

DPXC 2022 – September 19-25

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<u>Monday (9/19)</u> 2:15 at DP track	Long run to/up Farren Rd 6 strides Stretching, core strength
<u>Tuesday (9/20)</u> 2:30 at DP track	Easy recovery run 4-6 miles (30-50 minutes)
<u>Wednesday (9/21)</u> 2:30 at DP track	Warm-up, drills, strides Tempo repeats (1200s, 800s) on our course/Ri=1:00 150s/200s on grass field Cool down Stretching, Core strength
<u>Thursday (9/22)</u> 2:30 at DP track	Pre-meet: easy run, drills, strides
<u>Friday (9/23)</u> 10:15 bus	Raider Invitational, College Park, Oxnard, 1pm 1:00-FrSo Girls. 1:35-FrSo Boys 2:05-Varsity Girls 2:35-Varsity Boys 3:00-JV Girls 3:30-JV Boys
<u>Saturday (9/24)</u>	Easy recovery run
<u>Sunday (9/25)</u>	Off
<u>Next week (9/26-10/2)</u>	
Monday (2:15 at DP track)	Drills, Form Cues, Fly 30s, Hill Circuits
Tuesday (2:30 at DP track)	Pre-meet: easy run, drills, strides
Wednesday (1pm, bus)	Channel League Meet at Lake Casitas, 4pm
Thursday (2:30 at DP track)	Recovery run
Friday (2:30 at DP track)	Long run with tempo, strides
Saturday:	Easy recovery run
Sunday:	Off

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At <http://www.dpxc.org> -> More -> Training & Guides

- Season Training Plan outline
- Drills, form cues, core
- Preparing for and Getting the Most out of Workouts

Easy pace: Breathing-wise: able to hold a conversation. 60-75% of max heart rate.

A range of percentages of max heart rate will have the desired effect, which means that runners of slightly varying ability can do easy runs together. We use easy pace for warm-ups, cool downs, and runs on the easy recovery days between hard workouts.

Tempo pace: A steady, cruising feeling. Breathing-wise: full but not deep breathing and able to do short (1- or 2-word) answers). Tempos can be at a range of paces above aerobic base and so are good for inducing the body to increase aerobic strength in the working muscles which is a fundamental building block to increasing cross country race potential. But it is slower than 5k (cross country) race pace.

Though tempos can mean a range of paces (marathon, ½ marathon (lactate threshold), 10K pace), in our case, tempo workouts will usually means at lactic threshold (90% Max Heartrate; 85% of VO2-Max). That tempo pace can usually be held for 20-25 minutes continuously in workouts, or a little longer time can be spent at tempo if it is split into multiple pieces. Such as by splitting the tempo in half with a recovery interval (usually jogged) in the middle or in the form of repetitions with short rest intervals (see below).

Tempo repeats/intervals. A workout of multiple runs at tempo pace with a short rest interval between runs. For instance, mile repeats with 1:00-2:00 standing recovery interval. For lactic threshold pace, the interval workout structure is 5:00 run at tempo pace / 1:00 rest. When doing tempo intervals, do the run at the right effort level, and time the rest interval so as to start the next repetition at the right time. In many interval workouts, the recovery interval is jogged (or combination walk/jog). For tempo intervals with a short recovery (1:00), it can be standing. A normal tendency is to find that the first repetition was run too fast (since you started fresh). If that happens, take a little longer (but not too long) on the first rest interval to let the body to recover to the right level before starting the second repetition. We will often to tempo repeats on loops of our cross country course so we practice pacing over rolling terrain with turns like some of the courses we'll race on.

Split Tempo A workout that consists of continuous runs at tempo pace (described above) with a short recovery in between. For instance, 1.5-miles at tempo; 2-minute rest; 1.5 miles at tempo.

Fly 30s. A set of short sprints at top-top speed. Set up as an acceleration zone of 10 meters and a top speed zone of 30 meters. In a set of 6, first rep at 90%; second at 95%, third at 99%, and 4-5-6 at 100%. These are run with a near complete recovery (1:30-2:00) so slow walk back to the start before starting next rep. Good for improving raw muscle strength (including fast twitch fibers) and leg speed. Most of our work is to condition the muscles and body for endurance, but we need to spend some time on creating the muscle fibers to be conditioned and the having the brain learn how to contract them quicker. This is also good for improving form in a natural learning way.

Short hills (60-meters). The objective is to improve raw muscle strength and contraction speed. For this, we use a steep hill that goes up about 60 meters. Run up fast, and walk down slow so there is near full recovery between uphill repetitions. In terms of form: point your chest up the hill; lift the knees; feet strike the ground directly under the body; push off explosively; arms pump vertically.

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Long hills (0:30-2:00). Objective is to work on muscle endurance, and learn how to pace your effort on hills, which are significant feature of many cross country courses. Run up the hill at a hard effort but minding pace so you can hold speed all the way to the top of the hill. Jog down slowly (hill circuit) to work more on hill pacing while working on overall endurance. New runners can walk down while they are sill building basic endurance.

Hill Loops. Find a loop of ½ to 1 mile that has one or more hills in it and run continuously for the target time. Run at a steady easy pace. Manage your effort up the hills (i.e. slower speed) to conserve energy to be able to maintain pace on the rest of the run. Purpose is to get a feel for how to run hills within a cross country race to conserve energy to be able to have a good pace at the end of the race.

Long run at easy pace. The objective is to be running continuously for a long time to induce the body to make fundamental adaptations for distance racing, such as more capillaries among the working muscles, and more fuel (glucose/carbohydrates) storage in the muscles. Starting with a moderate distance at the start of a training cycle, the distance can be increased gradually (1 mile added per week) with max distance 20-25% of the week's mileage. A steady easy pace (described above) can be used. At start of training cycle, long runs are done once a week. Once the distance is established, easy pace long runs can be every 2 or 3 weeks to maintain the desired adaptations, and medium long runs with some tempo miles in the them can be run the other weeks to get some of benefits of tempo with the longest continuous run of the week.

Long run workouts should finish with 4-6 strides (described below). Wait 5 minutes after the end of the long run to do the strides. Aim for strong, smooth effort on the strides. Don't have to be at 100%. About 0:30-1:00 rest between strides.

Medium long run with tempo. Once we've built out the long run to the distance we want for the season, we can maintain the physical adaptations from that by doing it every two weeks. So we can work some more on aerobic strength by adding some tempo to the longest continuous runs of the other weeks. For total distance, subtract one or two miles from the long run distance. Run most of the whole distance at easy pace, but pick up the pace to a steady tempo for 1-2 miles in the 2nd half and finish with an easy pace mile that acts as cool down. 4-6 strides at the end.

Strides: Strides are about 100 meters at 90-95% of maximum speed. In other words, strong and smooth, but not all out. Focus on being relaxed, being smooth, light step, and trying to find more speed without increased effort. A typical set is 4-6 strides. The rest between each 100 meter stride should be long enough so you can run the next one with good speed. So, allow up to 60 seconds of rest between.

Strides are used as part of the warm-up for both workouts and races. And good at the end of some workouts and runs to practice holding good form when the body and legs are fatigued. When done for this purpose, usually wait 5 minutes after end of the run or workout before doing the strides.

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When preparing for cross country, strides should be on grass or dirt, since those are the surfaces we'll race on. But doing them on pavement is ok if that is what is available. If you can do strides on a gradual uphill once per week that would also be good.

Practice starts – We'll do these in each of the weeks before our first meet. Probably around the perimeter of the Lower Field. Everyone on the team start together so we have a crowd like the start of a cross country race. Objective is to get used to these mass starts and how fast everyone goes out, and to learn how long to go hard (and hard to go) and then settle back to the effort level (pace) that will work for the rest of a 3-mile race. Most high school runners 1) go too hard for too long, and 2) they don't settle to the right effort level/pace to get the best result for the full race distance. So we'll typically do two starts of 300-400 meters, focusing on how fast to go off the start, and settling down to a race-pace effort level; with about 5-minutes rest between starts.