

# FSU Distance Training Program

Bob Braman





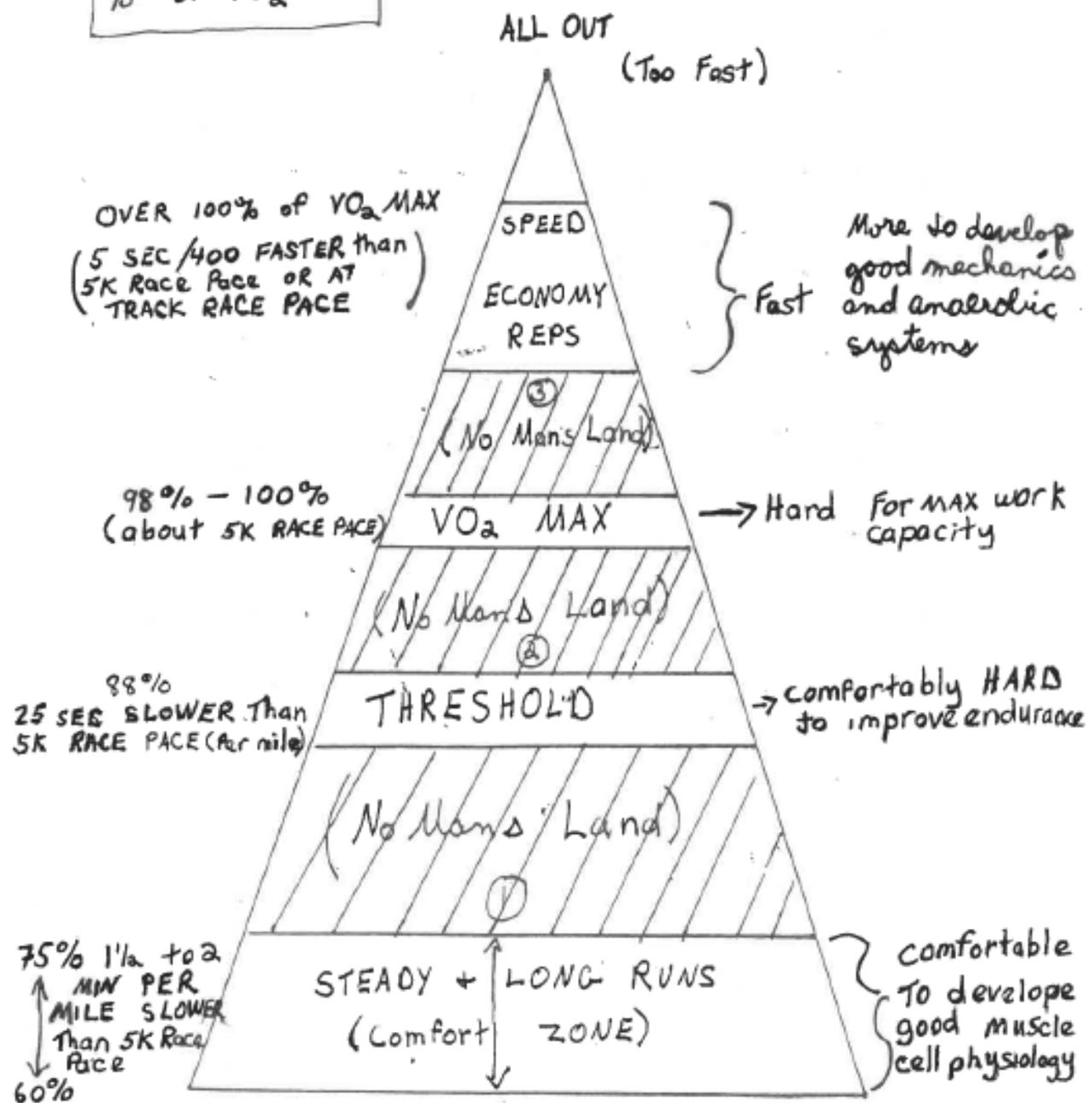
# Coach Braman's Coaching Influences

Jarrett Slavin	HS Coach	Florida Track Club w/Shorter
Tom Jones	HS Coach	Head Coach @ Florida – Hall of Fame
Stan Huntsman	College Coach	Head Coach @ Tennessee – Olympic HC
Jimmy Carnes	College Coach	Head Coach @ Florida- Olympic HC
Roy Benson	College Coach	Head Coach @ Florida- Heart Rate Monitor
Brooks Johnson	College Coach	Asst Coach @ Florida- Olympic HC
John Randolph	College Coach	Head Coach @ Florida- World Champs HC
Bill Dellinger	Oregon Coach	Coached myself using his methods
Jack Daniels	Olympic Coach	Learned his system in late 80's
Joe Vigil	Olympic Coach	Learned his system in early 90's
John McDonnell	Arkansas Coach	Stole his ideas in 90's and early 2000's



# INTENSITY

% of  $VO_2$  MAX



# Lactate Threshold Training

Definition: Physiologist **Jack Daniels** describes it as training comfortably hard to improve endurance. He says the appropriate pace is 88% of the runner's VO2 Max or about 25-30 seconds/mile slower than current 5k race pace.

\*\*FSU Distance Program Goal = 20% of total volume

## Considerations:

- 1) Current Race Pace -- consider the conditions
- 2) Threshold Range -- what's most effective?
- 3) Ineffective Range -- "No Man's Land"
- 4) Length of Tempo -- 1 ½ to 2 times race distance
- 5) Workout Application -- focus, adaptation considerations
- 6) Length of Season -- total weeks in the Macrocycle
- 7) Weather Conditions-- benefit vs "damage"
- 8) Training Venues -- how do you apply LT when not running on flat, smooth surfaces?

- Finally, this discussion changes greatly when the target race distance is less than 5k or longer than 10k



# Sample Workouts

**Tempo Runs:** Comfortably hard running at 25-30 sec/mile slower than 5k race pace at a targeted pace for the entire distance

**Pick-up Runs:** Tempo runs starting 40-45 sec/mile slower than 5k pace and finishing 20-25 sec/mile slower than 5k pace (also known as Progression Runs)

**Steady State Runs:** Soft Tempo (about 40 secs slower than 5k pace)

**Cruise Miles:** Mile repeats at LT pace, broken up by one minute recoveries

**Dellinger Miles:** Alternating paces each mile between Hard and Easy

**Alternate Miles:** Same as Dellinger but 3 gears, going Hard-Easy-Medium; gear differences start at 60 seconds, but cut to 40 seconds later in the season

**In and Out 800's:** Same principle as Dellinger miles but every 800 meters

**Double Drop Down:** Long progression run slightly sub tempo pace, followed by float miles; example for men's 10k training: 5:25-5:15-5:05-6:00-5:10-5:00-6:00-5:05-4:55 (9 miles total: 3 mile/2 mile/2 mile)

**70-90 Drill:** Alternating 400's: sub-tempo pace and over-tempo pace- volume should equal race distance; great transition to VO2 Max workout

**Fartlek:** Normal Tempo distance but surges to Race Pace and floats to Steady State pace; can structured using distances or times (Fartlek on the minutes)



# Florida State Distance Training Program



<b>Phases of Training</b>	<b>Duration</b>	<b>Dates</b>
<b>Distance Re-Orientation</b>	<b>2 Weeks</b>	<b>6/11-6/24</b>
<b>Base Building Phase</b>	<b>5 Weeks</b>	<b>6/25-7/29</b>
<b>Lactic Threshold Phase</b>	<b>7 Weeks</b>	<b>7/30-9/9</b>
<b>Mixed LT/VO2 Phase</b>	<b>2 Weeks</b>	<b>9/10-9/23</b>
<b>VO2 Max Phase</b>	<b>4 Weeks</b>	<b>9/24-10/21</b>
<b>Peaking Phase</b>	<b>3-4 Weeks</b>	<b>10/22-11/17</b>



# Phase 1: Distance Re-Orientation (2 Weeks)

**Type of Run:** EZ Distance Runs

**Defined:** Aerobic running -- 75% of normal distance; conversational pace for most of the run

**Frequency:** 6 training days; 1 active recovery day

**Emphasis:** Renew your Training Routine





# Phase 2: Base Building Phase (5 Weeks)

Type of Run		Frequency
Transitional LT Run	Extended runs, slightly longer than race distance, done at Steady State pace (40-45 seconds slower than current race pace). Provides an in-between pace from Easy Distance to Tempo. (Progression/Adaptation principles – Dellinger)	1 time a week (Monday)
EZD	Aerobic running– 90-95% of in-shape distance; build the mileage over the entire phases, don't just jump on the mileage.	3 times a week (Tue-Wed-Fri)
Light Speed Workout	Easy “speed” workouts done to develop speed, increase fluidity and efficiency. Easy-Medium-Hard 200's on short recovery. Preferably on grass with 200 recovery, 400 set breaks. Preferably run on grass. 3 sets for the first couple weeks then 4 sets the last 3 weeks. The “warmup” can be as long as 2/3rds race distance.	1 time a week (Thursday)
Active Recovery Day	Easy distance run, approximately race distance. Full warmup and cooldown routine, to include Strides & Drills. Treatment afterwards. Cross Training can be substituted if needed.	1 time a week (Sunday)
Long Run	Long aerobic run done to extend endurance and increase endurance adaptation. Should be easy and within Daniels' prescribed aerobic zone. Distance should be 2 ½ to 3 times race distance. Be sure to progress the Long Run week to week.	1 time a week (Saturday)





Photo Credit: [flmilesplit.com](http://flmilesplit.com)



# Phase 3: Lactate Threshold Phase (7 Weeks)

Type of Run		Frequency
LT Workout	True Lactic Threshold work. Mondays are Lower Zone, approximately 1 ½ times race distance, Fridays are Upper Zone, race distance or slightly longer. Goal is to maximize LT development prior to key races. Can we get to the golden 20% of volume goal?	2 times a week (Mon- Friday)
EZD	Aerobic running at 100% of normal maximum distance; easy distance at Daniels' aerobic zone pace. Continuation of aerobic development.	2 times a week (Tue-Thursday)
Light Speed Workout	Continuation of speed development and efficiency. Progress the paces from the previous phase. 4 sets of 300's or 5 sets of 200's is the maximum volume. Again, prefer repeats on grass during xc season. If the athlete doesn't feel fresh and bouncy the next day they did it too hard.	1 time a week (Wednesday)
Long Run	Long aerobic run to extend endurance capability. Should be at targeted maximum during this phase. 5k-6k: 11-13 miles 10k: 14-16 miles. Stay within Daniels' prescribed aerobic zone.	1 time a week (Saturday)
Active Recovery Day	Easy distance run, approximately race distance. Full warmup and cooldown routine, to include Strides & Drills. Treatment afterwards. Cross Training can substituted if needed.	1 time a week (Sunday)





# Phase 4: Mixed LT/VO<sub>2</sub> Max Phase (2 Weeks)

Type of Run		Frequency
LT Workout	Continuation of the full distance Lower Zone LT workout. Idea is to maintain strength by keeping LT work in the program. Keeping LT in the training allows strength to continue later into the season.	1 time a week (Monday)
EZD Runs	Continuation of aerobic development. Easy runs at full training distance. 100% of training volume continues.	2 times a week (Tue-Thursday)
Light Speed Workout	Conducted the same as previous, but slightly quicker. Because of the introduction of higher quality during this phase, the recommendation is for only 4 sets of 200's. Looking to return the bounce after early-week hard session.	1 time a week (Wednesday)
Interval Training Workouts	Long repeats of 3-8 minutes in length with short recovery, done at slightly faster than race pace. Volume equal race distance or slightly over. This workout replaces the Upper Zone LT from the previous phase. Introduction of VO 2 Max training. Progression towards racing and higher intensity workouts of the next training phase. An early-season "Fake Race" might replace this workout.	1 time a week (Friday)
Long Run	Continuation of extended aerobic development. Continue maximum volume, but monitor the wear and tear, as racing and intervals enter the program. Keep this run easy!!	1 time a week (Saturday)
Active Recovery Day	Easy distance run, approximately race distance. Full warmup and cooldown routine, to include Strides & Drills. Treatment afterwards. Cross Training can substituted if needed.	1 time a week (Sunday)





Photo Credit: Tallahassee.com



# Phase 5 : VO 2 Max Phase (4 Weeks)

Type of Run		Frequency
Long Interval Training Workout	Repeats of 3-6 minutes with work volume at 100% of race distance on non-racing weeks, and 75-80% of race volume on racing weeks. Continuation of callousing the body. True Race Simulation workouts in this space.	1 time a week (Monday)
EZD	Aerobic running same as previous phases, but reduced to 85-90% max volume based upon racing and recovery needs. Give consideration to upcoming weekend race (when applicable).	2 times a week (Tue-Thursday)
Light Speed Workout	Continue to progress the pace, but give consideration to upcoming weekend race (when applicable).	1 time a week (Wednesday)
Shorter Interval Training Workout/Races	Repeats of 2-4 minutes with total volume no more race distance. Short recovery is still key, whenever possible. Pace is faster than race pace, but be careful not to stray too far from Daniels' prescribed zone. Race simulation and pace adaptation is the goal for these sessions. High-level races every two weeks.	1 time a week (Friday)
Long Run	Normal Long Run as in previous weeks, but give consideration to the wear and tear of racing and travel (when applicable). Keep at 80 to 90% of the normal long run distance whenever possible. This definitely has to be an easy paced run.	1 time a week (Saturday)
Active Recovery Day	Same as in previous weeks, but give consideration to wear and tear from high-intensity workouts, races and travel.	1 time a week (Sunday)





Photo Credit: [tracktownphoto.com](http://tracktownphoto.com)



# Phase 6: Peaking Phase (3-4 Weeks)

Type of Run		Frequency
Interval Training Workouts	Repeats of 2-4 minutes, full recovery (jog equal to time of previous interval); pace slightly faster to much faster than race pace; high intensity	1 time a week (Monday)
EZD	Aerobic running as before, but at 70-80% of normal distance	2 times a week (Tue-Thursday)
Traditional Speed Workout	Similar to light speed workout of previous phase, but done much quicker than before; recovery is ½ the distance of the previous interval; high intensity	1 time a week (Wednesday if racing week)
Timed Effort or Race Simulation Workout	Racing no more than once per week, preferably less; if non-racing week then the Timed Effort or Race Simulation workout is key; caution to “light the candle” a week early in practice.	1 time a week (Friday in a non-racing week)
Long Run	Aerobic running at 65-75% of maximum long run distance; go easy!!	1 time a week (Saturday)
Recovery Day	Light aerobic running of 20 min, followed by drills & strides routine; rollout and treatment are key; it’s better to take active rest day rather	1 time a week (Sunday)



