



# **Middle Distance Training: 10 Lessons Learned in 10 Years at Mountain Vista**

Jonathan Dalby



# Lesson #1: Culture Fosters Training









- Finding coaches that are great w/ kids is more important than training
- “Vista Nation”
- Meeting all kids 5-6 days a week year round
- Weekly social activities with all TEAM members
- Individualized training plans for all kids
- Encourage kids to choose their own training groups
- Saturday runs for everyone
- Goal setting with the entire TEAM
- Process focused vs. goal focused
- Make parents an important part of the process
- Communication: Blog, Remind App, Email
- Connection with feeder programs





# Lesson #2: Productive Fatigue





# Lesson #3: Train All Paces Year Round



MIDDLE DISTANCE WORKOUTS	BASE (DEC-FEB)	PRE-COMP (MARCH)	COMPETITION (APRIL-MAY)
Aerobic Runs (30 to 60 mins)	Critical	Important	Maintenance
Long Runs (60 to 90 mins)	Critical	Important	Maintenance
Pure Speed (40-100 meters)	Critical	Important	Maintenance
Speed Endurance	Maintenance	Important	Critical
Tempo/High End Aerobic	Critical	Important	Maintenance
Strength (“VO2”)	Important	Critical	Maintenance
Race Specific Work	Maintenance	Important	Critical
Racing	Maintenance	Important	Critical



# Lesson #4: Training Closer to Race Specificity





**Speed  
Development**

**pure speed, 400 m  
efforts**

**800/1600  
meter race  
efforts**

**Strength  
Development**

**3K/5K, 10K efforts**

**But What About Tempo and  
Long Runs!?!?!?!?!?!?**



# Lesson #5: Build a Base of Speed





MONTH	SPEED DEVELOPMENT EXAMPLES
JANUARY	Short hill sprints of 10 to 20 seconds <ul style="list-style-type: none"> <li>• 8 x 10 sec hill sprints</li> <li>• 4 x 20 sec hill sprints</li> </ul>
FEBUARY	Flat sprints of 50 to 100 meters <ul style="list-style-type: none"> <li>• 4 x 60 meter sprints w/ 3 mins rest</li> <li>• 4x100 meter sprints w/ 3 mins rest</li> </ul>
MARCH	Flat sprints of 100 to 200 meters <ul style="list-style-type: none"> <li>• 4x150 w/ 6 mins rest</li> <li>• 3x200 w/ 8 mins rest</li> </ul>
APRIL	Sprints of 200 to 250 meters <ul style="list-style-type: none"> <li>• 250, 200, 150, 100 w/ 10 mins rest</li> <li>• 4x200 w/ 10 mins rest</li> </ul>
MAY	Sprints of 250 to 300 meters <ul style="list-style-type: none"> <li>• 3x250 HARD w/ 10 mins recovery</li> <li>• 2x300 HARD w/ 12 mins recovery</li> </ul>



# Lesson #6: Bullets First, Then Cannonballs





## MONTH

## SIMPLE 1600 METER RACE SPECIFIC WORKOUT PROGRESSION EXAMPLE #1

JANUARY

12 x 200 @ mile effort w/ 300  
jog

FEBRUARY

10 x 300 @ mile effort w/ 200  
jog

MARCH

8 x 400 @ mile effort w/ 2 mins  
rest

APRIL

5 x 600 @ mile effort w/ 3 mins  
rest

MAY

3x800 w/ 4 mins rest



## MONTH

## SIMPLE 1600 METER RACE SPECIFIC WORKOUT PROGRESSION EXAMPLE #2

**JANUARY**

**12 x 400 @ 5K effort w/ 30  
secs rest**

**FEBRUARY**

**10 x 400 at 3200 effort w/ 45  
secs rest**

**MARCH**

**8 x 400 @ mile effort w/ 2 mins  
rest**

**APRIL**

**8 x 400 @ mile effort w/ 90  
sec rest**

**MAY**

**4 x 400 @ w/ 1 min rest (add  
up to fastest mile possible)**



# Lesson #7: Recipes Can Vary







**Connor Weaver**  
**4:19 at altitude**  
**2:01/15:29**

**Off-Season: 60+ MPW**

**Best Workouts:**

**Long Tempos/Progressions**  
**5x1 mile w/ 75 sec rest**



**Andrew Walton**  
**4:17 at altitude**  
**1:54/15:27**

**Off-Season: 45-50 MPW**

**Best Workouts:**

**200s/400s @ 800 effort**  
**3x800 w/10 mins rest**





**Caden Foster**

**:51/1:56**

**400 Type Workouts**

**70 min long run**

**C Team in XC 2015**

**All-State 800 2016/2017**



**Robbie Gleeson**

**Ran 3 Times a Week**

**:50/1:58**

**1 Hard Effort a Week**

**No Long Run or Tempo**

**JV XC 2015**

**State Qualifier 800 2016**



# Lesson #8: Maintain What You've Built





# Lesson #9: Running Singles vs. Doubles





- **Race above/below race distance**
- **Race + 4x400 or open 400 (speed endurance)**
- **Race + Long Cool-down**
- **Race + Workout**
  - **“The Dirty 8” and the “Dirty 16”**
  - **5x200 30 mins after a race (No track? Find a Field/Road)**
  - **5x60 m HARD (maintenance)**



# Lesson #10: Get Out of Their Way





# Questions?

Jonathan Dalby

[www.vistanationxc.com](http://www.vistanationxc.com)

@vistanationxc

[jhdalby@dcsdk12.org](mailto:jhdalby@dcsdk12.org)

816-529-8987