



APRIL 27, 2018
CRONIN FIELD – JESUIT HIGH SCHOOL
WWW.TWILIGHT-RELAYS.COM

**TRAINING THE
HIGH SCHOOL
DISTANCE
RUNNER**



**TOM
ROTHENBERGER
JESUIT HIGH SCHOOL**

2017 Results (sample of improvement – 3000m)

3000 Meters

<u>2016</u>	<u>2017</u>
8:21	8:17
9:12	8:40
9:29	8:52
9:13	9:04 (only ran 1)
9:34	9:11
Dnr	9:12
10:11	9:14

Girls Team

9:55	9:42
10:25	9:55
10:55	10:04

PRE SEASON

WINTER TRAINING

2017

NXN National Qualifier

**2004* 2005 2007 *2008* 2009 2010 20??*

*State
XC
Champions*

1996

1998

1999

2000

2002

2003

2004

2005

2006

2007

2008

2009

2010

2016

*JESUIT
TRACK
&
CROSS COUNTRY*



DISTANCE RUNNER

*WINTER
TRAINING
SCHEDULES*

*Metro
XC
Champions*

1975

1976

1978

1980

1983

1990

1994

1995

1996

1997

1998

1999

2000

2001

2002

2003

2004

2005

2006

2007

2008

2009

2010

2011

2012

2015

2016

*FORMULA FOR SUCCESS
CONSISTENCY, PROGRESSION, HARD WORK
CHAMPIONS ARE MADE IN THE OFF SEASON*

JESUIT DISTANCE RUNNERS - WINTER TRAINING RUNS

2016-2017

(Jesuit = 3:00 pm or sooner – as soon as you get organized with a group)

(THPRD/Wash Park = 3:15 pm). (Sat runs = 9:00 am.)

(All Christmas break runs = 9 am)

DATE	LOCATON	DATE	LOCATON
MON 11/28	JESUIT	MON 1/31	JESUIT
WED 11/30	JESUIT/RALEIGH PARK	WED 2/1	JESUIT/RALEIGH PARK
SAT 12/3	NXN/FOOTLOCKER/OYO	SAT 2/4	LEIF & GERMANTOWN
			(UW HS Invite/Boise Indoor)
MON 12/5	JESUIT	MON 2/6	JESUIT
WED 12/7	THPRD	WED 2/8	JESUIT/HOMEWOOD DR
SAT 12/10	NATURE PARK	SAT 2/11	NATURE PARK
MON 12/12	JESUIT	MON 2/13	JESUIT (9 am – No school)
WED 12/14	JESUIT/RALEIGH PARK	WED 2/15	JESUIT/RALEIGH PARK
SAT 12/17	THPRD	SAT 2/18	THPRD
MON 12/19	JESUIT (9 am-Pittock)	MON 2/20	JESUIT
WED 12/21	NATURE PARK	WED 2/22	WASH PARK or THPRD
SAT 12/24	LEIF & GERMANTOWN	SAT 2/25	NATURE PARK
MON 12/26	JESUIT		
WED 12/28	THPRD (9 am)	MON 2/27	OUTDOOR TRACK STARTS
SAT 12/31	NATURE PARK		
MON 1/2	JESUIT		
WED 1/4	JESUIT/RALEIGH PARK		
SAT 1/7	THPRD		
		CORE.....	STRENGTH SESSIONS
MON 1/9	JESUIT	AFTERNOON	(Run 3-4, then Core)
WED 1/11	THPRD	TUESDAYS	4:00 – 4:45 PM
SAT 1/14	LEIF & GERMANTOWN	THURSDAYS	4:00 – 4:45 PM
MON 1/16	JESUIT (9 am-no school)		
WED 1/18	JESUIT/RALEIGH PARK		
SAT 1/21	NATURE PARK		
MON 1/23	JESUIT		
WED 1/25	JESUIT/HOMEWOOD DR		
SAT 1/28	THPRD		

JESUIT TRACK & CROSS COUNTRY
WINTER TRAINING PLAN

#1. DETERMINE YOU MAXIMIUM MILEAGE GOAL

Freshmen = 40 mpw

Sophomores = 50 mpw

Juniors = 60 mpw

Seniors = 70 mpw

Week 1: 40% Mileage (Fr-16 So-20 Jr-24 Sr-28)

Week 2: 50% Mileage (Fr-20 So-25 Jr-30 Sr-35)

Week 3: 60% Mileage (Fr-24 So-30 Jr-36 Sr-42)

Week 4: 70% Mileage (Fr-28 So-35 Jr-42 Sr-49)

Week 5: 80% Mileage (Fr-32 So-40 Jr-48 Sr-56)

Week 6: 90% Mileage (Fr-36 So-45 Jr-54 Sr-63)

Week 7: 90% Mileage (Fr-36 So-45 Jr-54 Sr-63)

Week 8: 95% Mileage (Fr-38 So-48 Jr-54 Sr-67)

Week 9: 100% Mileage (Fr-40 So-50 Jr-60 Sr-70)

Week 10: 100% Mileage (Fr-40 So-50 Jr-60 Sr-70)

Week 11: 100% Mileage (Fr-40 So-50 Jr-60 Sr-70)

Week 12: 90% Mileage (Fr-36 So-45 Jr-54 Sr-63)

Day	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Daily %	15%	15%	20%	10%	15%	25%	0%
50 MPW	7.5	7.5	10	5	7.5	12.5	0

Calculating Mileage

- Boys = Assume 7min/mile.

Min	35	42	49	56	63	70	77	84	91
Miles	5	6	7	8	9	10	11	12	13

- Girls = 8min/mile

Min	40	48	56	64	72	80	88	96	104
Miles	5	6	7	8	9	10	11	12	13

REGULAR
SEASON
TRAINING

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27	28	1	2	3	4
	Training Run	Threshold Workout	Training run	Pace Workout	Training Run	Long Run
	Training Run	Training Run	Training Run	Training Run	Training Run + 5:30pm - Twilight ?	Training Run
5	6	7	8	9	10	11
Rest	Threshold Workout	Threshold Workout	Track Workout	Pace Workout	Threshold Workout	Long Run (90)
Rest / Shakeout	Training Run	Training Run	Training Run	Training Run	Training Run 5:30pm - Twilight ?	Training Run
12	13	14	15	16	17	18
Rest	Pace Workout	Pre Meet Day	Dual Meet vs Wilson	Recovery Run	Threshold Workout	Theshold Workout
Rest/Shakeout	Track Workout	Training Run	Dual Meet vs. Meet	Training Run	Training Run (60+) 5:30pm - Twilight ?	Training Run
19	20	21	22	23	24	25
Rest	Pace Workout	Pre Meet Day	Dual Meet @ Aloha	Training run	Threshold Workout	Long Run (90)
Rest / Shakeout	Track Workout	Training Run	Meet	Training Run	Training Run 5:30pm - Twilight ?	Training Run
26	27	28	29	30	31	1
Rest	Threshold Workout	Training Run	Threshold Workout	Specific Workout	Recovery Run	Long Run (90)
Rest / Shakeout	Training Run	Training Run Training Run	Training Run	Training Run	Track Workout 5:30pm - Twilight ?	Training Run

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27	28	29	30	31	1
Rest	Threshold Workout	Training Run	Threshold Workout	Specific Workout	Recovery Run	Long Run (90)
Rest / Shakeout	Training Run	Training Run	Training Run	Training Run	Track Workout	Training Run
		Training Run			5:30pm - Twilight ?	
2	3	4	5	6	7	8
Rest	Speed Workout	Pre Meet Day	Dual Meet vs.	Recovery Run	OYO	Aloha Preview Meet
Rest / Shakeout	Track Workout	Training Run	Meet	Threshold Workout	Pre Meet Day	OYO
					5:30pm - Twilight ?	
9	10	11	12	13	14	15
Rest	Long Run (90)	Training Run	Dual Meet vs.	Threshold Workout	OYO	OYO
Rest / Shakeout	Track Workout	Training Run	Meet	Training Run	Training Run	Threshold Workout
					5:30pm - Twilight ?	
16	17	18	19	20	21	22
Rest	Specific Workout	Recovery Run	Dual Meet @	Recovery Run	OYO	Centennial / Summit
Rest / Shakeout	Track Workout	Training Run	Meet	Threshold Workout	Pre Meet Day	OYO
					5:30pm - Twilight ?	
23	24	25	26	27	28	29
Rest	Long Run (90)	Track Workout	Speed Workout	Pre Meet Day	OYO	OYO
Rest / Shakeout	Training Run	Training Run	Training Run	Threshold Workout	Twilight Relays	Training Run (60+)
30	1	2	3	4	5	6
Rest	Threshold + Speed	Pre Meet Day	Dual Meet @ Sunset	Recovery Run	JV District Meet @	Specific Workout
Rest / Shakeout	Training Run +	Training Run	Meet	Training Run	JV Districts	
					Training Run (60+)	

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	1	2	3	4	5	6
Rest	Threshold + Speed	Pre Meet Day	Dual Meet @ Sunset	Recovery Run	JV District Meet @	Specific Workout
Rest / Shakeout	Training Run +	Training Run	Meet	Training Run	JV Districts	
					Training Run (60+)	
7	8	9	10	11	12	13
Rest / Shakeout	Light Speed	Pre Meet Day	District Meet @	Recovery Run	District Meet @	Training Run (60+)
14	15	16	17	18	19	20
Rest / Shakeout	Threshold Workout	Recovery Run	Specific / Speed	Pre Meet Day	State Meet	State Meet
21	22	23	24	25	26	27
28	29	30	31	1	2	3

Jesuit Distance Week 1 - February 27, 2017

Group A
Monday & Wednesday

- Warm Up Routine
- Training Run (30-60 min)
- Strides
- Core Workout
- Check out w/ Coach Roth or Coach Lucas

Tuesday

- 6:45 am Core/Strength Workout

Afternoon

- Warm Up Routine
- Threshold Workout (Group A1)
or Tempo Run (Group A2)
- Cool Down Routine
(Ask Coach Roth - Coach Lucas)
- Check out w/ Coach Roth or Coach Lucas

Thursday

- Warm Up Routine
- Track Workout (Group A1)
or Hill Workout (Group A2)
- Cool Down Routine
- Core Workout
- Check out w/ Coach Roth or Coach Lucas

Friday

- 6:45 am Core/Strength Workout

Afternoon

- Warm Up Routine
- Training Run (30-60 min)
- Strides
- Core Workout
- Check out w/ Coach Roth or Coach Lucas

Saturday

- Long Run @ Nature Park @ 9 AM
- Required for all Group A1 & A2 runners
- (60-90 min) for Group A2
- 75-95 min w/ fartlek for Group A1

Sunday

- Rest Day or (20-30 min) shakeout run.
- OYO

Group B
Monday - Wednesday

- Warm Up Routine
(Coach Davies - Coach Leavy - Coach Humble -
Coach Rinck will teach you)
- Training Run (20 minutes)
- Core Workout
- Check Out With a Coach

Thursday - Friday

- Warm Up Routine
- Training Run (25-30 minutes)
- 4x100m strides
(Run strides in the appropriate lanes)
- Core Workout
- Check Out With a Coach

Saturday

- Long Training Run (40-45 minutes)
- Core Workout (OYO)
- Long Training Run location @ Nature Park(9 AM)
or OYO

Jesuit Distance Week 1 - March 6, 2017

Group A

Monday & Wednesday

- Warm Up Routine
(Jog 2 Laps/Meet @NE Corner of Football Field)
- Training Run (30-60 min)
- Strides (Ask a coach for specifics)
- Core Workout
- Check out w/ Coach Roth or Coach Lucas

Tuesday

- 6:45 am Core/Strength Workout

Afternoon

- Warm Up Routine (See above)
- 10x 800 @ Threshold/5K w/ 1:00 rest (Group A1)
or 8x 1K @ Threshold w/ :45 rest (Group A2)
- Cool Down Routine
(Ask Coach Roth - Coach Lucas)
- Check out w/ Coach Roth or Coach Lucas

Thursday

- Warm Up Routine (See above)
- 4x (400-300 Drill) (Group A1)
or 10x 25 sec. hill + 6x200 @ 3K Pace
w/ :30 rest (Group A2)
- Cool Down Routine (See above)
- Core Workout
- Check out w/ Coach Roth or Coach Lucas

Friday

- 6:45 am Core/Strength Workout

Afternoon

- Warm Up Routine (See above)
- Training Run (30-60 min)
- Strides
- Core Workout
- Check out w/ Coach Roth or Coach Lucas

Saturday

- Long Run @ 9 AM (Location TBD)
- Required for all Group A1 & A2 runners
- (60-90 min) for Group A2
- (75-95 min) for Group A1

Sunday

- Rest Day or (20-30 min) shakeout run.
- OYO

Group B

Monday & Wednesday

- Warm Up Routine (Jog 5 Laps, stretch, drills)
- Hard Workout:
Monday – 4 x 800 @Tempo effort (180-HR)
Boys 3:30-4:30 w/ 1:30 rest
Girls 4:00- 5:00 w/ 1:30 rest
4 x 100 fast strides.... jog corners

- Wednesday - 4x400 @ 1500 effort
Boys 75- 85 w/ 1:30 rest
Girls 85-95 w/ 1:30 rest

- Core Workout
- Check Out With a Coach

Tuesday & Thursday

- Warm Up Routine (Jog 5 Laps, stretch, drills)
- Training Run (25-30 minutes = 4-6 x XC Loop)
- 4x150m strides - from scoreboard to finish line
(Run strides in the appropriate lanes..1,2,3)
- Core Workout
- Check Out With a Coach

Saturday

- Long Training Run (45-50 minutes)
- Core Workout (OYO)
- Long Training Run location @ TBD (9 AM)
or OYO

Jesuit Distance Week 3 - March 13, 2017

Group A

Monday

- Warm Up Routine (See above)
- 2xMile (:45 rest) 6x200 or 4x400(100m jog)(Group A1)
6-10x 400 (Group A2)
- Cool Down Routine
(Ask Coach Roth - Coach Lucas)
- Check out w/ Coach Roth or Coach Lucas

Tuesday & Thursday

- 6:45 am Core/Strength Workout (Tuesday)
(guest trainer)

Afternoon

- Warm Up Routine
(Jog 2 Laps/Meet @West bleachers)
- Pre Meet (Tuesday)
Post Meet (Thursday) Meetings
- Training Run (30-40 min)
- Strides (Ask a coach for specifics)
- Core Workout
- Check out w/ Coach Roth or Coach Lucas

Wednesday

- Team Meeting @ 2:59 in Activity Room
- Dual Meet vs. Wilson @ 4:00
or Hard Workout (Group A2)
- Cool Down Routine (A2)
- Core Workout
- Check out w/ Coach Roth or Coach Lucas

Friday

- 6:45 am Core/Strength Workout

Afternoon

- Warm Up Routine (See above)
- Training Run (45-65 min)
- Strides (See above)
- Core Workout
- Check out w/ Coach Roth or Coach Lucas

Saturday

- Hard Workout @ 9 AM (Jesuit HS)
- Required for all Group A1 & A2 runners

Sunday

- Rest Day or (20-30 min) shakeout run. OYO

Group B

Monday & Wednesday & Friday

- Warm Up Routine (Jog 5 Laps)
- Hard Workout:
Monday - 6x200 @ 800m Pace w/ 1:30 rest
Wednesday - 4x800 @ 3K Pace w/ 2:00 rest
Friday - 2 x Mile @ Tempo Pace w/ 1:30 rest
Lane 8 Tempo X 8 laps
- Cool Down Routine (Jog 5 Laps)
- Core Workout
- Check Out With a Coach

Tuesday & Thursday

- Warm Up Routine (Jog 5 Laps)
- Training Run (25-30 minutes)
- 6x100m strides - Tues
- 5 x 150 strides - Thursday
(Run strides in the appropriate lanes)
- Core Workout
- Check Out With a Coach

Saturday

- Long Training Run (45-50 minutes)
- Core Workout (OYO)
- Long Training Run location @ TBD(9 AM)

or OYO

Group A1 Saturday Workout:
8 x 1K Fartlek @ Threshold w/ :45 recovery

1K Fartlek is alternating 200's.

Reps 1, 3, 5, 7 will be (Relaxed Tempo - 5K - Relaxed Tempo - 5K - Relaxed Tempo)

Reps 2, 4, 6, 8 will be (5K - Relaxed Tempo - 5K - Relaxed Tempo - 5K)

Group 1:

Daniel, Amogh, Logan, Shaw, Declan, Deklan, Christian, Jude

Target Times:

Relaxed Tempo Pace = 44.0 for 200m (5:52/mile)

5K Pace = 37.0 for 200m (4:56/mile)

Group 2:

Alexis, Libby, Chloe, Greta, Kelsey

Target Times:

Relaxed Tempo Pace = 49.0 for 200m (6:32/mile)

5K Pace = 42.0 for 200m (5:36/mile)

Group A2 Saturday Workout:

10 x 800 @ Threshold Pace w/ 1:00 recovery.

Group 3:

Ethan

Steven

Max

Max Scott

Target Times: 2:45

Group 4:

Nathan

Lucas

Eric

Justin

Target Times: TBD

Group 5:

Raissa

Elise

Gracie

Grace

Aanya

Target Times: TBD

Jesuit Distance Week 4 - March 20, 2017

Group A

Monday

- Warm Up Routine (See above)
- 3x 300/200/100 @ 800m pace OR
- 1x 500/400/300/200/100/100 (Group A2)
- Cool Down Routine
(Ask Coach Roth - Coach Lucas)
- Check out w/ Coach Roth or Coach Lucas

Tuesday & Thursday

- 6:45 am Core/Strength Workout (Tuesday)
Arrive no later than 6:35. Be ready at
6:45 to start workout

- Warm Up Routine (Jog 2 Laps/Meet @NE Corner
of Football Field)
- Pre Meet (Tuesday) Post Meet (Thursday)
Meetings
- Training Run (30-40 min)
- Strides (Ask a coach for specifics)
- Core Workout
- Check out w/ Coach Roth or Coach Lucas

Wednesday

- Load Bus @ 2:45. Depart @ 3:00 for Aloha HS.
- Dual Meet @ Aloha @ 4:00
- Check out w/ Coach Lucas (after 4x400 relay @
Team Bus) OR ride bus back to Jesuit HS

Friday

- 6:45 am Core/Strength Workout

Afternoon

- Warm Up Routine (See above)
- Training Run (35-55 min)
- Strides (See above)
- Core Workout
- Check out w/ Coach Roth or Coach Lucas

Saturday

- Long Run w/ Tempo @ 9 AM (Nature Park)
- Required for all Group A1 & A2 runners

Sunday

- Rest Day or (20-30 min) shakeout run.
- OYO

Group B

Monday & Friday

- Warm Up Routine (Jog 5 Laps)
(Coach Davies - Coach Leavy - Coach Humble -
Coach Rinck will teach you)
- Hard Workout:
Monday - 8x 30 sec. hard w/ 1:00 rest
Friday - 4x 1K @ Tempo Pace w/ 1:00 rest
- Cool Down Routine (Jog 5 Laps)
- Core Workout
- Check Out With a Coach

Wednesday

- Load Bus @ 2:45. Depart @ 3:00 for Aloha HS.
- Dual Meet @ Aloha @ 4:00
- Check out w/ Coach Potter (after your last event
has concluded and with your parents present) OR
ride bus back to Jesuit HS

Tuesday & Thursday

- Warm Up Routine (Jog 5 Laps)
- Training Run (25-30 minutes)
- 5x 150m strides
(Run strides in the appropriate lanes)
- Core Workout
- Check Out With a Coach

Saturday

- Long Training Run (50-60 minutes)
- Core Workout (OYO)
- Long Training Run location @ TBD(9 AM)
or OYO

Spring Break Workouts:

Monday:

Hard Workout (Threshold)

Track: Lane 8 Tempo (20 min) / Jog 1 lap / 3x400 @ 1500 Pace (1:15 recovery)

No Track: 30 min upbeat tempo run with 6 x 1:00 min surges in the middle.

Warm Up & Cool Down

Stretching Routine

Core

Tuesday:

Training Run (30-50 min)

Light Strides (Your Choice)

Stretching Routine

Core

Wednesday:

Training Run (45-65 min)

Strides (4x150m)

Stretching Routine

Core

Thursday:

Hard Workout (Race Specific)

3K Workout: 3x1K @ Goal Pace w/ 3:00 recovery

1500 Workout: 5-6x600 @ Goal Pace w/ 2:30 recovery

800 Workout: 3 Sets of 4x200 @ Goal Pace w/ 1:00 recovery. 400m jog recovery between sets.

Warm Up & Cool Down

Find a Track

Friday:

Training Run (30-50 min)

Strides (8x100)

Stretching Routine

Core

Saturday:

Long Run (80-90 min)

Stretching Routine

Core

Sunday:

Rest or Easy Shakeout Run (20-30 min)

Mileage: Make sure you get to your weekly mileage. Add in a double or two if necessary. Don't double on consecutive days.

Jesuit Distance Week 6 - April 3, 2017

Group A

Monday

- Warm Up Routine (See above)
- 2 Mile Tempo Run (4 min. recovery jog) + 4x400 (1:15 recovery) or 4x200 (1:00 recovery)
- Start by 3:50 - Finish by 4:30
- Cool Down Routine
(Ask Coach Roth - Coach Lucas)
- Check out w/ Coach Roth or Coach Lucas

Tuesday & Thursday

- 6:45 am Core/Strength Workout (Tuesday)
- Arrive no later than 6:35. Be ready at 6:45 to start workout

- Warm Up Routine (Jog 2 Laps/Meet @NE Corner of Football Field)
- Pre Meet (Tuesday) Post Meet (Thursday) Meetings
- Training Run (30-40 min)
- Strides (Ask a coach for specifics)
- Core Workout
- Check out w/ Coach Roth or Coach Lucas

Wednesday

- Team Meeting @ 2:59.
- Dual Meet vs. Westview @ 4:00
- Check in w/ Coach Roth or Coach Lucas after race. Any athlete in a Varsity race needs to check in with entire varsity event lineup within 5 min of conclusion of race.

Friday

- 6:30 am Core/Strength Workout

Afternoon

- Hard Workout or Training Run (35-55 min)
- Hard Workout: 2K/1600/1200/800/400 (400 jog recovery between reps) Start at 5K pace and cutdown 2 seconds/lap each rep.

Example: 2k @ 80 sec/lap. 1600 @ 78 sec./lap etc...

Saturday

- Athletes not competing at Aloha Preview. Long Run (90 min) Required for all Group A1 & A2
- Aloha Preview Meet: Follow Itinerary

Sunday

- Rest Day or (20-30 min) shakeout run.
- OYO

Group B

Monday & Thursday

- Warm Up Routine (Jog 6 Laps)
(Coach Davies - Coach Leavy - Coach Humble - Coach Rinck will teach you)
- Hard Workout:
Monday - 4x400 (w/1:15 rest)
Start by 3:30 - Finish by 3:45
Thursday - 6x 800 @ Tempo Pace (w/1:00 rest)
Start by 3:45 - Finish by 4:15
- Cool Down Routine (Jog 5 Laps)
- Core Workout
- Check Out With a Coach

Wednesday

- Team Meeting @ 2:59
- Dual Meet vs. Westview @ 4:00
- Check out w/ Coach Potter (after your last event has concluded and with your parents present)

Tuesday

- Warm Up Routine (Jog 6 Laps)
- Training Run (25-30 minutes)
- 5x 150m strides
(Run strides in the appropriate lanes)
- Core Workout
- Check Out With a Coach

Friday or Saturday

- Long Training Run (40-60 minutes)
- 4x200m strides
- Core Workout
- Friday @ Jesuit or OYO
- Saturday @ OYO or Long Run Location

Jesuit Distance Week 7 - April 10, 2017

Group A

Monday

- 70-80 min. long run w/ last 25-30 min @ crisp effort. Crisp = Roughly tempo run pace.
- Check out w/ Coach Roth or Coach Lucas if going offsite to complete long run.

Tuesday & Thursday

- 6:45 am Core/Strength Workout (Tuesday)
Arrive no later than 6:35. Be ready at 6:45 to start workout

- Warm Up Routine (Jog 2 Laps/Meet @NE Corner of Football Field)
- Pre Meet (Tuesday) Post Meet (Thursday) Meetings
- Training Run (30-40 min)
- Strides (Ask a coach for specifics)
- Core Workout
- Check out w/ Coach Roth or Coach Lucas

Wednesday

- Team Meeting @ 2:59.
- Dual Meet vs. Liberty @ 4:30
- Check in w/ Coach Roth or Coach Lucas after race. Any athlete in a Varsity race needs to check in with entire varsity event lineup within 5 min of conclusion of race.

Friday

- 6:00 am
- 40-60 min training run.
- Strides (5x150 @ Smooth effort)

Afternoon (Good Friday)

- OYO (Core/Strength Workout Not allowed to workout @ Jesuit)

Saturday

- Hard Workout @ TBA at 9 AM. Important Workout... if not able to attend let us know ASAP.

Sunday

- Rest Day or (20-30 min) shakeout run.
- OYO

Group B

Monday & Thursday

- Warm Up Routine (Jog 5 Laps)
(Coach Davies - Coach Leavy - Coach Humble - Coach Rinck will teach you)
- Hard Workout:
Monday - 10x200 (w/1:00 rest)
Start by 3:40 - Finish by 3:55
Thursday - 10x 400 @ Tempo Pace (w/ :45 rest)
Start by 3:45 - Finish by 4:15
- Cool Down Routine (Jog 5 Laps)
- Core Workout
- Check Out With a Coach

Wednesday

- Team Meeting @ 2:59
- Dual Meet vs. Liberty @ 4:30
- Check out w/ Coach Potter (after your last event has concluded and with your parents present)

Tuesday

- Warm Up Routine (Jog 5 Laps)
- Training Run (25-30 minutes)
- 5x 150m strides
(Run strides in the appropriate lanes)
- Core Workout
- Check Out With a Coach

Friday or Saturday

- Long Training Run (45-65 minutes)
- 6x100m strides
- Core Workout
- Friday @ OYO
- Saturday @ OYO or Long Run Location

Weekend workout at Nike

4-15-17

800 Workout - 1x500 / 8-10x200 (100 jog recovery) / 1x500

3K Workout - 1x800 / 6x400 (100 jog recovery) / 1x800

Jesuit Distance Week 8 - April 17, 2017

Group A

Monday

- Warm up Routine. On Track Ready to Workout @ 3:55. Finished by 4:30.
- 4-6x1000 @ Threshold Pace w/ :45 rest. Followed by 100-200-200-100 @ 800m Pace (1:30 rest)
- Check out w/ Coach Roth or Coach Lucas at conclusion of 15 min. cool down.

Tuesday & Thursday

- 6:45 am Core/Strength Workout (Tuesday)
Arrive no later than 6:35. Be ready at 6:45 to start workout

- Warm Up Routine (Jog 2 Laps/Meet @ West end of Track)
- Pre Meet (Tuesday) Post Meet (Thursday) Meetings
- Training Run (30-45 min)
- Strides (Ask a coach for specifics)
- Core Workout
- Check out w/ Coach Roth or Coach Lucas

Wednesday

- Load Bus @ 2:40. Depart for Glencoe @ 2:50.
- Dual Meet @ Glencoe @ 4:15
- Check in w/ Coach Roth or Coach Lucas after race. Any athlete in a Varsity race needs to check in with entire varsity event lineup within 5 min of conclusion of race.

Friday

- 6:45 am Core/Strength Workout

Afternoon

- Summit Invite athletes (See Itinerary)
- Centennial Invite athletes:
- 30-45 min training run
- Strides (3x200 @ Smooth Effort)
- Race Strategy/ Meet Logistics Meeting @ 4:15

Saturday

- Centennial Invite or Summit Invite (See Itinerary)
- Those not competing at either meet have a 70-75 min long run. Last 20 min should be crisp.

Sunday

- Rest Day or (20-30 min) shakeout run.
- OYO

Group B

Monday & Thursday

- Warm Up Routine (Jog 5 Laps)
(Coach Davies - Coach Leavy - Coach Humble - Coach Rinck will teach you)
- Hard Workout:
Monday - 6x300 @ 800m Pace (w/1:30 rest)
Start by 3:35 - Finish by 3:55
Thursday - 2x1600 @ Tempo Pace (w/ 1:00 rest)
Start by 3:45 - Finish by 4:10
- Cool Down Routine (Jog 5 Laps)
- Core Workout
- Check Out With a Coach

Wednesday

- Load Bus @ 2:40. Depart for Glencoe @ 2:50.
- Dual Meet @ Glencoe @ 4:15
- Check out w/ Coach Potter (after your last event has concluded and with your parents present)

Tuesday

- Warm Up Routine (Jog 5 Laps)
- Training Run (25-30 minutes)
- 6x 100m strides @ Hard effort (800m pace)
(Run strides in the appropriate lanes)
- Core Workout
- Check Out With a Coach

Friday or Saturday

- Long Training Run (40-50 minutes)
- 4x150m strides
- Core Workout
- Friday @ OYO
- Saturday @ OYO or Long Run Location

Jesuit Distance Week 9 - April 24, 2017

Group A

Monday

- Long Run (70-80 min) Last 30 min at crisp effort. Crisp effort = Roughly Tempo Pace
- Hard Workout for Athletes who did not compete over the weekend. 10x200 @ 800m Pace w/ Diagonal Jog across field for recovery. 1 Lap Jog after rep #5.
- Check out w/ Coach Roth or Coach Lucas if wanting to run off campus.

Tuesday & Thursday

- 6:45 am Core/Strength Workout (Tuesday)
Arrive no later than 6:35. Be ready at 6:45 to start workout

- Warm Up Routine (Jog 2 Laps/Meet @ West end of Track)
- Pre Meet Meetings (Thursday)
- Training Run (30-45 min)
- Strides (Ask a coach for specifics)
- Core Workout (Thursday)
- Check out w/ Coach Roth or Coach Lucas

Wednesday

- Warm Up Routine (Jog 2 Laps/Meet @ West end of Track)
- Hard Workout (Athlete Specific)
- Check in w/ Coach Roth or Coach Lucas after warm up about what your workout is. Workout will vary based upon projected end of season.

Friday

- Twilight Relays @ 1:30 at Jesuit HS
- Follow Itinerary in regards to bib number pick up/ race schedule/ race check-in etc...

Saturday

- Training Run (60 min) @ THPRD.....@ 10 am
- Light Strides (4x150) post run
- Core Workout (OYO)

Sunday

- Rest Day or (20-30 min) shakeout run.
- OYO

Group B

Monday & Wednesday

- Warm Up Routine (Jog 5 Laps)
- Training Run (25-30 minutes)
- 4x 100m strides @ Hard effort (800m pace)
(Run strides in the appropriate lanes)
- Core Workout
- Check Out With a Coach

Tuesday & Thursday

- Warm Up Routine (Jog 5 Laps)
(Coach Davies - Coach Leavy - Coach Humble - Coach Rinck will teach you)
- Hard Workout:
Tuesday - 6x400 @ 1500m Pace (w/ 1:30 rest)
Start by 3:35 - Finish by 3:55
Thursday - 1 x 800 Time Trial (w/ 1:00 rest)
Followed by 10 min upbeat tempo run
Start by 3:45 - Finish by 4:10
Routine (Jog 5 Laps)
- Core Workout
- Check Out With a Coach

Friday or Saturday

- Long Training Run (40-45 minutes)
- 4x150m strides (Friday)
- Core Workout
- Friday @ OYO (Prior or Post Volunteering at Twilight Relays depending on shift)
- Saturday @ OYO or Long Run Location

800 Workout:

1x600 // 8 min recovery jog // 4-6 x 200 @ 1500m pace (100-200m jog in between reps)

3K Workout:

1 x 1000/800/600/400/200/ @ 3K Pace Cutdown (Coach will explain) Recovery jog is your next rep.

Makenna/Alexis/Grant:

See coach for workout.

Jesuit Distance Week 10 - May 1, 2017

Group A

Monday

- Warm Up Routine (Jog 2 Laps/Meet @ West end of Track)
- Hard Workout: 3x1K @ Threshold + 4x200 (800m pace) OR 6x200 (1500m pace)
- Check in w/ Coach Roth or Coach Lucas after warm up about what your workout is. Workout will vary based upon projected end of season.

Tuesday & Thursday

-6:45 am Core/Strength Workout (Tuesday)
Arrive no later than 6:35. Be ready at 6:45 to start workout

- Warm Up Routine (Jog 2 Laps/Meet @ West end of Track)
- Pre Meet Meetings (Tuesday) Post Meet Evaluations (Thursday)
- Training Run (30-45 min)
- Strides (Ask a coach for specifics)
- Core Workout (Thursday)
- Check out w/ Coach Roth or Coach Lucas

Wednesday

- Dual Meet @ Sunset HS at 4:00 (Early Release from School)
- Group A Athletes expected to stay until conclusion of meet.
- Check out with Coach Lucas at bus at conclusion of meet or ride bus back to school.

Friday

- JV District Meet @ Westview HS at 4:00
- Var District Meet Athletes: Training Run (45-60 min)
- Strides (6x100m) in spikes
- Head to Westview HS at conclusion of run/strides to support JV District Athletes.

Saturday

- Hard Workout @ Jesuit HS at 9:00 AM
- Athlete Specific/ Race Specific Workout.
- JV District Athletes: 60-65 min long training run. (For those still wishing to compete in a few more meets)

Sunday

- Rest Day or (20-30 min) shakeout run.
- OYO

Group B

Monday

- Warm Up Routine (Jog 5 Laps)
- Training Run (25 min)
- 6x 100m strides @ Hard effort (800m pace)
(Run strides in the appropriate lanes)
- Core Workout
- Check Out With a Coach

Tuesday & Thursday

- Warm Up Routine (Jog 5 Laps)
(Coach Davies - Coach Leavy - Coach Humble - Coach Rinck will teach you)
- Training Run (20 min)
- Tuesday - 1 Mile of stride the straight and jog the curves.
- Thursday - 4x200m strides @ 1500m pace
- Cool Down Routine (Jog 3 Laps)
- Core Workout
- Check Out With a Coach

Wednesday

- Dual Meet @ Sunset HS at 4:00 (Early Release from School)
- Check out w/ Coach Potter at conclusion of your events OR ride bus back to Jesuit HS at conclusion of meet.

Friday

- JV District Meet @ Westview HS at 4:00
- Check out w/ a Coach at conclusion of all of your events OR ride bus back to Jesuit HS at conclusion of meet.

Saturday Workout:

Boys:

800 Group (Amogh, Daniel, Christian)

1x600 @ Prelim Effort (10 min jog recovery) 1x600 @ Finals Effort (10 min jog recovery)
4x100 @ 1500m Effort

1st 600= (46.5/43.0-1:29.5) 2nd 600= (43.0/43.0-1:26.0)

1500/3K Group (Joshua, Grant, Shaw)

1x1600 @ Comfortable 3K Effort (5 min jog recovery) 2x1K @ Hard 3K Effort (3:30 recovery)
1x400 @ Finishing Speed

Shaw = abbreviated volume

1600= (4:44-4:46) 2x1K= (2:43-2:45) Joshua (2:50-2:53) Grant/Shaw

400 Group (Ethan)

1x300 @ 95-98% Full Speed (7-8 min jog recovery) 1x200 @ 98-100% Full Speed (7-8 min jog recovery)
6x100m light strides

1st 300= (40.0-41.0) 1st 200= (25.0-25.5)

Girls:

800 Group (Chloe, Hallie, Ella)

1x600 @ Prelim Effort (10 min jog recovery) 1x600 @ Finals Effort (10 min jog recovery)
4x100 @ 1500m Effort

Ella= abbreviated volume

1st 600= (52.5/50.5-1:43.0) 2nd 600= (50.5/50.5-1:41.0)

1500/3K Group (Makenna, Alexis, Kelsey, Libby)

1x1600 @ Comfortable 3K Effort (6 min jog recovery) 2x1K @ Hard 3K Effort (3:30 recovery)
1x400 @ Finishing Speed

Alexis, Kelsey = abbreviated volume

1600= (5:25-5:27) 2x1K= (3:15-3:17) Makenna (3:17-3:20) Alexis, Kelsey (3:22-3:25) Libby

400 Group (Greta)

1x300 @ 95-98% Full Speed (10 min jog recovery) 1x200 @ 98-100% Full Speed (7-8 min jog recovery)
6x100m light strides

1st 300= (45.0) 1st 200= (28.5-29.5)

Jesuit Distance Week 11 - May 8, 2017

Var District Meet Athletes

Monday

- Warm Up Routine (Jog 2 Laps/Meet @ West end of Track)
- Hard Workout:
400 runners: 2x200 @ 400 pace. (6 min recovery)
800 runners: 2x300 @ 1500 pace (90 sec recovery)
3x200 @ 800 pace (90 sec recovery) 4x100m strides
3K runners: 3x400 @ 3K pace (90 sec recovery) 3-4x 200 @ 1500 pace
1500 runners: 800m Time Trial (10 min recovery)
8x100 @ 1500m pace

Tuesday & Thursday

- Warm Up Routine (Jog 2 Laps/Meet @ West end of Track)
- Pre Meet Meetings (Tuesday/Thursday)
- Training Run (30-35 min)
- Strides (Ask a Coach for specifics) **400/800m runners: Do Not Run Full Speed Strides day before meet. Run no faster than 800m pace.**
- Light Core Workout (Tuesday/Thursday)
- Check out w/ Coach Roth or Coach Lucas

Wednesday & Friday

- District Meet @ Jesuit HS
- See Coach for Instructions / Schedule

Saturday

- Long Training Run @ Nature Park (60 min max)

Sunday

- Rest Day or (20-30 min) shakeout run.
- OYO

JV District Meet Athletes

Monday, Wednesday & Friday

- Training Run (30-45 min)
- Light Core Workout
- Strides / Stretching Routine
- Check-in with Coach Roth or Coach Lucas

Tuesday & Thursday

- Warm up Routine
- 800m Time Trial (10 min recovery) 8x100 @ 1500 pace (**Tuesday**)
- 20 min Lane 8 Tempo (2 lap jog recovery) 3x300 @ 1500 pace

Saturday

- Long Training Run @ Nature Park (60 min max)

State Meet Athletes

Monday & Wednesday

- Warm Up Routine (Jog 2 Laps/Meet @ West end of Track)
- Monday Workout:

Makenna, Alexis, Kelsey, Joshua, Grant, Shaw:
1x1200 @ 3K pace (4:00 recovery) 1x600 @ 1500 pace (2:30 recovery) 1x300 @ 800 pace (1:30 recovery) 1x150 @ 400 pace

Hallie, Ella, Chloe, Amogh:
1x200 (1:00 recovery) 1x400 (2:30 recovery) 1x300 (2:00 recovery) 1x150 All @ 800 pace

Greta & Daniel:
1x350 @ 400 pace (8:00 recovery) 2x150 @ 90% Effort (3:00 recovery) 4x100 light strides.

- Wednesday Workout:

Makenna, Alexis, Kelsey, Joshua, Grant, Shaw:
2x400 @ 3K pace (1:30 recovery) 3x200 @ 1500 pace (1:30 recovery) 1x150 @ 800 pace

Hallie, Ella, Chloe, Amogh:
2x300 @ 1500 pace (1:30 recovery) 3x200 @ 800 pace (1:30 recovery)

Greta:
2x200 @ 400 pace (5:00 recovery) 6x100 light strides.

Tuesday & Thursday

- Warm Up Routine (Jog 2 Laps/Meet @ West end of Track)
- Pre Meet Meetings (Thursday)
- Training Run (25-35 min)
- Strides (Ask a Coach for specifics) **400/800m runners: Do Not Run Full Speed Strides day before meet. Run no faster than 800m pace.**
- Light Core Workout (Tuesday/Thursday)
- Check out w/ Coach Roth or Coach Lucas

Friday & Saturday

- State Meet @ Hayward Field (See Itinerary)

Sunday

- Rest Day or (20-30 min) shakeout run.
- OYO

District Meet Athletes

Monday, Wednesday & Friday

- Training Run (30-45 min)
- Light Core Workout
- Strides / Stretching Routine
- Check-in with Coach Roth or Coach Lucas

Tuesday & Thursday

- Warm up Routine
- 3K Time Trial or 1500 Time Trial (10 min recovery) 6x100 light strides **Tuesday**
- 2x {2K Tempo Run (400m jog recovery) 1x600 @ 1500 pace (600m jog recovery)} **Thursday**

Saturday

- Long Training Run @ Pre's Trail (Prior to State Meet)

**QUALITY
WORKOUT
SPECIFICS
JAN - MAY**

PRESEASON

Week 1:

100m Hill Repeats

2x1600/2K/1200...All at AT pace
(:90 rest)

Long Run W/Threshold

Week 2:

150m Hill Repeats

1x1600/3200/4800 ..Progressively faster
..Tempo(160 bpm)...Hard Tempo (170
bpm)Harder Threshold Effort
(180bpm) (400 jog rest)

Long Run W/Fartlek (2-1-30 Fartlek)

Week 3:

200m Hill Repeats

3x2K (AT) /800 (5k) (400 rest)

Long Run W/Threshold

Week 4:

200m Hill Repeats

6x1600 (AT) (1:00 rest)

Long Run W/Fartlek
(1-3-5-5-3-1 Fartlek)

Week 5:

Frank Shorter 200's

Lane 8 Tempo Run

(Best AT pace possible..adjust as needed each lap) (25-30 min)

Long Run W/Threshold

Week 6:

200m Hill Repeats

2x1600/2K/1200 ...All at AT pace
(:90 rest)

Long Run W/Threshold

Week 7:

200m Hill Repeats

1x1600/3200/4800 ..Progressively
faster ..Tempo(160 bpm)...Hard
Tempo (170 bpm)Harder
Threshold Effort (180bpm) (400 jog
rest)

Long Run W/Fartlek (2-1-30 Fartlek)

Week 8:

200m Hill Repeats

3x 2K (AT) – 800 (5K) (400 rest)

Long Run W/Threshold

REGULAR SEASON

Week 1:

3 X 400 (1500 pace w/ 75-90sec rest, 3 x
400 (1500 pace) w/ 75-90sec rest

6x1600 (1:00 rest)

or

3x 2K (AT) – 800 (5K) (400 rest)

Long Run 75-90

Week 2:

10 x 800 AT pace moving down to 5K pace.
1 min rest

4x400 (3k pace) jog 100...300 (800
pace). Full recovery between sets (jog a
lap)

Long Run – 1st half comfortable , 2nd half
stronger (ie. 7:45....6:20)

Week 3:

2 X Mile @ AT w/ 45 sec rest...then 6x200
@ 1500 effort, or 4 x 400 AT 3k effort

Meet (run 2 races)

8 x 1k w/ alternating 200's 3k pace/long run
(result is tempo pace) ...rest 200m jog

Long Run – fit 60 min in during the week

Week 4 :

3 X 300-200-200 @ 800 effort with
next rep rest.

Meet (run 2 races)

Long Run 75-90 min

Week 5:

Spring Break ...on their own

Lane 8 Tempo (25min)...jog lap ..3 x 400 @
1500 pace w/ 75 sec rest

3 x 1k @ 3k pace – 3 min rest,

or

5- 6 x 600 @ 1500 pace – 2.5 min rest,

or

3 sets (4 x 200 @ 800 speed w/ 1 min rest
(1 lap jog between sets)

Long Run – 75-90 min

Week 6:

2 mile tempo run...jog 4 min...then
4 x 400 @ 1500pace w/ 75 sec rest
or

4 x 200 @ 800 pace w/ 1 min rest

RACE (Wed)

RACE (Sat)

Week 7:

Long Run 75-90 min with last 30 min at Tempo effort

Race (Wed)

Sat

800 runners

500 @ 800 goal pace, full recovery (6-8min)

8-10 x 200 @ 1500 pace w/100 jog, full recover (6-8 m)

1 x 500 @ goal pace.

3000 runners

800 @ 1500 goal pace, full recover (4-5 min),

6 x 400 @ 5k pace w/ 100 jog, full recovery (4-5 min),

800 @ 1500 goal pace.

Week 8:

4-6 x 1k AT pace 45 sec rest....then
100-200-200-100 @ 800 pace with 90
sec rest.

Race (Wed)

Race (Sat)

CHAMPIONSHIP SEASON

Week 9:

Long Run 75-90 min with last 30 min at Tempo effort

800/1500/3000Elite Runners

6-8 x 400 @ Mile pace w/ 75 sec rest

800 runners

1 x 600 @ 800 pace w/ 3 min rest,

4 – 6 x 200 @ 800 pace w/ 75 sec recovery

3000 runners

1 x 1k-800-600-400-200 @ 3k pace then faster
each rep and rest is next rep.

(ie. 3:00, 2:20- 1:42 – 66 – 32)2 sec faster
per lap each rep

Week 9 (Cont.)

No dual meet

Twilight Relays

Long Run – just 60 min

Week 10:

3 x 1k AT w/ 45 sec rest...then
6 x 200 @ 1500 pace w/ 100 jog
or 4 x 150 @ 800 w/ 100 jog

Meet Wed (big dual)

JV Dist Meet or Track Workout on Sat

800 Runners

2 x 600 @ District Prelim Pace..full recover 8-10 min then
@ District Finals Pace...full recover 8 – 10 min then
1 x 300 @ Full Speed

3000 Runners

1 x Mile @ 3k Goal Pace...full recovery 5 – 6 min then
2 x 1k @ faster than 3k pace3 min rest
1 x 400 @ Full Speed

Week 11 (District Meet):

800 runners (...will race on Wed)

2 x 300 @ 1500 pace w/ 90 sec rest....then....

3 x 200 @ 800 pace w/ 90 sec rest....then

4 x 100 fast finish strides..jog back recover.

1500 runners (only)...don't race til Friday

1 x 800 @ full speed.....then 10 min recovery

8 x 100 at 1500 pace.

3000 runners....race on Wed (many also did 1500)

3 x 400 @ 3k pace w/ 90 sec rest ...then ...

3- 4 x 200 @ 1500 pace w/ 90 sec rest

Race Wed

Race Fri (or Lane 8 Tempo for 3k only runners)

Long Run (60 min)

Week 12 (State Meet Week): Monday

1500/3k runners

- 1 x 1200 @ 3k pace w/ 4 min rest
- 1 x 600 @ 1500 pace w/ 2:30 rest
- 1 x 300 @ 800 pace w/ 90 sec rest
- 1 x 150 @ 400 pace

800 runners

- 1 x 200 @ 800 pace w/ 2 min rest
- 1 x 400 @ 800 pace w/ 2.5 min rest
- 1 x 300 @ 800 pace w/ 2 min rest
- 1 x 150 @ 800 pace

Week 12 (State Meet Week):

Wed

3k runners(some also 1500 runners)

2 x 400 @ 3k pace w/ 90 sec rest

3 x 200 @ 1500 pace w/ 90 sec rest

1 x 150 @ 800 pace

800 runners

2 x 300 @ 1500 pace w/ 90 sec rest

3 x 200 @ 800 pace w/ 90 sec rest

Week 12 (State Meet Week):

Race Fri

(State Day 1 – 3k Final or 800 prelim)

Race Sat

(State Day 2 – 1500 Final, 800 Final)

REMEMBER

PRIORITY

#1

RAPPORT