

# Unlocking the Middle Distances

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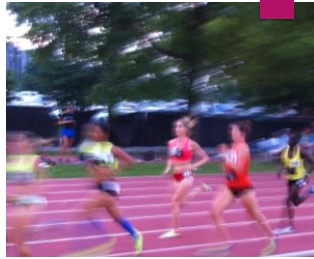
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## What are the Middle Distances?

- ▶ Different event spread depending on level
- ▶ Meeting point of speed and endurance
- ▶ Primary event(s) most high schools will focus on for a typical meet schedule



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## Types of Mid Dist athletes

- ▶ Long Sprinter – Athlete whose primary event is shorter distances but can carry it longer than most sprinters
- ▶ Fast Endurance – Athlete that excels in XC and longer races but has great finishing speed
- ▶ Classic Mid Distance – athlete who physiologically is most efficient from 2-5 mins



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### Training Goals

- ▶ Train to Race
- ▶ Develop Racing Weapons
- ▶ Ease of Speed
- ▶ Comfortable Being Uncomfortable

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### Training Focus

- ▶ Different needs for different types of Mid Dist athletes
- ▶ A thousand roads to Rome
- ▶ Accentuate what makes them exceptional
- ▶ Develop areas that support their talents
- ▶ Don't neglect the supps

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### Long Sprinter

- ▶ Lactate Power work
- ▶ Stack speed
- ▶ Judicious Rest – What's the goal of the training
- ▶ Develop mechanical endurance – Maintain form



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## Sample Training

- Mon - 3-4 x power 500's (250 @10% slower than 800 rp, then 3-part acceleration kick 100,100,50) walk/jog at least 700 rest
- Tues - 6-8 laps of UCLA 100's (stride the straight, walk the curve)
- Wed - 2x3x200 at approximately 600 rp w/ 30 sec rest between reps and 5-7 minutes between sets
- Thurs - 2-3 x 2 laps of 50-50-50 (50m sprint, 50m float (freewheeling style where you maintain easy speed), 50m shuffle)
- Fri - 15-20 min easy run w/6x50m MRS strides
- Sat - Race or Race sim
- Sun - warm up, drills, and hike

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## Fast Endurance

- ▶ Maximum Relaxed Speed Strides
- ▶ Finish Fast with Good Form
- ▶ Feel the Burn with Linking Workouts
- ▶ Hip Mobility and Glute Activation



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## Sample Training

- Mon - 10-12x400 @3200 rp w/1 min rest
- Tues - 50-60 min run w/ 6x50m MRS strides
- Wed - 4x300 with 3-2-1 rest, 5-10 rest then 3x150 3 part acceleration kick 100,100,50) walk 250 rest
- Thurs - 40-50 min run w/ 6x50m MRS strides
- Fri - 30-40 min run w/ 6x50m MRS strides
- Sat - Race or Race sim
- Sun - 60+ min run or off

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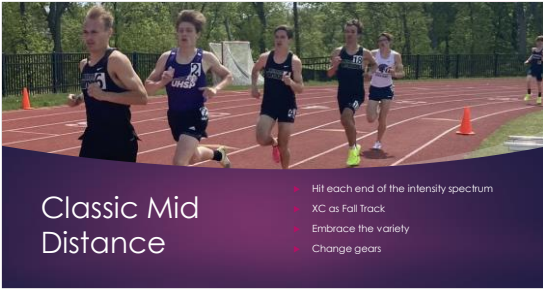
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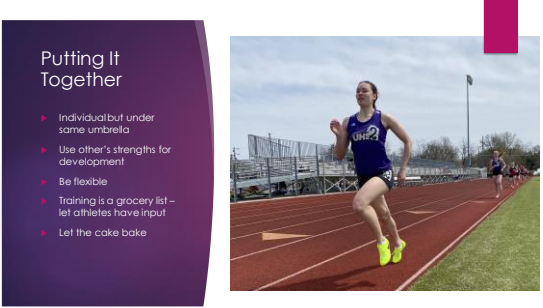
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## Racing Focus

- ▶ Strategies and Goals Vary
- ▶ Assess – Adjust – Attack
- ▶ Meet Pressure with Pressure
- ▶ One Above and One Below Best Event
- ▶ Plenty of Arrows



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## Long Sprinter Focus

- ▶ Make the Race as Short as Possible
- ▶ Adrenaline Takes Care of Early
- ▶ One Move – Use it Wisely
- ▶ Speed Kills



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## Fast Endurance Focus

- ▶ Make Them Hurt at the Right Time
- ▶ Strength is Speed
- ▶ Competence Builds Confidence
- ▶ Have an Action Plan



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## Classic Mid Dist Focus

- ▶ Be Malleable to Race Circumstances
- ▶ Pain Cave is Home
- ▶ Most Efficient at Gear Changing when Fatigued
- ▶ Handle Blood Acidosis Efficiently/Effectively



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## Relays

- ▶ Putting It Together
- ▶ Different Types of Mid Dist Athletes Fit Different Legs
- ▶ Different Personalities Fit Different Legs
- ▶ We Give Up on Ourselves Before We Give Up on Others



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## Questions?

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