

Periodization for Distance and Mid-Distance Runners

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Periodization

- ▶ Periodization refers to two important aspects of planning and programming the training:
 - ▶ The Periodization of the Annual Plan, which by dividing the year into smaller training phases, makes it easier to manage the training and peaking processes.
 - ▶ The Periodization of the Conditional Motor Capacities (aka bio-motor abilities), which enables one to develop the motor capacities; strength, speed and endurance to an optimal level for sport performance.
- ▶ Professor Tudor Bompa

Considerations for developing Periods

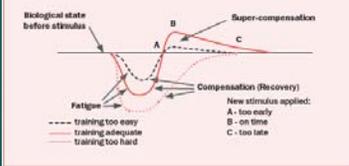
- ▶ Distance running is a year-round commitment
- ▶ To excel at the distances the Student-Athlete (SA) must run on a year round basis, as well as continuing from year to year. Developmental gains can be lost quickly with long layoffs.
- ▶ Workouts are built on the concept of stress and adaption.
- ▶ Stress the SA, rest, recuperate, increase the stress, continue. Workouts are built off what the SA has been able to accomplish previously (sample workout progressions will be presented in the next presentation).
- ▶ Importance of rest, recuperation, sleep, proper nutrition, fluids, flexibility, vitamins and minerals, and strength training cannot be stressed enough.

▶ "There is no such thing as overtraining. It's under resting that's the problem."

▶ Paraphrasing Dr. Joe I. Vigil

Supercompensation

Figure 1: Supercompensation theory, showing the role of recovery



- ▶ Developing a "Road Map" to be successful at the time of the season that the coach and SA determine is the optimum time to perform your best.
- ▶ Determine which meet is the proper time to "peak".



Sample Periodization

- ▶ End of track season
- ▶ June 1-June 16-Active Rest
- ▶ June 16-August 11-Preseason conditioning
- ▶ August 12-August 31-Pre-competition
- ▶ September 1-September 27-Competition
- ▶ September 28-November 2-Championship (starts usually six weeks before target meet)
- ▶ November 2-November 16-Post championships
 - ▶ Footlocker, Nike NXNs, etc.

- ▶ November 17-December 1-Active rest
- ▶ December 2-January 5-Preseason conditioning
- ▶ January 6-March 1-Precompetition
- ▶ March April 27-Competition
- ▶ April 28-June 1-Championship

▶ Repeat



Active Rest

- ▶ Activities that keep the SA moving, exercising, but NOT running-Biking, swimming, things they normally are not supposed to do during the season-fun but moving.

Preseason

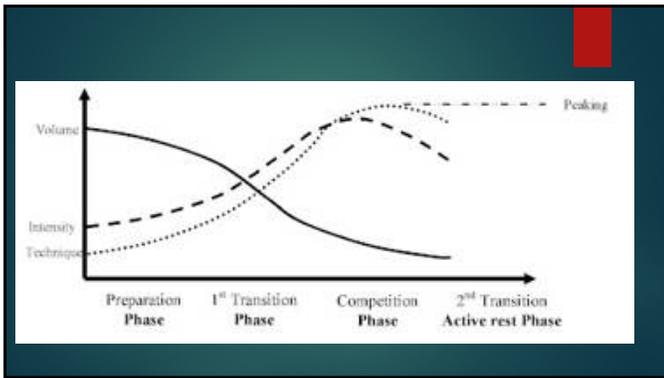
- ▶ Work on Cardiovascular Conditioning, prepare muscles and support structures ((bones, tendons, ligaments) for harder work.
- ▶ Weightlifting, flexibility, core work, etc.
- ▶ Long runs, Tempo Runs, Fartleks (more toward end of preseason), speed-once a week (200's). Work on increasing volume. (example summer workouts will be presented in next session).

Pre-competition

- ▶ Transitional work-from longer distances to more stressful workouts
 - ▶ Fartleks, Hill Repeats, Extensive Temp, Tempo runs.
 - ▶ Intervals and repetition workouts towards end of pre-competition.
- ▶ Volume is the focus of this phase, with increasing intensity as the phase progresses.
- ▶ Continue with Weightlifting, flexibility, core work

Competition

- ▶ Repetitions and Intervals with increasing stress on the athletes, interspersed with recovery and tempo runs.
- ▶ Rest, recovery, proper nutrition become even more important.
- ▶ Volume decreases and intensity increases.
- ▶ Continue with weightlifting)(Keep weight at constant), flexibility, and core work.



Championship

- ▶ Intensity must be kept as a high priority. Volume is at its lowest.
- ▶ Continue weightlifting (keep weight at constant), flexibility and core work.
- ▶ Tapering will be the last session.

Mid-Distance

- ▶ The schedule is usually the same.
- ▶ Running Cross Country for mid-distance runners helps develop strength, durability, focus, teamwork, and, as with distance runners, allows the SA to maintain gains from the previous season.

Adaptions of phases for mid-distance runners

- ▶ Weights-more focus on faster exercises, and lifts to work fast twitch muscles.
- ▶ Less volume, especially on recovery runs (slower runs). More focus in strength endurance and speed endurance.
- ▶ Tempo runs are usually shorter and faster than for the distance runners.
- ▶ Pitfalls can be some team division during XC season.
- ▶ Strength of support systems should be of more priority than distance runners.

Considerations

- ▶ Rest and Recuperation is tougher in High School and College athletes-Must be taken into consideration
- ▶ Diet-access to proper nutrition.
- ▶ Work within your facilities.

Indoor Season

- ▶ Determining the importance of indoor season to your program.
- ▶ Determining if you want to peak twice during the school year, or three times, and adjust workouts accordingly.
- ▶ You can do a mini taper (discussed during workouts and tapering sessions).

QUESTIONS?