

High School Runners - Run Fast

Doing the Work !!!!!

**Tom Rothenberger
Jesuit High (Portland)
Stumptown Running**



Doing the Work !!!!!!!



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6 x 1 mile Jan 15, 2026

**[https://youtube.com/shorts/EnyDsqiQTfk?
si=8G7xBTCku Lvm-6N](https://youtube.com/shorts/EnyDsqiQTfk?si=8G7xBTCkuLvm-6N)**

**[https://youtube.com/shorts/
5WM4gHGgbGE](https://youtube.com/shorts/5WM4gHGgbGE)**

<https://youtube.com/shorts/JnpExzC6ycE>

Transformational Changes in last 8 years

- 1. The Event - April 22, 2018**
- 2. Raise the Ceiling.....Don't protect the Floor so much**
- 3. One Location**
- 4. Meet Daily year round**
- 5. Hard Easy = out Training Runs = In**
- 6. Long Hill Repeats = out ..Rolling Hills Progression Run = In**
- 7. Multiple Purpose Workouts**
- 8. Aerobic Engine Workouts..... #1 Priority**
- 9. Long Run = Running at 9 different speeds within run**
- 10. 2+ Runs = Learning to Endure**
- 11. Summer Max Velocity Work (9-12 sessions per summer)**

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Training System (Influences)

Arthur Lydiard

Time Trials.....

Fine Tuning Doesn't take long.....

Percy Cerutti

Embrace the Lifestyle.....

Training System (Influences)

Bill Dellinger

Embrace the Track in Off Season

Bill Bowerman

The Oregon System.....Long Run Cycle

Training System (Influences)

Alberto Salazar

“Embracing the 7”

Pat Tyson

Find Someone Faster.....Run with them Daily

Training System (Influences)

Marcus O'Sullivan

Pull Up Anaerobic Threshold

vs.

Push Up Anaerobic Threshold

Louie Quintana

Patience Before you Turn the Corner

Training System (Influences)

Jerry Schumacher

Building an Aerobic Engine

Lucas Rothenberger

Trust Experience/Instincts....Art of Coaching

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JUNE

Mon - **Max Velocity 150's** + Training Run (last 3 weeks).....**WHY NOW!!!**

Tues - Training Run + Strides

Wed - **Diamond League Progression Run** (last 2 weeks)

Thur - Training Run + Strides

Fri - Training Run + Strides

Sat - **Long Run (Building to new volume level for next cycle)**

Sun - Optional Run

Doing the Work !!!!!!!

JULY

Mon - Max Velocity 150's + Training RunLearning to Run Fast

Tues - Training Run + Strides

Wed - Diamond League Progression Runvs. Hill Repeats...."Riding the Line"

Thur - Training Run + Strides

Fri - 2 + Runs (Marathon Pace)Physiology, Concentration

Sat - Long Run (Time on Feet) Building the Volume

Sun - Optional Run

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