

Wisconsin Track Coaches Association (WISTCA) 30th Annual Clinic

North Central College Distance

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Session 1 Concepts :

- I. Culture**
- II. Motivation**
- III. Coaching Styles**
- IV. Levels of Coaching**
- V. Holistic - "Through the Physical"**
- VI. Character**
- VII. Run for Fun and Personal Bests!**

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I. Concepts of Training are Absolute

II. Aerobic Strength Determines Anaerobic Potential

III. Aerobic/Anaerobic Percentages

IV. Basic Physiology of Exercise Benefits

V. Must Buy In - Beyond the Physiology

VI. From High School to College

A. Law of Effect - Must make it satisfying and fun

B. Progressive Overload

C. Must be able to adjust

1. Flexible
2. Adaptable
3. Creative

VII. Our Program

A. Cross Country- Summer is the Cross Country Season

Monday: 3-5 mi warm up, 4 x mile/90 sec recovery between, strides, mile cool down

Tuesday: (recovery) 3 to 6 miles easy aerobic, 4 x building 200m

Wednesday: 3-5 mile warm up, 6 x hills, 3 miles Fartlek

Thursday: 6 to 8 miles aerobic, 4 x building 150's

Friday: 45-60 minutes building tempo (or Meet)

Saturday: Long Run - 45 minutes to 2 hours - Dr. David Martin

Sunday: On Own (Recommended short aerobic run and strides)

Note : Morning Run

Monday- 4 miles, strides, core training

Tuesday- 2 miles, 10 x 100m strides, core training

Wednesday- same as Monday

Thursday - same as Tuesday

Friday- same as Monday

B. Track Distance - January, February, March

Monday- Building 8 to 10 mile tempo

Tuesday- Easy 45 to 60 minutes aerobic

Wednesday- 5 mile tempo, 6 x hills, 3 miles fartlek

Thursday- 60 to 80 minutes aerobic (Medium Tempo)

Friday- 60 minutes aerobic (building to fluid tempo)

Saturday- 60 minutes to 2 hours - Long Run (or Meet)

Sunday- 30 to 45 minutes as you feel

Morning Runs - Same as Cross Country

C. Track Distance - April & May

Monday- Move to short rest intervals (miles/BOO's)

Wednesday- Move to shorter hill

D. Mid Distance - January, February, March

Monday- 3 mile warm up, 6-8 x 1000 / 90 sec recovery @ upper level aerobic, 6 x 100m strides with 60m bursts

Tuesday- Easy 30 minutes aerobic, 4 x building 200's

Wednesday- 3 to 4 mile warm up, 6 x hills, 2 mile fartlek

Thursday - Same as Tuesday

Friday- 3 to 4 miles and 6 x building strides (Or Time Trial/Timed Effort)

Saturday- Long Run 45 minutes to 70 minutes (Or Meet)

Sunday- On own, easy run and strides

E. Mid Distance - April & May

Monday-Transition to speed (intervals) ex: 2-3 X 300/300/200

Tuesday- Recovery

Wednesday- Speed Endurance - short rest intervals - ex: 2 to 3 sets of 4 - short rest 300's

Thursday- Easy warm up and 4 x building 1 SO' s (full rest)

Friday- Pre Race Day (Easy warm up and 2 to 4 building 150-200' s)

Saturday - Race

Sunday- Easy Aerobic Recovery and Strides

VIII. Key Factors

A. Intrinsic Motivation

B. Delayed Gratification

C. Progressive Overload

D. Navigation to a Goal

E. Consistency

F. Law of Effect