



# 2016 HOKA OneOne Endurance Crossroads Clinic


## Louie Quintana - Arizona State Distance: Cross Country Preparation and Training Structure

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### Understanding ASU



- Managing the elements: Training in the Heat
- Recruiting to the Desert
- Recruiting Barriers - Potential Limitations
- Identifying Diamonds in the Rough
- Polishing/Buying into Hard work

### The ASU System – Creating the Engine Nuts and Bolts




- Patient Approach – Yearly Mileage Plan – Mid Year Evaluation
- Supplemental Exercises – Sports Medicine
- Independence – Personal Accountability
- Team Leadership
- Emotional and Physical Consistency

### ASU Distance – Cross Country Training Structure

- Reflect – Review – Renew – Recharge
- Exit Meetings (Conversations with athletes)
- Summer Goals
- Training Organization or Re-Organization
- Designing the Plan

### Summer Training – Coaches Notes



- Individual Background
- Volume Increases
- Season Goal V. Summer Goal
- Environmental Considerations
- Workout Construction

### Summer Sample Athlete Plan – ASU

| Date       | Event                    | Mileage | Intensity | Notes     | Open | Run | Long Run/Endurance       | HR     | Temp   | Power | Strength | Recovery  | Workout    |
|------------|--------------------------|---------|-----------|-----------|------|-----|--------------------------|--------|--------|-------|----------|-----------|------------|
| June 21-28 |                          | 50-60   | Low       |           |      |     | 7:30                     |        |        |       |          | 3:00-3:30 |            |
| June 29-30 |                          | 55-65   | Low       |           |      |     |                          |        |        |       |          |           |            |
| July 1-3   |                          | 60-70   | Low       |           |      |     |                          |        |        |       |          |           |            |
| July 4-5   |                          | 60-70   | Low       |           |      |     | HR $\leq$ 165 min @ 6:30 | 120sec | 120sec | 1.5hr |          |           | Cardio #1  |
| July 12-17 |                          | 65-75   | Low       |           |      |     | HR $\leq$ 165 min @ 6:30 | 120sec | 120sec | 1.5hr |          |           | Cardio #2  |
| July 18-20 |                          | 65-75   | Low       |           |      |     | HR $\leq$ 165 min @ 6:30 | 1.5hr  | 1.5hr  | 1.5hr |          |           | Cardio #3  |
| July 21-25 |                          | 65-75   | Low       |           |      |     | HR $\leq$ 165 min @ 6:30 | 1.5hr  | 1.5hr  | 1.5hr |          |           | Cardio #4  |
| July 26-28 |                          | 65-75   | Low       |           |      |     | HR $\leq$ 165 min @ 6:30 | 1.5hr  | 1.5hr  | 1.5hr |          |           | Cardio #5  |
| Aug 1-7    | HR $\leq$ 165 min @ 6:30 | 65-75   | Low       | Open/Free |      |     |                          |        |        |       |          |           | Cardio #6  |
| Aug 8-14   | HR $\leq$ 165 min @ 6:30 | 65-75   | Low       | Open/Free |      |     |                          |        |        |       |          |           | Cardio #7  |
| Aug 15-21  | HR $\leq$ 165 min @ 6:30 | 65-75   | Low       | Open/Free |      |     |                          |        |        |       |          |           | Cardio #8  |
| Aug 22-28  | HR $\leq$ 165 min @ 6:30 | 65-75   | Low       | Open/Free |      |     |                          |        |        |       |          |           | Cardio #9  |
| Aug 29-30  | HR $\leq$ 165 min @ 6:30 | 65-75   | Low       | Open/Free |      |     |                          |        |        |       |          |           | Cardio #10 |
| Sep 1-7    | HR $\leq$ 165 min @ 6:30 | 65-75   | Low       | Open/Free |      |     |                          |        |        |       |          |           | Cardio #11 |
| Sep 8-14   | HR $\leq$ 165 min @ 6:30 | 65-75   | Low       | Open/Free |      |     |                          |        |        |       |          |           | Cardio #12 |
| Sep 15-21  | HR $\leq$ 165 min @ 6:30 | 65-75   | Low       | Open/Free |      |     |                          |        |        |       |          |           | Cardio #13 |
| Sep 22-28  | HR $\leq$ 165 min @ 6:30 | 65-75   | Low       | Open/Free |      |     |                          |        |        |       |          |           | Cardio #14 |
| Sep 29-30  | HR $\leq$ 165 min @ 6:30 | 65-75   | Low       | Open/Free |      |     |                          |        |        |       |          |           | Cardio #15 |
| Oct 1-7    | HR $\leq$ 165 min @ 6:30 | 65-75   | Low       | Open/Free |      |     |                          |        |        |       |          |           | Cardio #16 |
| Oct 8-14   | HR $\leq$ 165 min @ 6:30 | 65-75   | Low       | Open/Free |      |     |                          |        |        |       |          |           | Cardio #17 |
| Oct 15-21  | HR $\leq$ 165 min @ 6:30 | 65-75   | Low       | Open/Free |      |     |                          |        |        |       |          |           | Cardio #18 |
| Oct 22-28  | HR $\leq$ 165 min @ 6:30 | 65-75   | Low       | Open/Free |      |     |                          |        |        |       |          |           | Cardio #19 |
| Oct 29-30  | HR $\leq$ 165 min @ 6:30 | 65-75   | Low       | Open/Free |      |     |                          |        |        |       |          |           | Cardio #20 |
| Nov 1-7    | HR $\leq$ 165 min @ 6:30 | 65-75   | Low       | Open/Free |      |     |                          |        |        |       |          |           | Cardio #21 |
| Nov 8-14   | HR $\leq$ 165 min @ 6:30 | 65-75   | Low       | Open/Free |      |     |                          |        |        |       |          |           | Cardio #22 |
| Nov 15-21  | HR $\leq$ 165 min @ 6:30 | 65-75   | Low       | Open/Free |      |     |                          |        |        |       |          |           | Cardio #23 |
| Nov 22-28  | HR $\leq$ 165 min @ 6:30 | 65-75   | Low       | Open/Free |      |     |                          |        |        |       |          |           | Cardio #24 |
| Nov 29-30  | HR $\leq$ 165 min @ 6:30 | 65-75   | Low       | Open/Free |      |     |                          |        |        |       |          |           | Cardio #25 |

### Defining ASU Important Summer Concepts

- Effort and Paces
- Diagonals
- Hill Sprints
- Hill Phase
- LRP (Long Run Progression) – Mental Training
- + 1 Workout
- Speed Maintenance and Development (Strides)

### ASU Cross Country – Fall Transition



- Late August
- September Workouts
- Social Balance/School/Real Life

### ASU Cross Country – Fall Transition

#### Late August:

- Elevation of Mileage
- Organized Practice/Heat Acclimatization
- Drills – Weights – Supplemental Strength Activities
- Sample Workouts:
  - Long Run Progression
  - Fartlek Session – 3-5 Miles of Fartlek (Session Varies)
  - Hill Session (10-15 x 300m Hill Climb)
  - Hill Session + Tempo (2000m Rep)
  - Threshold Steady State Effort 3-5 miles +1

### ASU Cross Country – September Training

- Stress of School/Balancing Rest, Training, Etc....
- Introduction of Racing



- Sample Workouts:
- Hilly Long Run
  - LRP – Extended
  - Increased Mileage
  - Threshold Efforts
  - Long Fartlek (Out Fast)
  - Hill Work

### ASU Cross Country – Building Momentum - October

Connecting the Training Blocks

*Staying Healthy and Patient*

*Staying Positive*

*Educating the Athletes on Lifestyle*

*Building Momentum through Workouts*

*Effective Racing*

*Continuing to Stoke the Fire: Art of Coaching!*



### October Workouts

- Peak Long Run – Peak Mileage
- Racing is Premium
- Workout Examples (More Traditional Work):
  - 4-6 x Mile
  - 8-10 x 800m
  - 6-10 x 1000m
  - Tempo +1 Efforts Continue
  - 2-3 x 2 Mile Reps
  - Hilly Long Run
  - LRP

**ASU Cross Country – Training Concepts**

**Watch them Flourish**

*Catching the “bug”*

*The budding flower*

*Sustaining the Magic*



**ASU Cross Country – November Workouts**

- Volume of regular runs remain constant
- Long Run decreases (minutes)
- Same rotation of work (continued aerobic work – don’t cut out)
- Cashing In
- Preparing for the End of the Season
- Staying Positive and Energetic
- “He who would first ignite a fire in others, must first himself glow.” Joe Vigil

**ASU Cross Country  
November to Remember**



**ASU Sample Weekly Workout Sheet**

Arizona State Cross Country 2015 – Week 10

| DATE: 11/16/15       | TIME: 6:00 AM  | LOCATION: ASU TRACK | WEATHER: 60-70 | MOON: 1/2 | WIND: 0-5 | COULD BE: 10-15 | COULD BE: 10-15 | COULD BE: 10-15 | COULD BE: 10-15 | COULD BE: 10-15 | COULD BE: 10-15 | COULD BE: 10-15 |
|----------------------|----------------|---------------------|----------------|-----------|-----------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| Event                | Time           | Location            | Weather        | Moon      | Wind      | Clouds          | Clouds          | Clouds          | Clouds          | Clouds          | Clouds          | Clouds          |
| Weekly Workout Sheet | Practice Time  | Warm Up C           | Warm Up A      | Warm Up C | Warm Up B | Warm Up A       | Warm Up A       | Warm Up A       | Warm Up A       | Warm Up A       | Warm Up A       | Warm Up A       |
| Week 10              | Location       | ASU TRACK           | ASU TRACK      | ASU TRACK | ASU TRACK | ASU TRACK       | ASU TRACK       | ASU TRACK       | ASU TRACK       | ASU TRACK       | ASU TRACK       | ASU TRACK       |
| Workout Description  | Temperature    | 60-70               | 60-70          | 60-70     | 60-70     | 60-70           | 60-70           | 60-70           | 60-70           | 60-70           | 60-70           | 60-70           |
| Workout Description  | ASU TRACK      | ASU TRACK           | ASU TRACK      | ASU TRACK | ASU TRACK | ASU TRACK       | ASU TRACK       | ASU TRACK       | ASU TRACK       | ASU TRACK       | ASU TRACK       | ASU TRACK       |
| Other Practices      | Daily Routines | Stretch w/ Practice | STRETCH        | STRETCH   | STRETCH   | STRETCH         | STRETCH         | STRETCH         | STRETCH         | STRETCH         | STRETCH         | STRETCH         |
| Other Practices      | Training Runs  | ASU TRACK           | ASU TRACK      | ASU TRACK | ASU TRACK | ASU TRACK       | ASU TRACK       | ASU TRACK       | ASU TRACK       | ASU TRACK       | ASU TRACK       | ASU TRACK       |
| Other Practices      | Team Meetings  | ASU TRACK           | ASU TRACK      | ASU TRACK | ASU TRACK | ASU TRACK       | ASU TRACK       | ASU TRACK       | ASU TRACK       | ASU TRACK       | ASU TRACK       | ASU TRACK       |
| Other Practices      | Recovery       | ASU TRACK           | ASU TRACK      | ASU TRACK | ASU TRACK | ASU TRACK       | ASU TRACK       | ASU TRACK       | ASU TRACK       | ASU TRACK       | ASU TRACK       | ASU TRACK       |

## 2016 HOKA OneOne Endurance Crossroads Clinic

### Louie Quintana: Arizona State Cross Country Workouts

Monday: 3 Lap Strides  
Tuesday: Workout Day  
Wednesday: Grass Strides x 8  
Thursday: Kiwanis (Hill Sprints x 5-6)  
Friday: Workout Day  
Saturday: Rest  
Sunday: Long Run Day

#### Week One:

1 Day – Hill Sprints: Thursday (Kiwanis Park)  
August 16 Camp T – Tempo + 15-20 Minutes Diagonals  
August 19 Fartlek: 4 x 5:00 or 5 x 6:00 (Grass Loop) + finish with something fast (4-5 x 300/100m rest)  
August 21 South Mountain (Long Run)

#### Week Two:

August 23 (Hill Sprints) + Mill Hills and Threshold Loop (6 x Hill/2 x Loop/3 x Hill)  
August 26 Fartlek: Papago Elliot Ramada Loop (Hilly) – 1-2-3-4-5-4-3-2-1 (Based on # of loops)  
August 28 LRP: Reach 11 (Define minutes of “hard” running – TBD)

#### Week Three:

George Kyte Invitational: Flagstaff, AZ (Small Group – 12-14 Athletes)  
1 Day – Hill Sprints:  
August 30 20-35 minute Threshold/Steady State (6-8 minutes rest) + 2 x 1 Mile (3:00 Rest)  
September 2 Non Racers: Fartlek: 4 x 5:00 or 5 x 6:00 (Grass Loop) (400's with 100m/200m jog rest)  
September 4 South Mountain (Long Run)

#### Week Four:

September 6 Fartlek: Long Ladder Fartlek TBA + 300's or 500's or 3 x Mile, 2 Mile (Threshold/90 sec)  
September 9 Papago Elliot Ramada Loop (Hilly) Fartlek or Mill Hills  
September 11 LRP: Reach 11 (Increase minutes of “hard” running by 5-10 minutes over previous effort)

#### Week Five:

Dave Murray Invitational: Tucson, AZ (Entire team)  
September 13 20-35 minute Threshold/Steady State (6-8 minutes rest) + 2 x 1 Mile (3:00 Rest)/mile, 2 mile, mile, mile  
More Volume for the Men...  
September 16 Race – Dave Murray Invite (Non Racers – TBA)  
September 18 South Mountain (Long Run)

#### Week Six:

September 20 Fartlek: 5-8 x 3:00/1:00 and 4-6 x 1:00/1:00  
September 23 Papago Elliot Ramada Loop (Hilly) Fartlek  
September 25 LRP: Reach 11 (Increase minutes of “hard” running by another 5-10 minutes over previous effort)

#### Week Seven:

Sacramento West Regional Preview: Sacramento, CA (20 Athletes)  
September 27 Fartlek: Ladder TBA + 1 x 1K – 300's TBA/  
September 30 Non Racers – Workout TBA -  
October 1 Race – Sacramento West Regional Preview (1<sup>st</sup> full distance race – 8K/6K)  
October 2 South Mountain (Long Run)

Week Eight:

Non Pre National Competitors: Race in Tucson at Twilight meet on Friday (TBA)

October 4 Mill Hills + Tempo Loop  
October 7 Mile Repeats (5-6 Reps)  
October 9 LRP: Reach 11 (Increase minutes once again)

Week Nine:

Pre Nationals: Terre Haute, IN

October 11 Threshold Tune Up (800's for Racers) – Non Racers (IF raced last Friday – Mile Repeats)  
October 14 Non Racers: Workout TBA  
October 15 Race: Pre Nationals  
October 16 On own for long run

Week 10:

ASU Invitational – Non Pac-12 Competitors

October 18 ASU Invite Racers – 800's @ Threshold/Others – 20-35 minute Threshold + 2 x 800 (60 seconds/400 (30 seconds/400) with 4:00 between sets...  
October 21 6-10 x 1000m with 60-90 seconds rest  
October 23 LRP: Reach 11 (increase minutes again)

Week 11:

Pac-12 Championships: Tucson, AZ

October 25 6-10 x 800m with 60 seconds rest (controlled effort)  
October 28 Race: Pac-12 Championships  
October 30 Browns Ranch

Week 12:

November 1 17-27 Minute Threshold Run + 6-8 min rest + 2 x 1K/300 TBA  
November 4 Mile Repeats: Start with a Long First Rep:  
November 6 LRP: Reach 11 (Decrease Minutes of "hard" running)

Week 13:

NCAA West Regionals: Sacramento, CA

November 8 6-10 x 800 @ Threshold  
November 11 Race: NCAA West Regionals  
November 13 ASU – Long Run

Week 14

NCAA Championships: Terre Haute, IN

November 15 2 x 1K, 2 x 800, 2 x 400  
November 19 Race: NCAA Championships