

# 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





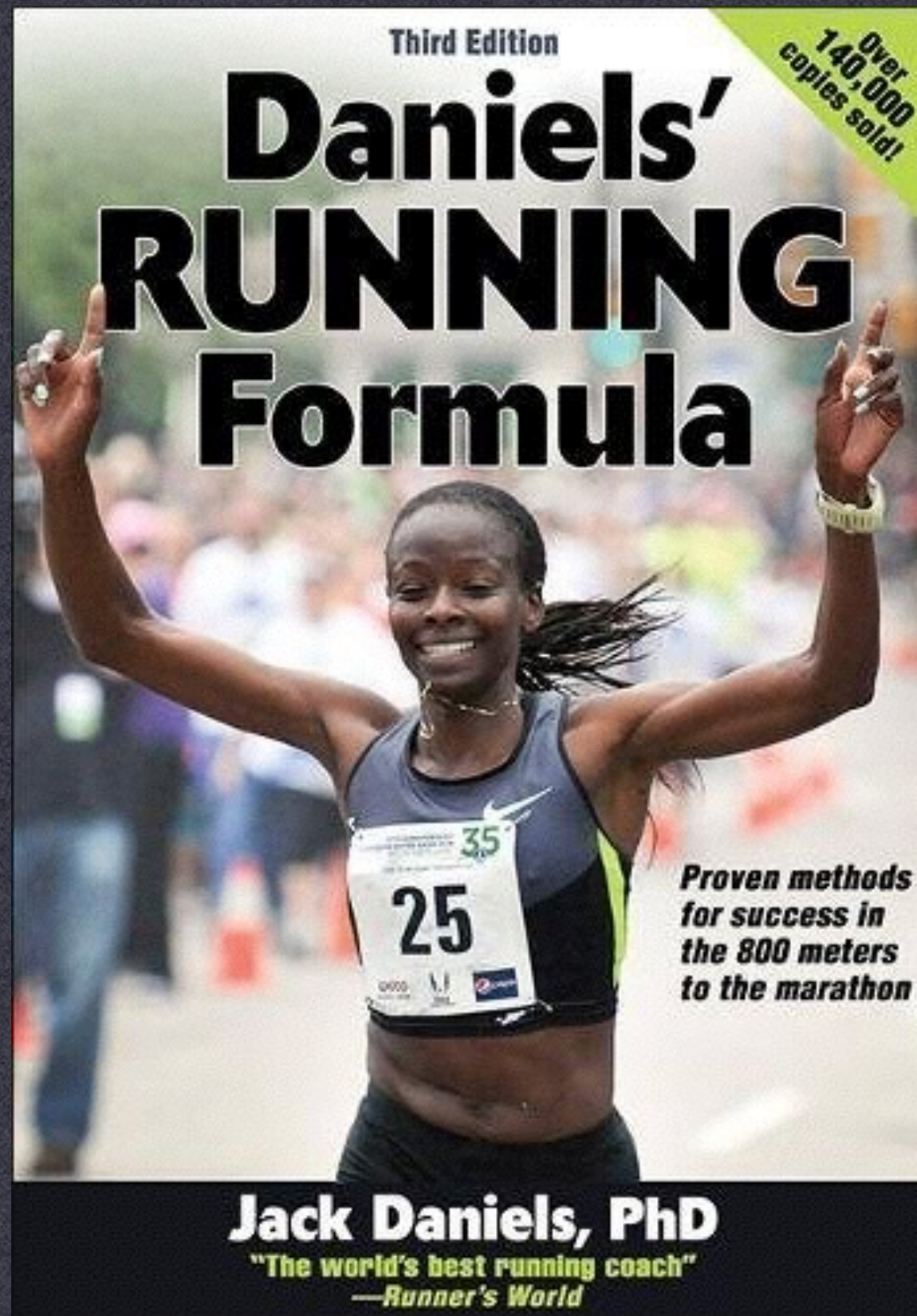
# ENCOURAGE TAKING CHANCES AND FAILING

“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

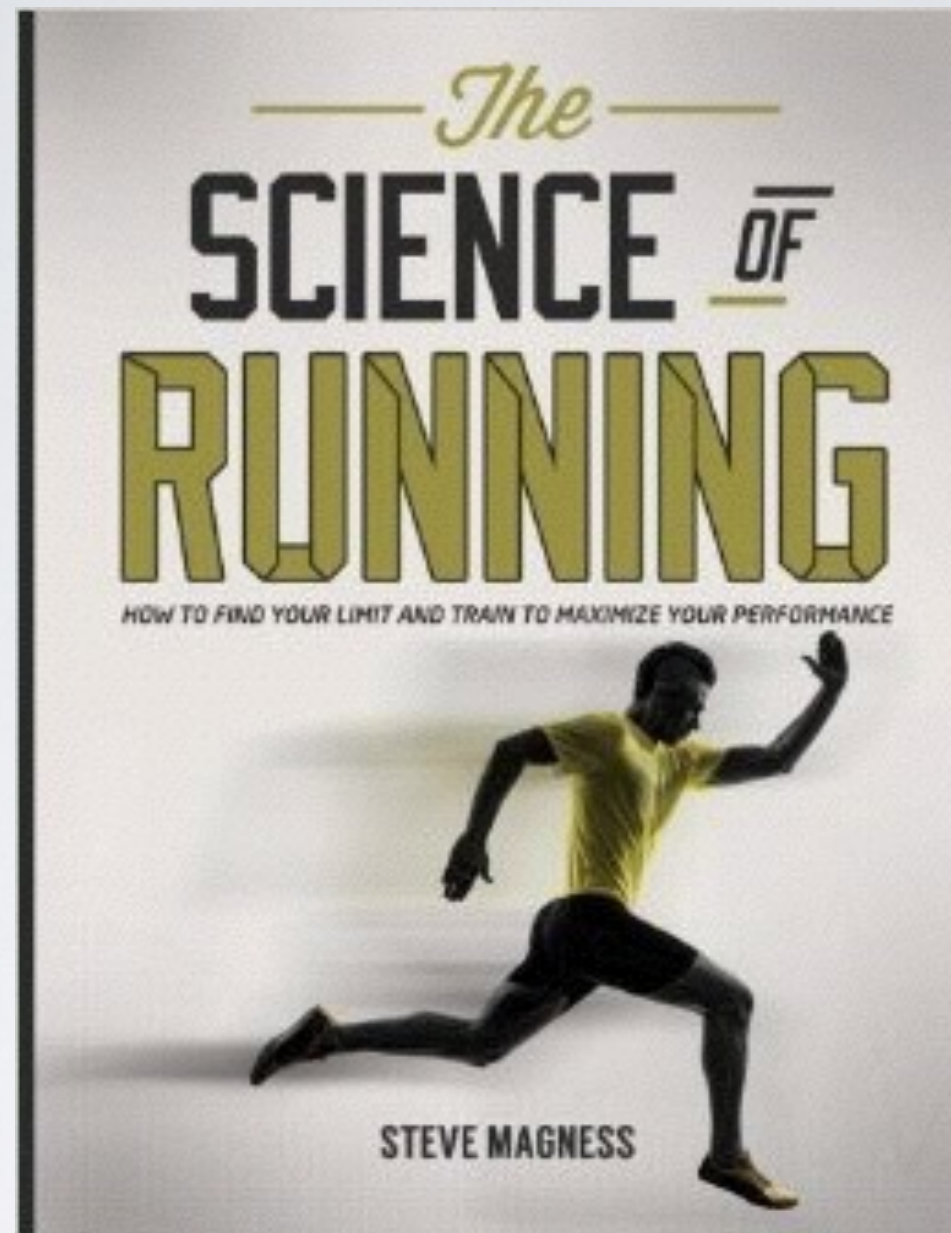


Frank Gagliano  
A.K.A. "Gags"



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**

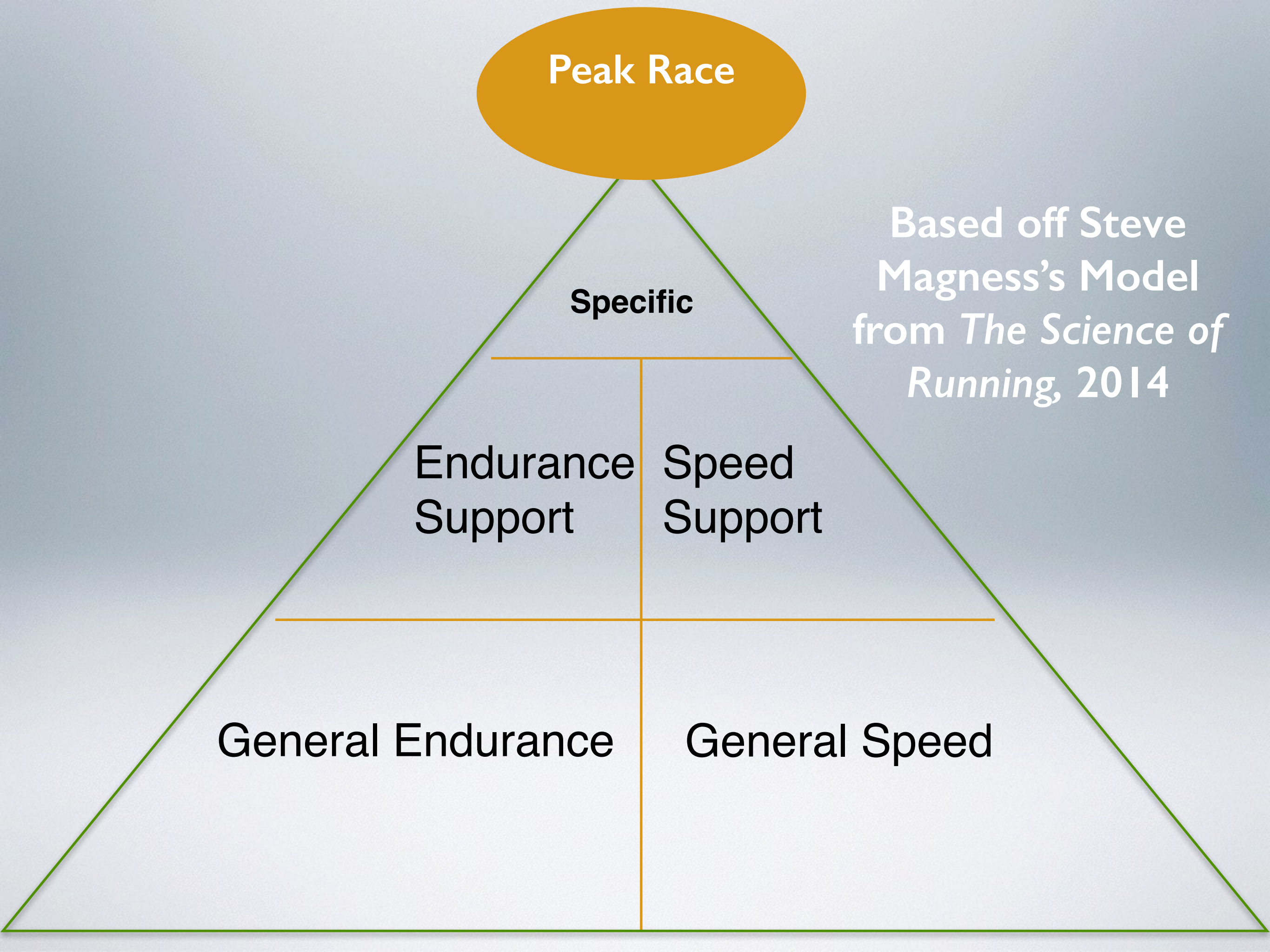
**Endurance  
Support**

**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>
Suport (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**



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



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



	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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