

Distance and Middle-Distance Groups – Training Overview - 2018

Typical warm-ups:

LONG DISTANCE) Glute activation, Lunge Matrix, 2-3 miles, circle stretch, 6*100

MID DISTANCE A) Glute Activation, Lunge Matrix, 2 miles, form drills, striders

MID DISTANCE B) Glute Activation, Lunge Matrix, 800 meters, form drills, striders

Glute Activation – Do one of these three:

1. Lying on your back, bring one knee toward the opposite shoulder, performing most of the movement with the active leg and only using your hands to pull your knee to the farthest range of the stretch. Hold for a moment and return.
2. Standing on your left leg, reach with your right arm across your body to the floor. Then straighten up and reach diagonally above and behind your head with your right arm. Do 10–20 on each side.
3. In push-up position, face down with your body in a straight plank position, raise your right leg, tensing your glutes. Hold for five seconds and return to original position. Do 10–15 per leg.

Training Overview

Long Distance	Middle Distance
<p>The long distance group will operate on a 9-Day cycle. Every 9 days, you will do ALL of the following: LONG RUN (20% of weekly volume) STRENGTH RUN (hills) TEMPO (1600RP+1 minute) – Continuous RECOVERY RACE VO2 Max (3200 race pace) LACTATE THRESHOLD (4 mile run-pace should be the same as the fastest you could run for 9-10 miles) SPEED (we will try to do fly 30s at the end of one workout every cycle in order to improve finishing kick)</p>	<p>The middle distance group will operate on a 12-Day cycle. Every 12 days, you will do ALL of the following: LONG RUN (20% of weekly volume) STRENGTH RUN (hills) TEMPO (1600RP+1 minute) – Continuous or broken RECOVERY RACE VO2 Max (3200 race pace) Special Endurance 2 (1600 race pace) Special Endurance 1 (800 race pace) Speed Endurance (400 race pace) Pure speed (fly 30s)</p>
<p>Both Groups Strength Training with Coach Snee 2-3 times per week Ice Baths 1-2 times per week HM on M,W,F; GS on Tues, Thurs</p>	

“Do we really think the value of a human being is measurable? It doesn’t really make sense to measure ourselves in comparison with other immeasurable beings. In fact, we are what we are; we are NOT how well we happen to perform at any given moment.”

“The surfer waits for the big wave because he values the challenges it presents. He values the obstacles the wave puts between him and his goal of riding the wave to the beach. Why? Because it is those very obstacles, the size and churning power of the wave, which draw from the surfer his greatest effort. It is only against the big waves that he is required to use all his skill, all his courage and concentration to overcome; only then can he realize the true limits of his capacities. At that point, he often attains his peak. In other words, the more challenging the obstacle he faces, the greater the opportunity for the surfer to discover and extend his true potential. The potential may have always been within him, but until it manifested in action, it remains a secret hidden from himself. The obstacles are a very necessary ingredient to this process of self-discovery.”

- From “The Inner Game of Tennis” by Timothy Gallwey – a book read by members of the Portland Men’s XC team, runners-up in 2017 division 1 nationals.

Mid-D Calendar - April

SUN	MON	TUES	WED	THURS	FRI	SAT
18 Recovery	19 Long Run HM	20 Special Special 2 8*400 – 45 second rest HM	21 Recovery Weights	22 Hills@KLM 6-8*45 seconds HM	23 On your own Recovery	24 Start of Cycle 5 Meet at Waterfall- 9:00 Alternate 1 mile on, 1 mile off with fast miles at 1600RP+1 minute (Tempo)
25 On your own Recovery	26 @HC – 9:00 Special 1 8*200-6 minute rest Weights	27 @HC-9:00 V02 Max 4/8/12/16/12/8/4 HM	28 @HC-9:00 Recovery Weights	29 On your own Hills-8*45 seconds HM	30 On your own Recovery,	31 On your own Long Run Waterfall? GS
1 Speed Endurance 6*150 – 4 minute rest	2 Speed – Flies Weights	3 Recovery, HM	4 Special 2 4*400 – 8 minute rest Weights	5 Start of Cycle 6 Recovery, HM	6 Tempo 8*400 (400RP/.75) Weights	7 Long Run
8 Recovery	9 Recovery at KLM followed by 10*10 second hills Weights	10 Home Meet (Special 2) 4*8/8/4 for guys competing Saturday – others can choose	11 Recovery, Weights	12 Special 1 3*300-3 minute rest 3*200-6 minute rest HM	13 Recovery, Weights (for those not competing tomorrow)	14 Bud Mohns (recovery run for those not competing)
15 Speed Endurance 6*150	16 Speed-Flys Weights	17 Start of Cycle 7 V02Max 4/8/12/16/12/8/4 HM	18 Recovery + Speed Endurance (4*150-4 min rest) Weights	19 Recovery HM	20 Bob Cahoon Meet	21 Practice@Waterfall Long Run +Hills
22 Recovery	23 Special 2 4*500-8 min rest Goal is 800RP*.61 Weights (Pre-meet recovery for those racing tomorrow)	24 Soph Invite (Recovery for others) HM	25 Pre-meet Recovery for those running tomorrow; Tempo for others	26 Sandburg Meet (Those not running do Fly 10s) HM	27 Recovery Weights	28 Special 1 8*200-6 min rest Goal is 400RP*.49 HM

Long-D Calendar - April

SUN	MON	TUES	WED	THURS	FRI	SAT
18 Recovery	19 Long Run Weights	20 Start of cycle 6 V02Max 12-16*400	21 Recovery Weights	22 Lactate Threshold HM	23 On your own Recovery	24 @Waterfall-9am Tempo- do a loop with 3 of the miles at Tempo pace (1600PR+1min), 8*Hills after
25 On your own Recovery+Speed (8*30 meters)	26 Meet @Waterfall-8:30am Long Run (20% of volume)	27 Meet at HC-9am V02 Max 4/8/12/16/12/8/4	28 @HC-9am Recovery Weights	29 Start of Cycle 7 On your own Hills 8*45 seconds	30 On your own Recovery	31 6-10 miles with 20-25 minutes of Lactate Threshold
1 Recovery	2 On your own Long run, HM	3 Recovery+Speed (10*10second hill bursts at KLM) Weights	4 Recovery	5 Tempo 8-12*400 (400PR/.75) Weights	6 Recovery GS	7 V02->O'Fallon workout
8 Start of Cycle 8 Recovery	9 Long Run, Weights	10 Home meet 4*8/8/4 for guys running in Bud Mohns – others can choose event	11 Recovery Weights	12 Tempo, Speed 12*200 (400PR/.85/2) 8*40 meters HM	13 Recovery Weights for those not in Bud Mohns	14 Bud Mohns Race (guys not racing should do 8*45 second hills)
15 Recovery	16 Lactate Threshold Weights	17 V02Max 4/8/12/16/12/8/4	18 Start of Cycle 9 Recovery Weights	19 Recovery (pre-meet)	20 Bob Cahoon Meet Guys not racing should do 6 miles with 20 minutes Lactate Threshold	21 Practice@Waterfall Long Run+Hills
22 Recovery	23 VO2 2*1600@3200RP 4*400@1600RP 2*200@800RP (Guys racing tomorrow will do premeet recovery)	24 Soph Meet Tempo (12*200) + speed (6*40) for everyone else Weights	25 Recovery	26 Sandburg Meet (Guys not running do 6*45 seconds hills)	27 Start of cycle 10 Weights	30