

## Track Workouts for Middle and Long Distances

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 HOKA ONE ONE SuperClinic  
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## Middle Distance Training BASE – PACE – SPEED - TECHNIQUE

### Base training for Middle Distance

- ✓ Some can handle cross country and some cannot
- ✓ If feel they should run cross and try to approach it with pride for those who do not handle it well
- ✓ I feel it is the best way to get base training done
- ✓ After cross country they should keep up the base training as it's hard to get it back
- ✓ You should go into February with some type of base training

### Pace Training for Middle Distance

- ✓ Many have forgotten about pace work and how important it is
- ✓ Young athletes today need to know pace and you must set up the type of workouts for those track people
- ✓ Most inexperienced runners will begin a race too fast, slowdown to much, and then try to make a sprint to finish
- ✓ Not only are such tactics painful, thus discouraging young athletes, it is also philosophically foolish
- ✓ The easiest way to run a given time is following an even pace. The ability run even pace requires training in pace judgement, not just endurance training

### Speed for Middle Distance

- ✓ While not the most important factor, speed is still helpful
- ✓ If all factors were equal, speed would win
- ✓ Speed can be improved in most instances
- ✓ Work on speed after runners get base and pace down, then work on speed
- ✓ Many times we work too much on endurance (*base*) while need more pace and speed work

### Varied Pace or Aggressive Tactics

- ✓ This method of shifting from one pace to another during the race, throwing in a short sprint here, a running long - quick section there, and attempt to hold a reasonably stiff pace for the rest of the race
- ✓ difficult type of race to run
- ✓ Philosophically much harder than and an evenly paced race, and the runner has the disadvantage of having to lead the race all the way while hoping to 'kill off' their opponents with out exhausting their own physical resources
- ✓ However it is psychologically exhausting on opponents do not know when a fast burst may be use or how long it will last

### Physiological Workload Training Priority: (Sample Season)

#### Competition Phase: Peak Performance Level

1. Fine Tune
2. Speed/Pace Adaptation
3. Race Simulation: Tactics/Strategy
4. Aerobic Maintenance

#### Competition Phase:

1. Lactate Tolerance
2. Speed/Pace Adaptation
3. Aerobic Maintenance
4. Race Simulation: Tactics/Strategy

#### Base Training Phase: Late Season

1. Aerobic Development: Steady Pace Training
2. Threshold Training: (AT) or (CI)
3. Lactate Tolerance: Interval
4. Speed/Pace Adaptation: Pace Surge Training

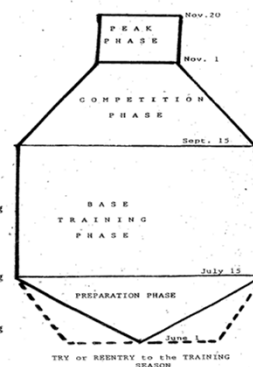
#### Base Phase: Early

1. Aerobic Development: Steady Pace Training
2. Threshold Training
3. Lactate Tolerance: Interval
4. Speed/Pace Adaptation: Pace Surge Training

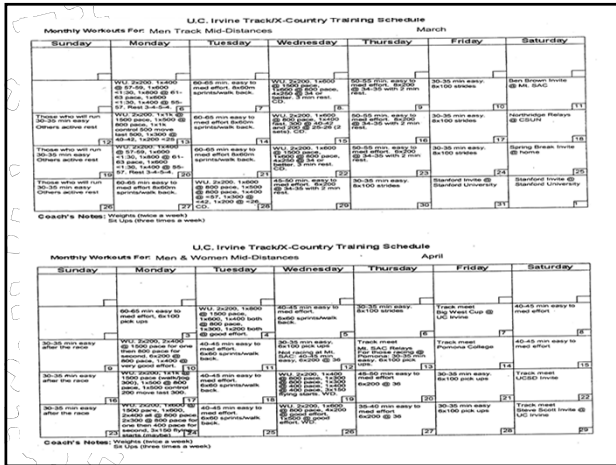
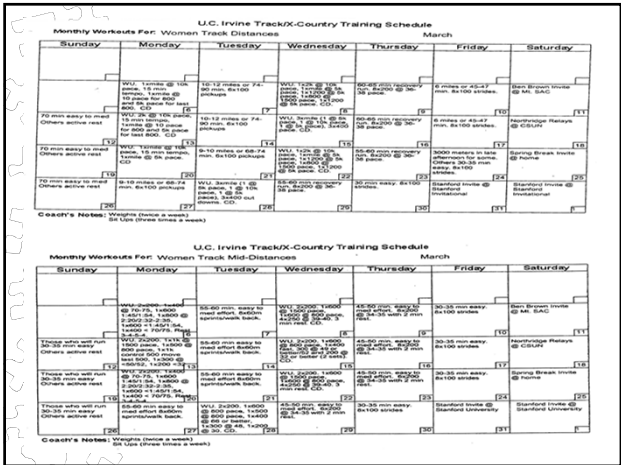
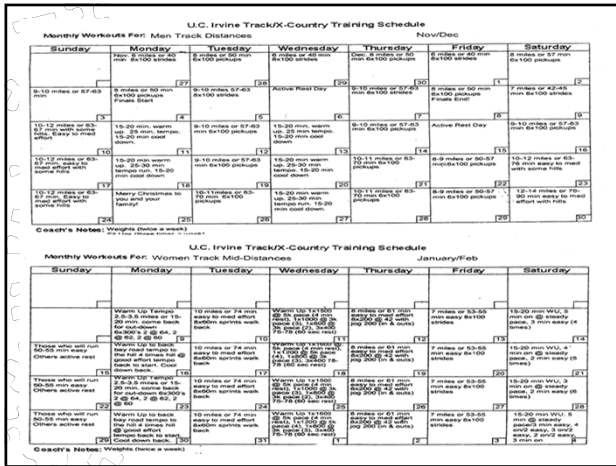
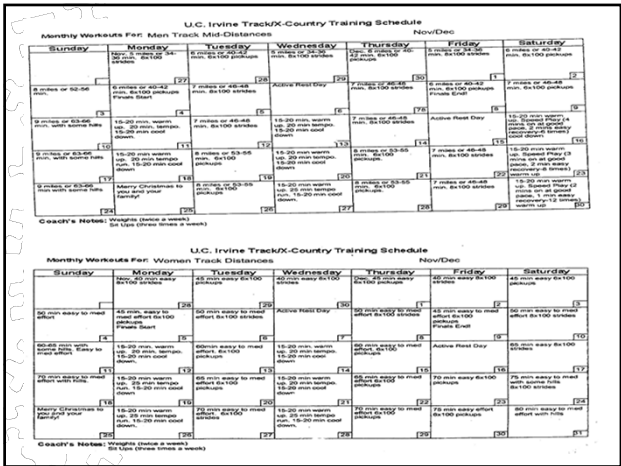
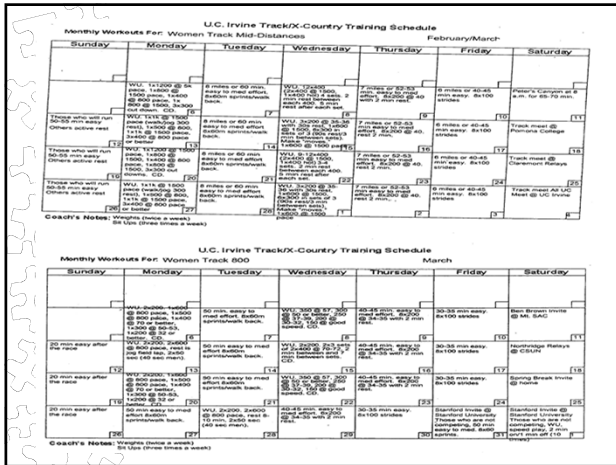
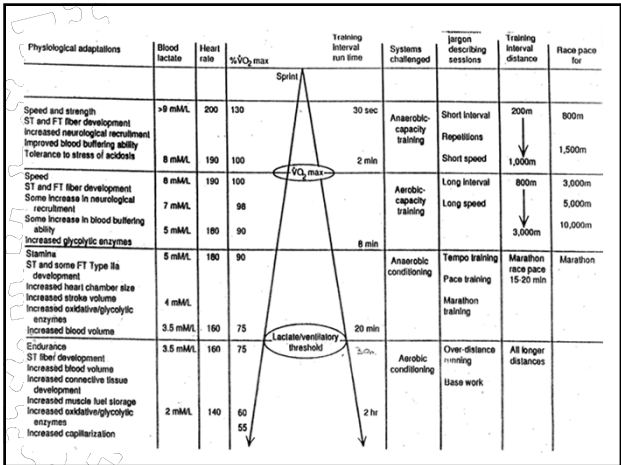
#### Training Preparation Phase:

1. Aerobic Development: Steady Pace Training
2. Speed/Pace Adaptation: Pace Surge Training
3. Flexibility and Dynamic Drills

AT = Anaerobic Threshold Run  
 CI = Cruise Interval



## Vince O'Boyle – Training for Middle and Long Distances



2016 HOKA SuperClinic  
Vince O’Boyle – Training for Middle and Long Distances

Monthly Workouts For: Men & Women Distances

U.C. Irvine Track/X-Country Training Schedule

April

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
40-70 min easy to most effort, 8x100 pick ups	WU 12:00-12:30 @ 50-60 min easy to most effort, 8x100 pick ups	WU 12:00-12:30 @ 50-60 min easy to most effort, 8x100 pick ups	WU 12:00-12:30 @ 50-60 min easy to most effort, 8x100 pick ups	WU 12:00-12:30 @ 50-60 min easy to most effort, 8x100 pick ups	WU 12:00-12:30 @ 50-60 min easy to most effort, 8x100 pick ups	WU 12:00-12:30 @ 50-60 min easy to most effort, 8x100 pick ups
40 min easy after 8th mile	WU 12:00-12:30 @ 50-60 min easy to most effort, 8x100 pick ups	WU 12:00-12:30 @ 50-60 min easy to most effort, 8x100 pick ups	WU 12:00-12:30 @ 50-60 min easy to most effort, 8x100 pick ups	WU 12:00-12:30 @ 50-60 min easy to most effort, 8x100 pick ups	WU 12:00-12:30 @ 50-60 min easy to most effort, 8x100 pick ups	WU 12:00-12:30 @ 50-60 min easy to most effort, 8x100 pick ups
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Coach's Notes:						

Monthly Workouts For: Men & Women Track 800

U.C. Irvine Track/X-Country Training Schedule

April 2006

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Questions?  
Thank you!

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