





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

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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: Train Girls Like Boys, JV Like Varsity



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Jan 23-29	2-3x5 min Tempo w/ 1 min easy (40 mins total)	35	6x60 meter sprints w/ 3 mins rest (30 mins total)	45 + 6x100 strides	2x(6-8x100) @ 1600 effort 30 sec rest, 3 mins between sets	60 (or 5 mins longer than your longest run this winter so far)	0
Jan 30-Feb 5	15 Tempo Run (35)	35 mins + hill sprints 6x10sec, 2x20 sec	45	4-5x60 sec hills @ XC effort	35 Easy + 4x150	Air Force Indoor Meet (Pick 1 or 2 events to	0

Jan 23-29	4x5 min Tempo w/ 1 min easy (50 mins total)	60	A.M. 45/P.M. 6x60 meter sprints w/ 3 mins rest (30 mins total)	A.M. 30/P.M. 55 + 6x100 strides	3x(8x100) @ 1600 effort 30 sec rest, 3 mins between sets	90	0
Jan 30-Feb 5	20 Tempo Run (45)	35 mins + hill sprints 6x10sec, 2x20 sec	A.M. 30/P.M. 60	A.M. 30/P.M. 6x60 sec hills @ XC effort	35 Easy + 4x150	Air Force Indoor Meet (Pick 1 or 2 events to run)	65

Lesson #3: Fire Bullets, Then Cannonballs



Example 1600 Cannonball Workout Progression

- 3-4 x 800 w/ 5 mins rest (2 to 3 weeks before state)
- 3-4 x (600/200 w/ 1 min rest) 4 mins between sets (April)
- 4-5 x 600 w/ 4 mins rest (April)
- 4-5 x (400/200 w/ 1 min rest) 3 mins between sets (March)
- 8x400 w/ 2 mins rest (March)
- 3-4 x (4x200 w/ 1 min rest) 3 mins between sets (February)
- 8-10 x 15 to 30 sec surges @ mile effort during a run (January)

Example 800 Cannonball Workout Progression

- 2x600 10 mins (2-3 weeks before state)
- 2-3x(400, 90 sec rest, 200) 8 mins between sets (April)
- 3-4 x 400 w/ 6 mins rest (March)
- 2-3x(4x200 w/ 1 mins rest) 5 mins between sets (February)
- 2-3x(8x100 w/ 30-60 sec rest) 4 mins between sets (January)

Lesson #4: Repeat the Basics, and Progress the Load



200's Example

- 12x200 @ 3200 effort w/ 200 jog (January)
- 3 x (4x200 @ 1600 effort w/m 30 secs rest) 4 mins between sets (February)
- 8x200 @ 800 effort w/ 2 mins rest (March)
- 6x200 w/ 5 mins rest HARD (April)

25 min Tempo Run Example

- * 15 min tempo effort (Goal to progress to 25 min tempo)
- * 2x10 min tempo effort (20 mins of quality)
- * 20 min tempo effort
- * “Vista 500” (500 meters tempo/100 meters jog) for 25 mins
- * 5 x 5 min tempo efforts w/ 1 min jog recovery (25 mins of quality)
- * 25 min tempo effort
- * 20 min tempo, 4 mins easy, 5 mins @ 10K effort

Lesson #5: Build a Base of Miles and Speed



Sprint Progression Example

- **Hill Sprints:** 6 to 10 x 8-10 sec hill sprints (walk back recovery): January/February
- **Flat Sprints:** 4 to 8 x 50-100 m all out sprints (3 mins rest): February
- **General Speed Endurance:** 100 to 250/300 m HARD (full recovery): March/April
 - 250, 200, 150, 100
- **Specific Speed Endurance:** April/May
 - 6x200 w/ 5 mins rest @ Faster than 800 effort
 - 4x400 w/ 2 mins rest @ Faster than 1600 effort

Lesson #6: 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 (100-300 m hard)	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 #7: Using Different Recipes





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

Off-Season: 65+ MPW

Best Workouts:

Long Tempos/Progressions

5x1 mile w/ 75 sec rest



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

Off-Season: 50 MPW

Best Workouts:

200s/400s @ 800 effort

3x800 w/10 mins rest



Caden Foster

:51/1:57

400 Type Workouts

60 min long run

C Team in XC 2015

All-State 800 2016



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: Add Variety to Racing



- 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”
 - 6x200 30 mins after a race (No track? Find a Field/Road)
 - 6x60 m HARD (maintenance)

Lesson #10: Doubles vs Singles



Questions?

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