

Training Athletes vs. “Lungs with Legs”

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Ancillary simply means
“providing support for the
primary activities”

Ancillary work for distance
training should simply allow
athletes to run more miles or
run with greater intensity.

USATF Coaching Education identifies
Five Bio-Motor abilities:

Obviously we
need to focus on
stamina...but
often that's all we
focus on.

1. Speed
2. Strength
3. Stamina
4. Suppleness
5. Skill

USATF Coaching Education identifies
Five Bio-Motor abilities:

Some programs have a
solid focus on strength
and speed and that's
fantastic!

1. Speed
2. Strength
3. Stamina
4. Suppleness
5. Skill

Remember: Strength begets Speed

USATF Coaching Education identifies
Five Bio-Motor abilities:

...but skill and
suppleness are either
not present in programs
or get lost in the
training design.

1. Speed
2. Strength
3. Stamina
4. Suppleness
5. Skill

USATF Coaching Education identifies
Five Bio-Motor abilities:

Let's get all five S's
infused into our
training design so that
we can help athletes
reach their potential.

1. Speed
2. Strength
3. Stamina
4. Suppleness
5. Skill

USATF Coaching Education identifies
Five Bio-Motor abilities:

...and we need to
design a program that
addresses the five S's
with each of the
following: session,
microcycle, mesocycle,
macrocycle.

1. Speed
2. Strength
3. Stamina
4. Suppleness
5. Skill

USATF Coaching Education identifies
Five Bio-Motor abilities:

“We have to stop
treating them as
lungs with legs”

- Mike Smith
ARMY

1. Speed
2. Strength
3. Stamina
4. Suppleness
5. Skill

Suppleness

Let's look at both the muscles and the
fascia. We know that tight muscles are
bad, but tight fascia (aka fascial lines)
are also a cause of injury.

“Do as I say, not as I do.”

Suppleness - AIF



Suppleness - Backyard Routine



Suppleness

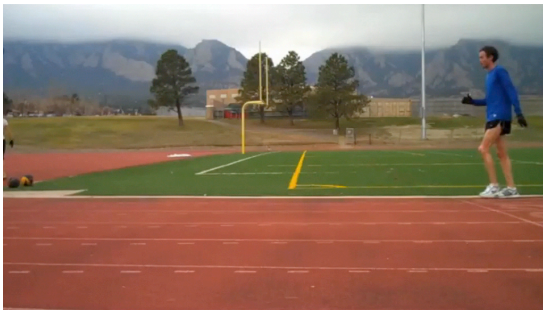
The biggest change in my coaching the last couple of years is the emphasis on Active Isolated Flexibility (AIF)

AIF: At least daily and sometimes more than once per day.

Skill

- Look for good posture when they're running race pace.
- Balance work is really important as you're either in the air or on one foot when you're running.

Skill - Backwards Lunges



Strength

- Eight Week General Strength Progression is tested and effective.
- Running Circuits are great...just be honest about how hard they are.
- Vern Gambetta Leg Circuit

Vern G. Leg Circuit



Speed

- The warm-up needs to have some running that's faster than race pace.
 - My favorite way to do this is 150's In-n-Out.
 - Leo Manzano 30m-30m-40m is a great way to develop a kick...but it's not true speed development, yet it's a great tool.

Speed

- How fast can they run 40m? 80m?
- Take the time to develop speed.
 - Sprinting - the most specific plyometrics a distance runner can do.
 - When speed improves, so does Running Economy (RE)...and we know how important that is for performance.

Speed

When doing speed development, must have walking recoveries (not jogging recoveries) to replenish ATP.

3 minute walks

Stamina

- These are the workouts you're already doing...but the other S's will improve what you can do here.
- Middle Distance fartleck - 150m/650m
- Progression Long Run...end at the track?

Questions

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