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

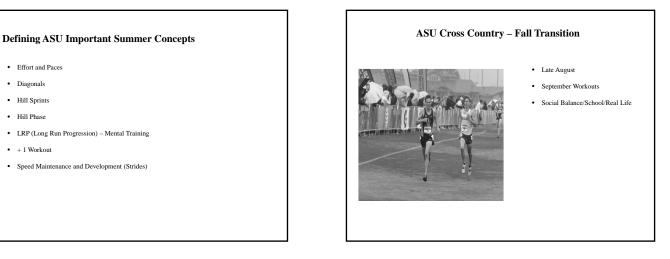
Environmental Considerations

Workout Construction

Summer Sample Athlete Plan – ASU Sprints Diagonals Strides refort Mix @ S 20,35 d dimb - jog back down rest + 5-7 x DFF + 45 SBC ON/45 SBC OFF

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ASU Cross Country – Fall Transition

Late August:

- Elevation of Mileage
- Organized Practice/Heat Acclimatization
- Drills Weights Supplemental Strength Activities
- Sample Workouts:
- Long Run Progression
 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!

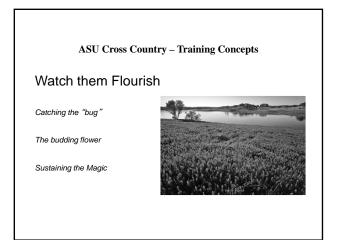


October Workouts

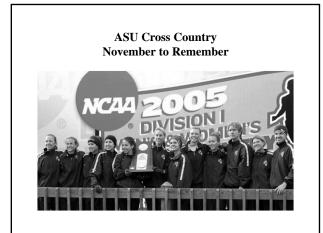
- Peak Long Run Peak Mileage
- Racing is Premium
- Workout Examples (More Traditional Work):
 - 4-6 x Mile
 8-10 x 800m
 - 6-10 x 1000m
 - Tempo +1 Efforts Continue
 2-3 x 2 Mile Reps
 - Hilly Long Run
 - LRP

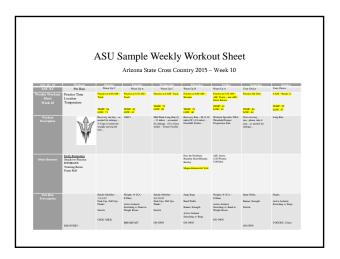
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ASU Cross Country – November Workouts Volume of regular runs remain constant Long Run decreases (minutes) Same rotation of work (continued aerobic work – don't cut out) Cashing In Preparing for the End of the Season Staying Positive and Energetic "He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





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Monday: Tuesday: Wednesday: Thursday: Friday: Saturday: Sunday:	3 Lap Strides Workout Day Grass Strides x 8 Kiwanis (Hill Sprints x 5-6) Workout Day Rest Long Run Day
Week One: 1 Day – Hill Spi August 16 August 19 August 21	rints: Thursday (Kiwanis Park) Camp T – Tempo + 15-20 Minutes Diagonals Fartlek: 4 x 5:00 or 5 x 6:00 (Grass Loop) + finish with something fast (4-5 x 300/100m rest) South Mountain (Long Run)
Week Two: August 23 August 26 August 28	(Hill Sprints) + Mill Hills and Threshold Loop (6 x Hill/2 x Loop/3 x Hill) Fartlek: Papago Elliot Ramada Loop (Hilly) – 1-2-3-4-5-4-3-2-1 (Based on # of loops) LRP: Reach 11 (Define minutes of "hard" running – TBD)
Week Three: George Kyte In 1 Day – Hill Spi August 30 September 2 September 4	
Week Four: September 6 September 9 September 11	Fartlek: Long Ladder Fartlek TBA + 300's or 500's or 3 x Mile, 2 Mile (Threshold/90 sec) Papago Elliot Ramada Loop (Hilly) Fartlek or Mill Hills LRP: Reach 11 (Increase minutes of "hard" running by 5-10 minutes over previous effort)
September 16	nvitational: Tucson, AZ (Entire team) 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 Race – Dave Murray Invite (Non Racers – TBA) South Mountain (Long Run)
September 23	Fartlek: 5-8 x 3:00/1:00 and 4-6 x 1:00/1:00 Papago Elliot Ramada Loop (Hilly) Fartlek LRP: Reach 11 (Increase minutes of "hard" running by another 5-10 minutes over previous effort)
	/est Regional Preview: Sacramento, CA (20 Athletes) Fartlek: Ladder TBA + 1 x 1K – 300's TBA/ Non Racers – Workout TBA - Race – Sacramento West Regional Preview (1 st full distance race – 8K/6K) 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 Threshold Tune Up (800's for Racers) - Non Racers (IF raced last Friday - Mile Repeats) October 11 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 6-10 x 800m with 60 seconds rest (controlled effort) October 25 October 28 Race: Pac-12 Championships October 30 **Browns Ranch** Week 12: 17-27 Minute Threshold Run + 6-8 min rest + 2 x 1K/300 TBA November 1 Mile Repeats: Start with a Long First Rep: November 4 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