

# PROGRESSIVE 5K TRAINING FOR HIGH SCHOOL CROSS COUNTRY



# HELP KIDS REACH THEIR FULL POTENTIAL

- Kids will come out for XC/Track because they like being part of a TEAM (social)
- They will eventually be faced with wanting to reach their potential or not
- Give every kid the same opportunities in training to contribute to the TEAM



# Help Kids Reach Their Full Potential

- Create an environment that kids want to be a part of
- Make them believe running XC/Track is cool first and then push them physically
- The best training plan in the world isn't as important as a culture that fosters following it

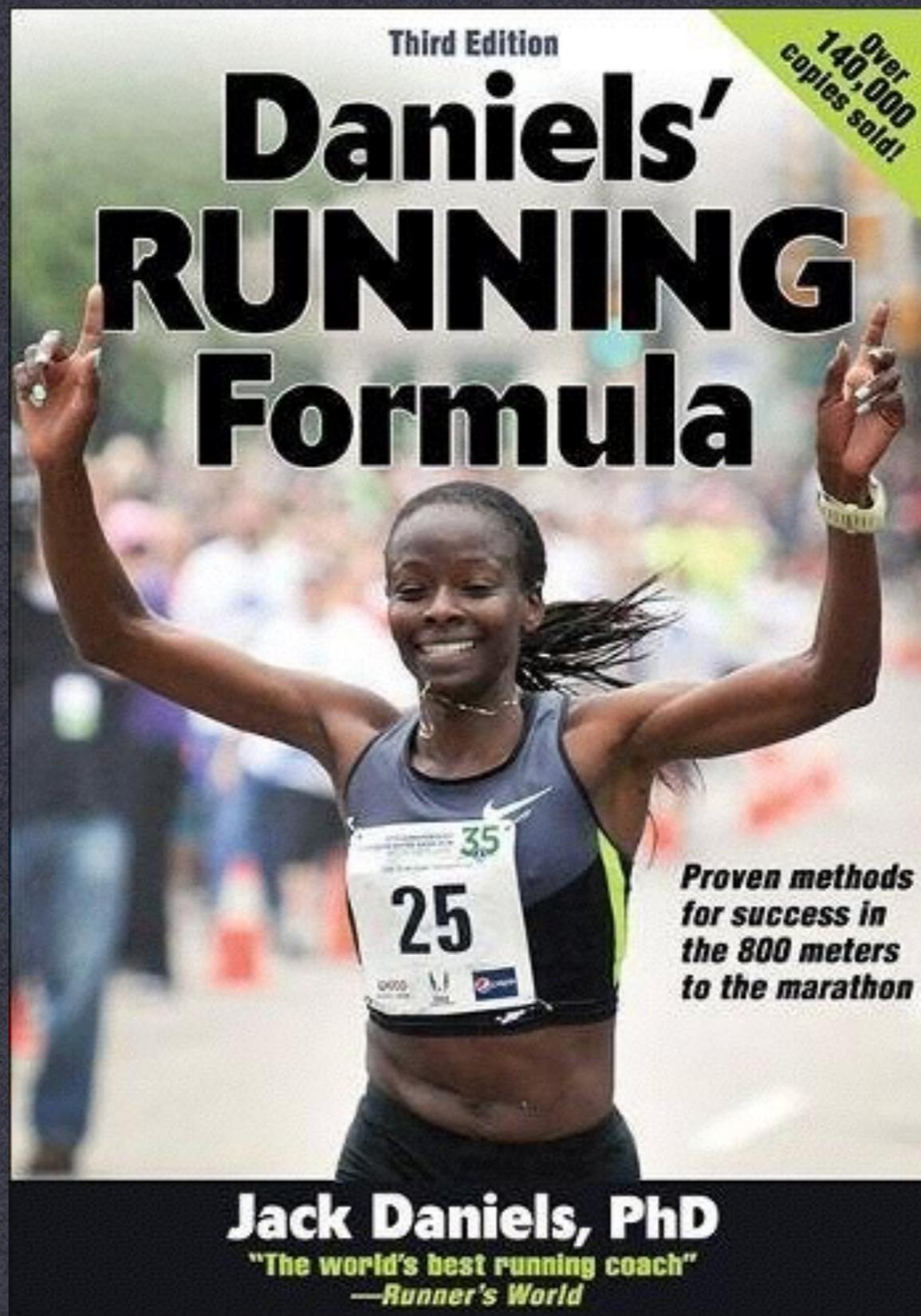


# ENCOURAGE TAKING CHANCES AND FAILING

“The team that makes the most mistakes will probably out score the other one”



# Start With The Fundamentals



# TAKE A LONG TERM APPROACH TO TRAINING



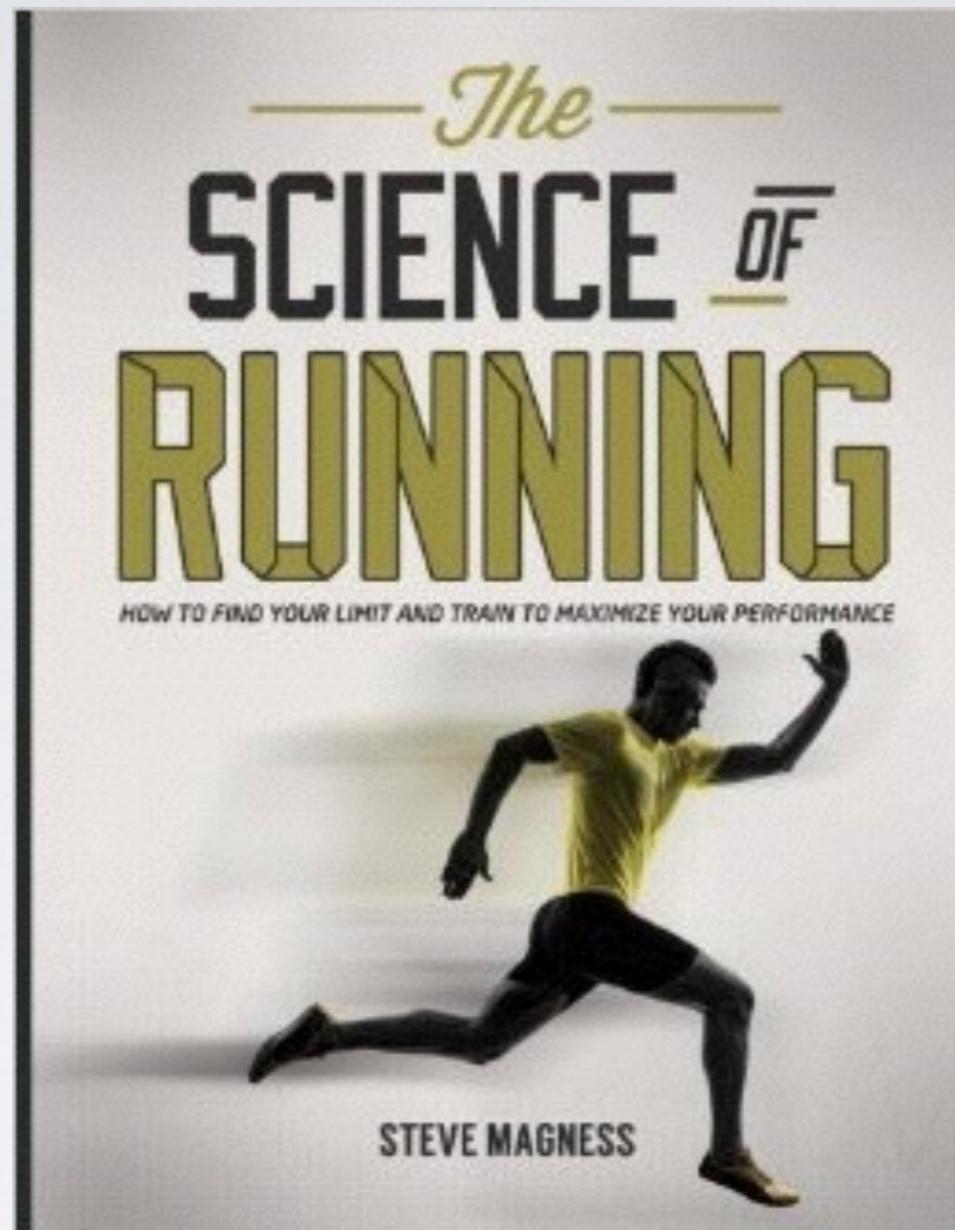
# KEEP TRAINING SIMPLE



Frank Gagliano  
A.K.A. "Gags"



David Rudisha



*“Start backwards. Work the extremes. Bring it together. Never leave anything behind. **Progress** **Everything.**”*

*-Steve Magness*



**IDENTIFY GOAL RACE**

## First Week of Preparation



**General  
Endurance/  
Speed Prep**

**Endurance/  
Speed Support  
Prep**

**Specific  
Race Prep**

- What is the date of your peak race?
- How many weeks do you have to prepare?
- What other races are important?
- What are your most important workouts?
- How will you progress towards those workouts?

## Final Week of Preparation



**Peak  
Race**

# Summer 2017 Vista Goal

## Setting BBQ

- \* **Sweep the League Championship (JV, Open, Varsity)**
- \* **Sweep State Championship**
- \* **Top 2 at NXRSW in the Championship and Open Races (Both Boys and Girls)**
- \* **Top 10 Finish at NXR for the girls**
- \* **Podium Finish at NXR for the boys**

# WORK THE EXTREMES AND BRING IT TOGETHER



**Peak Race**

**Specific**

**Endurance  
Support**

**Speed  
Support**

**General Endurance**

**General Speed**

Based off Steve  
Magness's Model  
from *The Science of  
Running*, 2014

# 2017 XC Training Focus at Vista

Focus	Approximate Time Frame	Main Endurance Focus	Main Speed Focus
General (Base)	June, July, August	<ul style="list-style-type: none"> <li>• Max Volume</li> <li>• Long Run</li> <li>• Natural Progressions</li> </ul>	<ul style="list-style-type: none"> <li>• Short Hill Sprints</li> <li>• Flat Sprints</li> <li>• Strides (400/800)</li> </ul>
Support (Pre-Comp)	August, September, October	<ul style="list-style-type: none"> <li>• Threshold/Tempo Efforts</li> <li>• 10K Efforts</li> </ul>	<ul style="list-style-type: none"> <li>• 3200 Efforts</li> <li>• 1600 Efforts</li> <li>• We did a lot of hills here</li> </ul>
Specific (Competition)	October, November	<ul style="list-style-type: none"> <li>• 5K Efforts/Races</li> </ul>	<ul style="list-style-type: none"> <li>• 5k Efforts/Races</li> </ul>

**NXN  
(DEC)**

**Specific  
5K XC  
Efforts**

**Oct-Nov**

**10K and  
Threshold  
Efforts**

**1600 and  
3200  
Efforts (hills)**

**Aug-Oct**

**Volume, Long  
Runs,  
Natural Progressive  
Rhythm Runs**

**Short Hill  
Sprints, Flat  
Sprints, Strides**

**June-Aug**



**Build and Maintain**

<b>5K XC TRAINING EFFORTS</b>	<b>BASE</b>	<b>PRE-COMP</b>	<b>COMPETITION</b>
<b>Aerobic Runs (30 to 60 mins)</b>	<b>Main Focus</b>	<b>Important</b>	<b>Maintenance</b>
<b>Long Runs (60 to 90 mins)</b>	<b>Main Focus</b>	<b>Important</b>	<b>Maintenance</b>
<b>Pure Speed (40-100 meters)</b>	<b>Main Focus</b>	<b>Important</b>	<b>Maintenance</b>
<b>10K Efforts</b>	<b>Maintenance</b>	<b>Main Focus</b>	<b>Important</b>
<b>Threshold Training</b>	<b>Maintenance</b>	<b>Main Focus</b>	<b>Important</b>
<b>3k/Mile Efforts</b>	<b>Maintenance</b>	<b>Main Focus</b>	<b>Important</b>
<b>5K Specific Work</b>	<b>Maintenance</b>	<b>Important</b>	<b>Main Focus</b>
<b>Racing</b>	<b>Maintenance</b>	<b>Important</b>	<b>Main Focus</b>

	<b>Sample Key Workout</b>	<b>Sample Maintenance Workout</b>
<b>Long Run</b>	<b>75 mins in August</b>	<b>60 mins in late October</b>
<b>5K Specific Work</b>	<b>3x1 mile w/ 5 mins rest in October</b>	<b>6x30 sec surges @ 5K effort during 45 min run in July</b>
<b>Threshold Work</b>	<b>20 min Threshold Run in August</b>	<b>2x7 min Threshold runs w/ 3 mins rest in November</b>
<b>Pure Speed</b>	<b>10 x10 sec hill sprints in July</b>	<b>6x10 sec hill sprints in October</b>

	Mon	Tue	Wed	Thur	Fri	Sat	Sun
Aug 28- Sept 3	Aerobic + 4x80m sprints	Fart-lek: 5-6 sets of 2/2 and 1/2 (probably 10K type effort)	Aerobic Run	A.M. 30/ P.M. 20 mins Diagonal Strides (5K down to 800 effort)	A.M. 30/ P.M. aerobic run	7-10 mile Steady State Run	Rest -or- move A.M. run to Sun
Sept 4-10	Aerobic Run	3x4x400 @ 5K effort w/ 30 sec rest (3 mins b/t sets)	A.M. 30/ P.M. Aerobic run + 5xHill Sprints	30 + 4 x 150 Cut- Downs	<b>Liberty Bell Inv. (1st 5K of season)</b>	Long Run	Rest -or- move A.M. run to Sun

**PROGRESS  
EVERYTHING**



# 2017 5K Specific Progression

Date	Workout
June 29th	40 min run w/ 6x30 sec surges every 3 mins in the middle of run
July 6th	45 min run w/ 8x30 sec surges every 3 mins in the middle of run
July 27th	55 min run w/ 6x200 5K stride, 200 jog
Aug 19	Long Run w/ 6x45 sec surges every 3 mins toward end of run
Aug 29	Fart-lek: 6 sets of 2 mins quick/2 mins jog, 1 min quick/2 mins jog
Sept 5	<b>3 sets of 4x400 (30 sec rest) 3 mins b/t sets (Michigan)</b>

# 2017 5K Specific Progression

Date	Workout
Sept 18th	6x800 w/ 2 mins rest @ 5K effort (track)
Sept 29th	5x1K w/ 2-3 mins rest???? (Hilly XC Loop)
Oct 14th	4x4 mins @ 5K effort w/ 2 mins rest (Hilly XC Loop)
Nov 4th	<b>3x5 mins @ 5K effort w/ 3 mins rest (Platte River Trail-Flat)</b>
Nov 25th	3x1K @ 5K effort w/3 mins rest (XC Loop/NXN Simulation)

# 2017 Threshold Progression

Date	Threshold Progression
Mid-July	<ul style="list-style-type: none"><li>• Introduce effort</li><li>• 15 to 20 min tempo efforts</li><li>• Straight through or split into 2-3 segments</li></ul>
August	<ul style="list-style-type: none"><li>• 20 to 30 mins of tempo effort</li><li>• Straight through or split into 2-3 segments</li><li>• Goal to finish building by late August/early September</li><li>• Completed one long steady state run of 7-10 miles</li></ul>

# 2017 Threshold Progression

Date	Threshold Workout
September	<ul style="list-style-type: none"><li>• Started Connecting tempo and 10K efforts in workouts.<ul style="list-style-type: none"><li>* Progression: 12, 8, 6 (Tempo down to 10K effort) w/ 3 min recovery jog</li><li>* 12 min Tempo run (3 mins rest) + 2x6 mins @ 10K effort (90 sec rest)</li></ul></li></ul>
October to early November	<ul style="list-style-type: none"><li>• Focused on maintaining threshold development, but continued connecting to faster paces<ul style="list-style-type: none"><li>* 15 min tempo (track), 4 mins rest, 4x60 sec hills</li><li>* 12 min tempo (XC loop), 4 mins rest, 4x300</li><li>* 12 min tempo, 2x400, 2x200 (3 mins rest)</li></ul></li></ul>
November	<ul style="list-style-type: none"><li>• Maintenance Workouts</li></ul>

# FINAL THOUGHTS



**THANK YOU!!!**  
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