

# *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 1:* *XC → Track*

*Crossing the Chasm*

# What's the Problem?

## Recover from XC...at what cost?

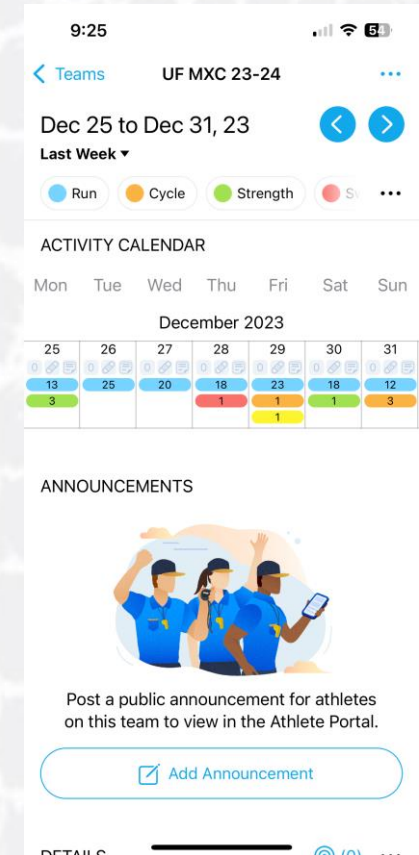
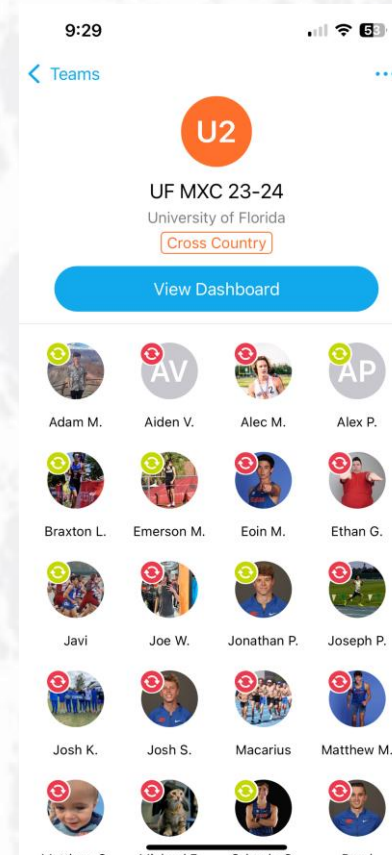
- Full Rest vs. Active Rest
  - 100% Healthy?
  - Mental / Emotional Toll of XC?
- 2-3 Weeks...
  - End Date for T&F?
- High Fitness = Injury Resistant
- Low Fitness = Injury Prone

## Now you see me, now you don't

- 11/18 - 1/28: Limited Interaction w/ Athletes
- Garmin Clipboard
- You are a product of your last 6 months

## Culture Counts...

- Make it fun!
- Coach it - be intentional
- Athlete Ownership - Captains?



*"If I had an hour to solve a problem I'd spend 55 minutes thinking about the problem and 5 minutes thinking about solutions" - Albert Einstein*

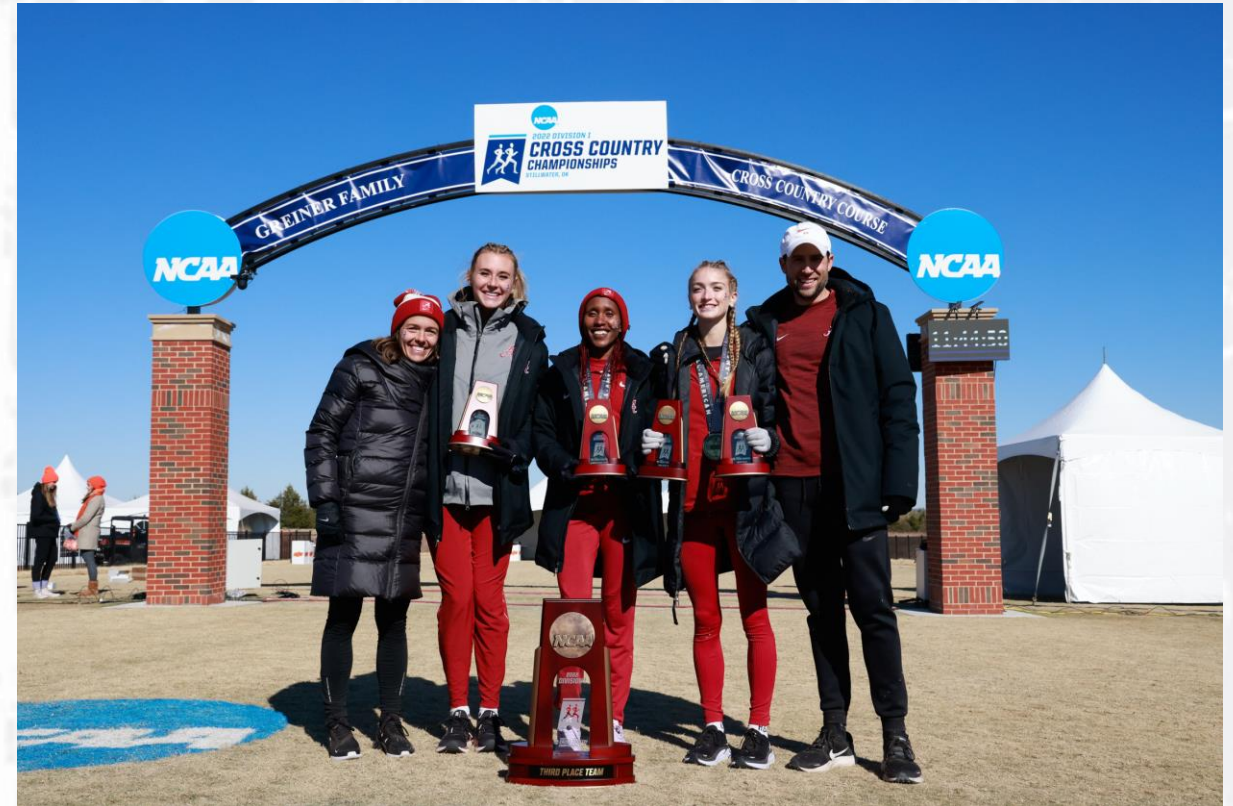
# The Foundation

## The Engine (Aerobic System) \*MOS & MC\*

- Move oxygen efficiently
- Lactate is a “handbrake”
- Expansion vs. Compression

## The Chassis

- Move efficiently
- Handle the workload - strengthen & repair



*“The loftier the building, the deeper must the foundation be laid” - Thomas à Kempis*

# Let's Build the Engine... & the Chassis!



## The Tools in the Box

- RE vs. GR Running - low level aerobic development
- Steady State / Continuous Tempo Running / Sub-T - what is the cost? (HM & MAR)
- AT / LT - high return (10km)
- VO2 Max / AP - take your medicine (3km/5km)
- 1500m / Mile Specific Speeds
- Speed Endurance (800m)
- Speed (400m)
- Terrain / Style - Hills, Grass, Fartleks
- Lifting - Strength
- General Strength
- X-Training
- Ancillary Work

## Practice vs. "Class"

- Improve fitness / conditioning
- What are you teaching?
- "Practice makes permanence" - M. Holloway



*"I suppose it is tempting, if the only tool you have is a hammer, to treat everything as if it were a nail" - Abraham Maslow*



# Timing Things Up...

## 11/18 - 12/3 (2+ Weeks): Transition

- Full Rest vs. Active Rest
- Transition from XC to T&F
- Assess physical & mental state of athlete



*"By failing to prepare, you are preparing to fail." - Benjamin Franklin*

## 12/4 - 12/31 (4 Weeks): General Prep

- Build Running Volume
- Strides / Hill Sprints
- Gentle & General Fartlek Workouts
- Lift & General Strength - Weight Room
- Prepare the body to train

## 1/1 - 3/10 (10 Weeks): Fundamental

- Maintain Running Volume - peak mileage
- Build the engine - push aerobic ability forwards
  - Sub-T / AT / LT
- Develop ability to run fast
  - Speed / Speed Endurance
- Funnel Analogy
  - Emphasize the edges
  - Train center sparingly - race speeds
- Indoor Races? Break up training
- This looks like XC training in essence

*Chapter 2:*  
*1600m / 3200m*

*Race, race, baby!*

# What's the Problem?

## A Product of Your Environment...

- Race, race, baby!
  - Mid-week dual meets
  - Weekend Invites
  - HS State Series
  - National "Championships"



## Vitamin "N"

- "...get Vitamin N...N is to learn to say 'No'. That's a vitamin." - Eliud Kipchoge

## Specificity of Training...

- Q: What is the most specific workout you can do?
- A: Race!



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# Let's drive a racecar!

## Driving @ High RPMs

- VO2 Max / AP - take your medicine in the right dose - (3km/5km)
- 1500m / Mile Specific Speeds
- Speed Endurance (800m)
- Build capacity, then make workouts look like races
- This is fun!



## Plan Accordingly...

- Set Target Races @ End of Season
- Pick & Choose additional racing opportunities
- Take Vitamin "N"
- Adjust as needed
- Races ARE Workouts - Specific Workouts
- Better the athlete, the harder they race

## The Engine (Aerobic System)

- Don't neglect this!
- Emphasis towards maintenance
- Allows for a long season + high race volume

## The Chassis

- Don't neglect this
- Continue work in weight room
- Speed / coordination work

*"The loftier the building, the deeper must the foundation be laid" - Thomas à Kempis*

# *“I love it when a plan comes together”*

## 3/11 - 4/21 (6 Weeks): Special

- Narrow the funnel
- Build capacity of work @ race speeds
- VO2 Max / AP (3km/5km)
- 1500m / Mile Specific Speeds
- Speed Endurance (800m)
- Dose accordingly

## 4/22 - 5/19 (4 Weeks): Specific

- Work @ Center of Funnel
- Workouts look like races
- How much are you racing already?
- VO2 Max / AP (3km/5km)
- 1500m / Mile Specific Speeds
- Speed Endurance (800m)
- Dose accordingly



## Aerobic / Lactate Threshold

- Vessel / Hole analogy
- Broken vs. Continuous
- Measurability
  - Eye Test
  - Garmin Clipboard
  - Lactate Meters
  - RPE
  - 95% of 5000m Ability
- Maintain Abilities during these periods

## General Training Guidelines

- Wide Range vs. Tight Range athletes
- 7-10 Days Emphasize / Promote
- 14-21 Days Maintain

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# *“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?

## Questions?

- ☐ Ask away...

## Contact

- ☐ [willp@gators.ufl.edu](mailto:willp@gators.ufl.edu)



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