

AEROBIC MONSTERS

*Building the Aerobic Foundation in a Racing-
Heavy Environment*

"The Journey is the Reward"

Williams College

- Interest in high-level human performance
- M. Baker...and many others

Oklahoma / Iowa State

- X's + O's (M. Smith)
- Coaching Culture (A. Grove-McDonough)

Western Kentucky

- "We are products of our past" ...team ran well but something was missing

Georgetown

- Program Transition (J. Culley)
- Recruiting for the future

Alabama

- From the bottom to the top (D. Waters)
- Lean on others (P. Murphy)

Florida

- Championship Culture (M. Holloway)
- Putting it all together



"We are all failures - at least the best of us are" - J.M. Barrie

"The System"



"You can't break the rules until you know how to play the game" - Rickie Lee Jones

Def:

- ❑ "A set of principles or procedures according to which something is done; an organized framework or method"
Oxford Languages Dictionary

My HS Running Career

- ❑ November - Transition from XC
- ❑ December - build mileage
- ❑ January - begin workouts
- ❑ February - begin racing indoors
- ❑ March / April - best races
- ❑ May - performances taper

Objectives: Cooking Up (Gator) Magic...

- ❑ Perform consistently - limit "bad" races
- ❑ Get better from week to week
- ❑ Race best @ end
- ❑ Finish races well
- ❑ Repeatable and straightforward
- ❑ Measurable

The Fundamentals

Consistency

- Yearly vs. Weekly Mileage
- #1 Predictor of Improvement?

Communication

- You (the athlete) only have one person to think about

Discipline

- “The self-disciplined ones are free in life” - Eliud Kipchoge

Intention

- “Don’t count the days, make the days count” - Muhammad Ali

Progression

- Get a little bit better each week
- Begin with the end in mind

Accountability

- “The way you do anything is the way you do everything” - Tom Waits

Flexibility

- “The only constant is change” - Heraclitus
- Be like water

Relationships

- “People don’t care how much you know until they know how much you care” - T. Roosevelt
- “Know your horse”

“Get the fundamentals down and the level of everything you do will rise” - Michael Jordan

Chapter 3: 800m

There's more than one way to skin a cat...

What's the Problem?

What did they do in the Summer / Fall?

- Summer Track
- XC
- Football
- Soccer
- Other Sports
- Nothing

What kind of athlete are they?

- 400m / 800m
 - Great natural speed
 - Explosive
 - Aerobically Challenged
- 800m / 1600m
 - Great speed endurance
 - Decent aerobic ability
 - Successful XC runner?



Hazel Clark vs. Imogen Barrett

- HC = 2:01.77i / 2:00.13
 - 400m = 53.69
- IB = 2:01.23i / 2:00.96
 - 1500m = 4:14.55 / SEC Champ

"It's better to solve one problem five different ways, than to solve five problems one way."
- George Polya

The Knudson System



Lyle Knudson

- UF Head Coach
 - 800m Training System
 - Hired GA (MH)

U-U/U/E/O/O-O/WC

- Where are they "centered"?
- Under-Under - 200m | 400m
- Under - 400m | 800m
- Event - 800m | 1600m
- Over - 1600m | 3200m/5k
- Over-Over - 3200m/5k | 10k
- Wildcard - TBD
- 2 Week Cycles
 - M / W / F / Su
 - T / R / Sa
 - Different ways to do this

"What you leave behind is not what is engraved in stone monuments, but what is woven into the lives of others." - Pericles

Cooking up Magic...

The “800m” AND “1500m” Athlete (Non-Comp)

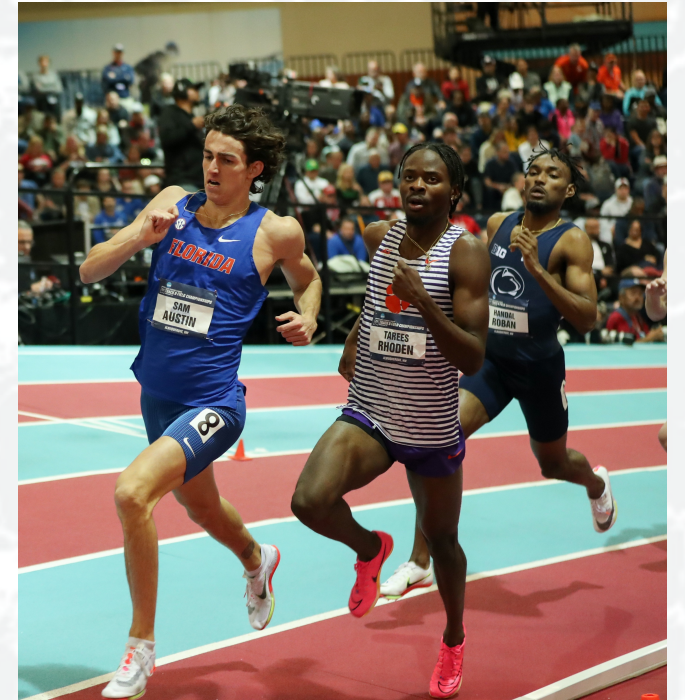
- ❑ WK 1
 - ❑ M: 3200m/5k (OOD)
 - ❑ W: 200m (UUD)
 - ❑ F: 1600m (OD)
 - ❑ Su: Long Run (15-20’ Rule)
- ❑ WK 2
 - ❑ T: 400m (UD)
 - ❑ R: 800m (RD)
 - ❑ Sa: 10k (AT / LT)

The “800m” Athlete (Comp)

- ❑ WK 1
 - ❑ M: 3200m/5k (OOD)
 - ❑ W: 2mi Tempo + 200m (AT / LT + UUD)
 - ❑ F: 800m (RD)
 - ❑ Su: Long Run or Rest
- ❑ WK 2
 - ❑ T: 1600m (OD)
 - ❑ W: 400m (UD) *Low Volume*
 - ❑ F: Pre-Meet
 - ❑ Sa: Race (800m + 4x400m)

The “1500m” Athlete (Comp)

- ❑ WK 1
 - ❑ M: 3200m/5k (OD)
 - ❑ W: 400m (AT / LT)
 - ❑ F: 1600m (RD)
 - ❑ Su: Long Run
- ❑ WK 2
 - ❑ T: 10k AT / LT (OOD)
 - ❑ W: 800m (UD) *Low Volume*
 - ❑ F: Pre-Meet
 - ❑ Sa: Race (800m or 1600m + 4x400m)



“No one is born a great cook, one learns by doing.” – Julia Child

“Variety is the Spice of Life”

Vary Your Training

- Terrain / Surface
- Venue
- Time vs. Distance
- Watches...
- Break the rules



“And now for something completely different” – Monty Python

Other Considerations...

Tapering

- Don't cut the bottom out
- Josh McDougal

Layers like an Onion

- Ability to Finish
- What is Speed vs. Speed Endurance
- What are you training?



"Learn the rules like a pro, so you can break them like an artist" – Pablo Picasso

Hot Topics...

Double Threshold Training

- Ingebrihtsen: AM / PM Threshold Sessions

Over Training

- Under Sleep / Under Fuel / Substance Abuse

Workouts after races

- NOP: Race + Workout

X-Training

- The Parker Valby Effect



"Be curious, not judgemental" - Walt Whitman

CV

- Tinman: Critical Velocity

Others...

- ???



Questions?

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☐ Ask away...

Contact

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"He who asks is a fool for five minutes, but he who does not ask is a fool forever" - Mark Twain