (Foam Roll, etc.)
- ✓ Innate Pacing.

Jennie Baragar-Petrash

Hometown: Winnipeg, MB



High School Personal Bests:

- ❑ 800: 2:14
- ❑ 1500M: 4:31
- ❑ 3000M: 9:49

College Personal Bests:

- ❑ 1500: 4:16
- ❑ 3000M: 9:10
- ❑ 5000M: 15:53

Training Progression

- ✓ High School Mileage: 20 MPW
- ✓ College Mileage: 45-55 MPW
- ✓ Talent Identification: Response to HARD Workouts
- ✓ Example Workout:
800- 6x 600M- 800
Splits: 2:22/1:50-1:52/2:12
- ✓ Needs Improvement: Consistency in Training

Alex Bartholomay

Hometown: Bowman, ND



High School Personal Bests:

❑ 800M: 2:07

❑ 1600M: 4:29

❑ 5000M: 16:39

College Personal Bests:

❑ 800M: 1:57

❑ Mile: 4:05 (4:03 1600M equiv)

❑ 3000M: 8:15

Training Progression

- ✓ High School Mileage: 30-40 MPW (Primarily a baseball player)
- ✓ College Mileage: 70-80 MPW
- ✓ Talent Identification: Student of the Sport
- ✓ Example Workout:
6x 1 Mile w/ 3:00R: **Splits: 4:55/4:53/4:51/4:54/4:49**
- ✓ Needs Improvement: Understanding Diminishing Returns

Maddie Van Beek

Hometown: Perham, MN



High School Personal Bests:

❑ 1600: 5:05

❑ 3200M: 10:52

❑ 5000M: 18:26

College Personal Bests:

❑ Mile: 4:41

❑ 3000M: 9:31

❑ 5000M: 16:06

Training Progression

- ✓ High School Mileage: 30-35 MPW
- ✓ College Mileage: 75-80 MPW
- ✓ -Grinds on Long Runs
- ✓ Talent Identification: Relentless Work Ethic
- ✓ Example Workout:
5x 1K Starting at 5KP and Progressing Down w/ 2:30R
Splits: 3:15-3:12-3:09-3:06-2:59
- ✓ Secret Weapon: Ability to handle high volume

Elliott Stone

Hometown: Bismarck, ND



High School Personal Bests:

- ❑ Mile: 4:18
- ❑ 3200M: 9:25
- ❑ 5000M: 15:50

College Personal Bests:

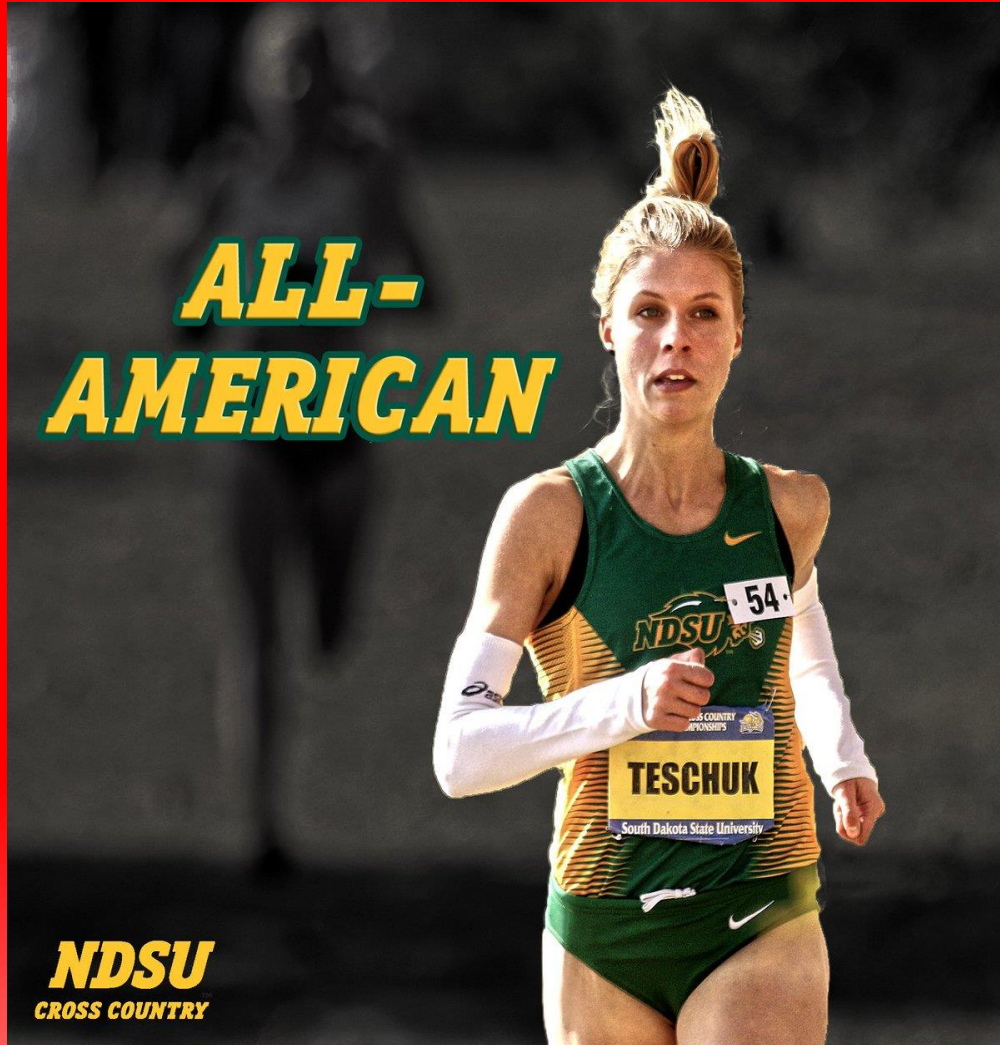
- ❑ Mile: 4:12
- ❑ 3000M: 8:18 (8:51 3200M equivalent)
- ❑ 5,000M: 14:20

Training Progression

- ✓ High School Mileage: 45-50 MPW
- ✓ College Mileage: 80-85 MPW (Max: 90 Miles)
- ✓ Focus on the long run up to 20 Miles
- ✓ Talent Identification: Efficient Aerobic Running
- ✓ Example Workout:
 - 4 Mile CD Run (5:20-5:10-5:00-4:50) + 4x
400M @ MileP w/ :90R
- ✓ Needs Improvement: Balancing Running and Academic Lifestyle

Erin Teschuk

Hometown: Winnipeg, MB



High School Personal Bests:

- ❑ 800M: 2:11
- ❑ 1500M: 4:45
- ❑ 3000M: Refused to run over 1500M

College Personal Bests:

- ❑ Mile: 4:32
- ❑ 3000M: 9:02
- ❑ 5000M: 15:41

Training Progression

- ✓ High School Mileage: 10-15 MPW
- ✓ College Mileage: 65-70 MPW (Max: 75 Miles)
- ✓ CONSTANT INTENSITY
- ✓ Talent Identification: Single Minded Focus
- ✓ Example Workout:
 - 15X 400M w/ :45R/:60R/:75R (changing rest after 5 reps)
- ✓ *1st Set 5Kp (75s) 2nd Set 3Kp (71s) 3rd Set MileP (67s)*
- ✓ Secret Weapon: Massive Kick



2

2

Five things that make **Erin Teschuk** a better athlete:

1) GOAL SETTING

- Setting goals
- Long Term
- Short Term /daily goals

2) PREPARATION

- Come to practice prepared
- Physically/mentally preparing for practice – on both hard and easy days.
- Habits- race mentality (practice how you want to approach races)
 - o Helps you figure out best way to get your body ready to race
 - o Mentally more prepared for races

3) RECOVERY

- Train like a professional/recover like a professional
- Do all the little things outside of practice- stretch, foam roll, sleep, nutrition, hydration
- Set time aside specifically for recovery

4) NUTRITION

- Whole foods
- Variety/ balance
- Eating for a purpose

5) PROGRESS

- Celebrate small successes
- Enjoy the work
- “Champions love puzzles. They can’t wait to get to work the next day to find solutions. They embrace failure for it acts as a springboard to solutions” – Dan Plaff

Common Denominators

- ✓ Increased Aerobic Workload
- ✓ “Ask yourself, can I give more? The answer is usually “YES” –Paul Tergat
- ✓ Efficient Mechanics
Up on toes, low arm carriage, no wasted energy.
- ✓ Utilize their talents effectively
- ✓ Trained ability to run hard when tired
Sprint, Mechanics, Power at the end of every session.
- ✓ Competitive Spirit
- ✓ An Eye on their Future (i.e. keeping things in balance)

Designing a Program to Increase Workload 1600M +

- **Goal Setting**

This must come first and effectively communicate the work that needs to be done in order to meet goals.

- **Find the Point of Diminishing Returns**

Don't be afraid to get hurt or tired. But you must learn from it.

- **Two weeks up/One week down**

Ex. Week #1 40 Miles/Week #2/45 Miles/Week #3 35 Miles/Week #4 45 Miles /Week #5 50 Miles /Week #6 40 Miles

- **Train Both Ends of The System**

Ex. Cut Down Runs + Speed After

- **Include Specific Session in Season**

Save the 1K Repeats at 5KP for in Season Sessions



LOUISVILLE

TRACK & FIELD

CROSS COUNTRY