



Florida State Distance Training Program



◆ Phases of Training

<i>Emphasis</i>	<i>Duration</i>	<i>Application</i>
1 -Distance Re-Orientation		
Getting back into your routine of daily training.	Two weeks.	<ul style="list-style-type: none"> •Easy to Moderate distance runs •No other training elements yet.
2 -Base Building Phase		
To build your aerobic base, and begin a transition to LT running.	Four to Five weeks.	<ul style="list-style-type: none"> •Lengthen distance runs to over-distance principle •Easy to moderate runs •Introduce transitional LT workouts •Include light “speed” workout
3 -Lactate Threshold Training Phase		
To improve your Lactate Threshold pace and ready the body for Vo2 Max workouts of next phase.	Six to Eight weeks.	<ul style="list-style-type: none"> •Continue aerobic improvement •Continue light speed •Possible beginning of racing season •Change transitional Lactate Threshold to true Lactate Threshold workouts
4 - VO2 Max Training Phase		
To improve your Vo2 Max and progress racing/high intensity running.	Five to Six weeks.	<ul style="list-style-type: none"> •Intervals of 3-8 minutes with short recovery •Progress the pace of repetitions •Maintain aerobic base •Middle of racing season
5 - Peaking Phase		
To rest and sharpen the body for optimal racing performance.	Two to Four weeks.	<ul style="list-style-type: none"> •Intervals of 2-4 minutes with longer recoveries •Progress intensity of repetitions •Cut back aerobic running including long runs •End of racing season





Florida State Distance Training Program



♦Types of Workouts within Phases

Phase 1 - Distance Re-Orientation

Type of Run		Frequency
•EZ Distance Runs	Aerobic running at 60-75 % of “in-shape” distance (5 to 6 miles when you normally run 8 miles); conversational pace for majority of the run.	<i>Every day (six to seven times a week)</i>

Phase 2 - Base Building Phase

Type of Run		Frequency
•EZ Distance Runs	Aerobic running at 75-100 % of “in-shape” distance (6 to 8 miles when you normally run 8 miles).	<i>3 times a week</i>
•LT Transition Runs	Fat Man Miles; Cruise Miles; Pick-Up Runs; Modified Fartlek. Any workout done at or near LT pace, but without the continuous characteristic of a true LT or Tempo run (broken up with short jogs or floats); not a high-intensity workout.	<i>Once in a week</i>
•Steady State Run	Medium paced run done at approx. 30-40 seconds faster than EZD, equal if length to EZD run; mostly non-conversational, but not a “hammer” or Tempo.	<i>Once in a week</i>
•Light Speed Workout	Also known as repetition workout; repeat 200’s/300’s or 400’s done to re-introduce speed element; very controlled, done at about current mile race pace. (Rest is ½ of interval distance); best done on grass (preferably barefoot).	<i>Once in a week</i>
•Long Run	Aerobic running at distances significantly longer than goal race distance; must be controlled and must be built up gradually; Milers= 8 to 10 miles; 5k=10-13 miles; 10k=12-15 miles.	<i>Once in a week</i>





Florida State Distance Training Program



Phase 3 - Lactate Threshold Training Phase

Type of Run		Frequency
•EZ Distance Runs	Aerobic running at 100% “in-shape” distance; conversational pace.	3 times a week
•LT Threshold Runs	Tempo Runs; Alternate Miles; Extended Fartlek. Actual Tempo runs or moderations done at LT pace; high intensity, but not all-out; ideal distance is four miles (can be built up to longer).	Once in a week
•Light Speed Workout	Conducted the same as in previous phase, but slightly quicker.	Once in a week
•Steady State Run	Continue with this workout if not racing; remove if racing.	Once in a week (if not racing)
•Actual Races, Time Trials, Timed Efforts	Training through meets often occurs in this phase; timed efforts are time trials done with pace restrictions (not a race).	Once in a week
•Long Run	Aerobic running at or near maximum goal distance; still conversational pace.	Once in a week

Phase 4 - VO₂ Max Training Phase

Type of Run		Frequency
•EZ Distance Runs	Unchanged from previous phase.	3 times a week
•Interval Training Workouts	Long repeats of 3 to 8 minutes in length with short recovery; normal recover is a jog of ½ of the interval distance, advanced is ¼; always conducted in race conditions (grass vs. track or hills vs. flat); slightly faster than race pace.	Once in a week
•Light Speed Workout	Conducted the same as previous, but slightly quicker.	Once in a week
•Actual Races, Time Trials, Timed Efforts	Conducted same as in previous phase; be certain <u>not to do more than once per week.</u>	
•Long Run	Same as in previous phase; can be cut back 25-30 % due to racing fatigue.	Once in a week





Florida State Distance Training Program



Phase 5 - Peaking Phase

Type of Run		Frequency
•EZ Distance Runs	Aerobic running as before, but at 60 to 75 % of normal distance.	2 times a week
•Interval Training Workouts	Repeats of 2 to 4 minutes; full recovery (jog equal time of previous interval); pace is slightly faster to greatly faster than projected race pace; high intensity workout.	Once in a week
•Traditional Speed Workout	Conducted similar to light speed workout of previous phase, but done much quicker than before; recovery is jogging double the time of the previous interval; high intensity workout; used for sharpening; don't overdo it though.	
•Actual Races, Timed Efforts	Racing during this phase should be <u>no more than once a week</u> for a distance runner, preferably less; if there's a non-racing week then the Timed Effort is invaluable; should feel light and fast during this phase.	
•Recovery Day	Light aerobic running of 15 to 20 minutes, followed by ice bath; is best to take active rest day rather than not run at all.	Recovery day is typically once a week
•Long Run	Aerobic running at 50 to 75 % of maximum long run distance; go easy!!	Once in a week (although some coaches drop it altogether)





Florida State Distance Training Program



◆ Selected Speed Workouts

Interval/ Repeats

Set distances run at race pace or faster, separated by intervals of recovery jogs. Good introductory workout.

Workout:

- 4 x 800m. run slightly faster than race pace with 400m. easy recovery jog.

Recovery:

- ½ the distance of the repeat; jog at an easy pace.

Example: (for an 18:00 3mi. runner)

- 4 x 800m. @ 3:00 w/ 400m. rec. @ 2:30; 10-15 min. jog

Analysis:

- Good introductory workout that can also be the cornerstone for the top runners as well. Don't forget warm-up and cool-down.

Goal:

- Advance this workout to where the volume of the interval is equal to the race distance without falling below current race pace.

Alternate Miles

Alternate three different paces within a distance run. Done without a recovery jog.

Workout:

- Hard mile – Easy mile – Medium mile – Hard mile – Easy mile.

Recovery:

- None, until workout is complete.

Example:

- *(for an 18:00 3mi. runner)*

6:00 – 8:00 – 7:00 – 6:00 – 8:00

Analysis:

- Good early season workout to prepare for faster, harder workouts.

Goal:

- To be able to differentiate between training paces, while helping to lay a base for interval training during the season.





Florida State Distance Training Program



Continuous Workout

Doing an interval workout with timed active recovery intervals rather than easy jogs. The faster jog, or float lap, allows only partial recovery before taking on the next repeat. The ultimate race simulation workout!

Workout:

- 3 x 1mi. repeat w/ 400m. recovery @ a medium pace for 4mi.

Recovery:

- Usually, halfway between current race pace and an easy training pace.

Example:

- (for an 18:00 3mi. runner)
1mi. @ 6:00; ¼ @ 1:45; 1mi. @ 6:00; ¼ @ 1:45; 1mi. @ 6:00; ¼ @ 1:45;
¼ @ 1:30

Analysis:

- Good workout for advanced runners. The recovery is so incomplete that it is important not to run the mile too fast.

Goal:

- To complete the workout! It's that tough!

↔ Recovery Rule

For all the interval workouts it is important to have a guideline, and perhaps even a goal, for recovery intervals.

Here are three:

• **Beginner Recovery:**

- For absolute first-timers, jog the same distance as the repeat.

• **Normal Recovery:**

- For most building type interval workouts, the jog should be ½ the distance of the repeat.

• **Optimum Recovery:**

- Unless you're in the peaking phase, optimum benefit can be gained from taking jogs of only ¼ the distance of the repeat.





Florida State Distance Training Program



◆Finding Your Gears

One of the biggest problems I find in non-collegiate runners is that they don't plan their training paces. Further, they don't seem to have more than two training gears – fast and slow. To be more effective with your training try and identify and develop several paces (for both training and racing). Consider these:

Zone 1
(Jogging)

Recovery runs, warm-ups and warm-downs, active movement.

Zone 2
(EzD)

Easy distance running is done at a conversational pace; But it is training, not jogging. Essential to Aerobic development

Zone 3
(Med.)

Medium paced running is done at a mostly conversational pace; Try and plan your medium runs as a more quality effort; Helpful in Aerobic development.

Zone 4
(Steady State)

Steady state is a planned hard run; Can be done as a pick-up run; must be controlled; non-conversational; Might be 30 seconds per mile slower than race pace for that same distance; Can help in improving Lactate Threshold levels.

Zone 5
(Tempo Runs)

By definition 10-20 seconds slower per mile than 5k race pace; 20-30 seconds slower per mile is probably more applicable; Hard efforts used to simulate the stresses of a longer race; Necessary for improving Lactate Threshold levels; Can be helpful in improving Anaerobic conditioning.

Zone 6
(Race Pace)

Your interval training should be done in this zone; Can use current race pace (for desired distance) or goal race pace; This pace should be treated very specially; Necessary for Anaerobic conditioning.





Florida State Distance Training Program



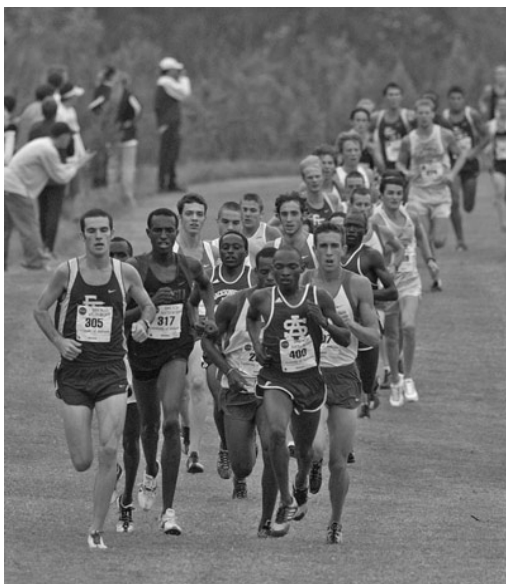
◆ Training With A Purpose

One of the biggest problems with young runners today is that they are more reactive then proactive in their training. They train daily based on how their body feels as they are running. This is what I call **RAYF** (*Run As You Feel*) running and is not a productive way to train.

The result of that type of training is that you respond in races to the way your body feels rather than train your body to be prepared when it counts most. The best way to train is to train with a plan. At FSU we pre-plan the entire training season with two macro cycle charts. A macro cycle is one entire training season, usually lasting 18-24 weeks in length. Distance runners are best served when they run two Macro cycles a year with a 2-4 week active rest phase in between.

Our first macro cycle chart is simply a mileage plan that includes what the emphasis of each phase is and the goal mileage for that week. The second macro cycle chart is a more detailed plan that tells exactly what kind of work we are going to do on a given day. The chart doesn't specifically say what the workout is going to be that day, but it tells you that you'll be doing Hill intervals, Easy Distance, Recovery Day, etc., so that you can prepare in advance for that training. We further our training plan by setting up 2-4 weeks of a Specific Training charts and then we meet every Monday before practice to discuss the training goals for that week.

Making adjustments to your plan is fine, and in fact is necessary when injury and illness strikes. But, by sticking with your plan and simply doing your best to fulfill the designed workout daily will train your body to respond when you want it to. The effect of this, racing wise, is that you will be more mentally prepared to do your best. You will be in control of the outcome, rather than hoping that it turns out to be a good day. Our Athletes follow this plan and are expecting only three possible performance outcomes: Solid Race, Good Race or Great Race. They know that the program has eliminated the "Bad Race" possibility when injury and illness are not factors. They know that they've always met their training objectives in practice, even when they had to struggle, and that they can meet their objective on race day.





Florida State Distance Training Program



◆Overdistance Training Principle

Often we focus on all of the new training techniques and forget about the one important training principle: the Overdistance Training Principle.

Simply, this principle is training daily at distances longer than your targeted race distance. For example, if one is pointing to race at a 5K distance, then they must train daily at distances longer than 5K in order to be able to race effectively at that distance.

Runners lose their effectiveness to really race the distance if it is a chore just to merely complete the distance without falling apart.

It is also important to know that there is a point where running too far daily becomes excessive for your racing distance. The gain from running more miles might not be worth the risk taken to get the distance in.

Listed below are some optimal distances to run in training for races from 3K to 8K. For many runners these may be unrealistic to attain over one training Macro cycle, but perhaps they can become training goals to eventually reach in order to reach your maximum potential at these distances.

For 5K Racing

Daily Training Run:	2 to 2 ½ x race distance	or 6-8 miles
Weekly Long Run:	2 ½ to 3 x race distance	or 8-10 miles
Total Interval Volume:	1 to 1 ½ x race distance	or 3-5 miles

The daily training is the main afternoon single run; not the total of two runs (am & pm). Morning runs would be a supplement to this program and shouldn't be liberally implemented until the runner reaches the above overdistance training goal.





Florida State Distance Training Program



◆Goal Setting

Before you tackle any training program you need to have goals. You should first set your training goals necessary to achieve your racing goals. Training goals can be expressed in weekly mileage, number of quality workouts, number of double run days or maybe number of total training days/runs per week. Even more importantly, or course, is setting your racing goals.

To set up proper racing goals you need to honestly evaluate yourself on three levels: Minimal, Reasonable, and Optimal.

The Minimal goal is the “no matter what” goal. You will at least achieve certain things, regardless of what kind of adversity you have to deal with. The Reasonable goal is a good solid goal where some things go well and perhaps others don’t, but you compete well, execute your race plan and do a nice job. The Optimal goal is considering things go well, you compete to the absolute best of your ability and you hit a new level for yourself.

These goals can be both specific and general. And there are individual race goals, seasonal racing goals, yearly racing goals and maybe even career racing goals. Example: Sally Prefontaine is a senior with a good summer training program behind her and is looking to improve on her 19:00 3-Mile .

Seasonal Goals:	Minimal	Reasonable	Optimal
General	<ul style="list-style-type: none"> • Give good effort every race 	<ul style="list-style-type: none"> • Be #1 runner at every race 	<ul style="list-style-type: none"> • Run with leaders every race
Specific	<ul style="list-style-type: none"> • Consistent sub-19 • Set PR’s at Regions • Help team get to State Championships 	<ul style="list-style-type: none"> • Break 18:30 • Top 10 @ Regions • Top 30@ State Championships 	<ul style="list-style-type: none"> • Break 18:00 • Top 5 @ Regions • Top 20 @ State Championships

Remember that you should set up goals for each individual race, regardless of how “ready” you are, in a similar manner. It is also very helpful to set up a split schedule and/or specific race plan to attain your goals. And, as we learn from the Minimal goal category, have a Plan “B” ready for each race.

