

# BROCAW BLAZERS TRACK TRAINING PROGRAM

## PHILOSOPHY

My training philosophy is based on a three(3) day on and one(1) day off training program for younger runners. I firmly believe that a drastic increase in mileage is unnecessary and is in fact harmful to the physical, mental, and emotional well being of younger runners in the United States. It has and will continue to be my goal to gradually increase both volume and intensity as each runner matures from year to year. I therefore suggest the following guidelines for a fall/cross country training schedule.

### Age Group Minute Amounts per day and 3 day cycle

**6-8** - 18-22 min/54-66 minutes

**9-10** - 25-27 min/75-81 minutes

**11-12** - 30-32 min runs with one run per week of 35 min/90-100 minutes

**13** – 35-40 min runs with one run per week of 40 min with a four day cycle

**14** - 40 min runs with one run per week of 45 min during the four day cycle

**April 15-30.** Easy runs of no more than minutes listed above. The 11&12 group may run one (1) run during the 2nd week of 35 minutes. Always follow the 3 day training/on and 1 day no running/off cycle. Heartrate should only be between 160-175 bpm to accomplish this easy/aerobic training.

**May 1-15.** One day of the 3 day cycle should be a type B workout and the other days easy/aerobic. By this time the runners should be at the minute rates suggested per day and per cycle.

**May 16 - Nationals.** Continue the 3 day on 1 day off cycle as follows:

<u><b>Day 1</b></u>	<u><b>Day 2</b></u>	<u><b>Day 3</b></u>	<u><b>Day 4</b></u>	<u><b>Day 5</b></u>	<u><b>Day 6</b></u>	<u><b>Day 7</b></u>	<u><b>Day 8</b></u>
Type A	Type B/C	Easy	Off	Easy	Type A or B	Easy	Off

Any variation of this sequence may be used for scheduling conflicts except the following. Type A workouts may not follow a type B workout during a 3 day cycle. You may have 2 x type A and 1 type B or C workout **per week** or 1 x type A , 1 type B and 1 type C workout **per week**. Always allow one(1) off day and at least one(1) easy day following the last type A or B workout of the previous cycle before attempting the next type A or B workout. All other runs must be easy/aerobic or heartrate(HR) of 160-175 bpm. That's all!

## IMPORTANT NOTES

All Type A & B workouts should have a 5 minute warm-up (WU) and cooldown (CD) for the 10 & under group, a 7 min WU and CD for the 11 & 12 group, and a 10 min WU and CD for the 13 & 14 group. **Include** 4-6 build-ups at the end of the Type A WU! All Type A & B workouts should be done **with the wind if possible!**

## Parting Thoughts

Of all the recommendations that I can make the most important is for coaches and parents to have a positive attitude at all times. Always find something good about the workout or race to emphasize. Secondly, they are just kids so let them have some fun! Running can be fun!

## Type A Workouts

### 1. Races

2. **3-5 x 3 min runs of**    A. 60 seconds hard/60 seconds easier with 2:30-2:45 min recovery  
    **A or B.**                    B. 40 seconds hard/20 seconds easier with 2:30-2:45 min recovery

**Notes:** Full recovery (HR to 120-130 bpm) between each rep before starting the next one. The hard part needs to be a touch faster than 3200M race pace and the easier part should be a touch slower. In other words, they slow down but not much! The distance run for that particular WO should gradually get farther as the season progresses.

3. **2-3 Sets of 4 x Hills** (6-12 Total). If possible, find a hill approximately 150-200 meters in length. Start on the flat at the bottom and run up the hill and at the top continue running for another 50 meters. This teaches the runner to finish the hill and to continue the pace. Too many runners are satisfied with having made it up the hill that they get beat on the top and lose the race at this point. Walk/jog back down and start again.

### 4. Good Terrain with Known 100 Meter Marks or Track:

- A. 6 x 400m with each 100 meters at the same/equal pace with the same recovery between each 400m or 2 Sets of 4 x 400 with full recovery between sets:
1. Set pace per 400m at mile goal pace and allow 90 sec recovery between each 400m.
  2. Second time use same 400m pace but only allow 75 sec recovery between.
  3. Third time use same 400m pace but only allow 60 sec recovery between 400's.
- B. 300m repeats with each 100 meters at the same pace. Walk 100m in 60 sec and repeat. 2 Sets of 4 x 300m with each 100 meters at the same pace. Full recovery between sets and then repeat. 13-14 age group may do 3 Sets of 4 x 300m or 2 sets of 5 x 300m. **These should always be done with the wind** for the 300m part.
- C. 2. A and B above can be done on the track only if it is too muddy to be done on the grass, path or roads.

## Type B Workouts

1. **Hill Repeats** - Find a course with some hills and run everything easy except for the uphill and the tops.

2. **Fartlek** - 10 sec hard, 10 sec easier, 20 sec hard, 20 sec easier, 30 sec hard, 30 sec easier,... up to, 80 sec hard, 80 sec easier, and then 70 sec hard, 70 sec easier, 60 sec hard, 60 sec easier, 50 sec hard, 50 sec easier,...down to, 10 sec hard, 10 sec easier and then CD. Total time is 21:20. At first just do this one up to 70 sec hard then 70 sec easier and go back down.

3. **Tempo/Lactate Threshold Run** - 20 minute run at 85-92% of HR Max or no faster than a pace that increases breathing to the point where conversation stops and focus shifts from passing time while running to the actual work of running. This is usually slightly slower than 10K pace.

4. **Cruise Intervals** - 3 or 5 min runs at a pace 30-45 seconds slower than mile race pace. Take a 30 sec break (3 min) and a 60 sec break (5 min) then repeat enough for a total of 20-25 minutes.

5. **Indian Running** - In groups of 4-6 get in single file and start running. The last person in line surges to the front and becomes the leader. As soon as they get there the new last person surges to the front.

6. **Speed Sandwich** - Run 20 sec blazing and 2 min easy for the entire workout.

## **Type C Workouts**

1. **Base 400's** - Run a 300m all out, rest for 30 sec and then run 100m all out. Rest 8-10 min and repeat. Add the time for the 300m & 100m together for the total 400m time. The total time is a great projection for their ability to run an open 400m. The goal is to have both 400's identical in time and to improve these times each time the WO is repeated.
2. **800m Type WO's**
  - A. Run 500m at 800m race pace then rest a 3/1 ratio and then run 300m at 800m pace. Rest 8-10 minutes and repeat. Keep track of all the times. If the athlete can run the last repeat as fast or faster they are ready to run this WO faster the next time.
  - B. Run 400m at 800m race pace, rest 30 seconds and then run 200m. Rest 8-10 minutes and repeat 2 times.
  - C. Run 300m at 800m race pace, rest 30 seconds and then run 300m. Rest 8-10 minutes and repeat 2 times.
  - D. Run 4 x 200m at 800m race pace with 30 seconds between each. Rest 8-10 minutes and repeat.

## **Type D - Absolute Speed Workouts**

- A. 5-6 x 150m. Four minutes of Active Recovery (AR) between each effort.
- B. 10-12 x Flying 30m. Accelerate for 30m and decelerate for 30m with the middle 30m all out. I would do these on a track as the beginning of the acceleration zone to the end of the exchange zone for the 4x100 relay is exactly 30m. Four minutes of Active Recovery (AR) between each effort.
- C. 10 x Flying 50m or 60m. Accelerate for 20m and decelerate for 20m with the middle 50m or 60m all out. I would do these on a track. Four minutes of Active Recovery (AR) between each effort.

Type C & D workouts also allow you to get some aerobic training in by extending the cool down to 15-25 min after the workout depending on the age group. Type D WO's will take the most time as there must be four(4) min of Active Recovery (AR) (slow jogging & a little walking) between each effort in order to get the blood lactate at the correct level for the next effort. The four minutes of AR is imperative to doing this WO correctly. **During the season I would substitute Type D's in for an easy run every 4-5 days.** Every kid should like Type D WO's as the first thing every kid wants to do is see how fast they are!

**Remember to WU & CD for all Type A, B, C and D workouts!**