

Training Parameters for Beginning High School Distance Runners

Introduction:

If you are a high school student new to the sport of distance running and you want to test your potential as a runner this year, then this plan should help you get on the right track. This plan is on the conservative side as far as mileage, but it will require consistency throughout the summer. If you've played sports in the past, then you might be used to putting in time on the court or on the field. However, if you've never participated in sport, then training consistency will be of even greater importance. Regardless, if there is anything that should provide you with a glimmer of optimism, it is knowing that as a beginning runner, you have the most potential for improvement because this is entirely new to you. That means if you start off with a 28-minute 5k, you might be able to take off a few minutes, whereas a seasoned runner running 21-minute 5k might only take off 30-90 seconds.

Principles of Training:

If you are training with Whisper 2-3 times per week, then what you are doing in practice will certainly build your speed-endurance base. To support the work you do at Whisper, and to increase your potential going into the season ahead, you'll want to begin putting in regular runs on your own on the days we are not meeting. It is recommended to have a running partner, and it is also recommended to run in the morning, so your legs have 24-hours of rest going into training with Whisper. If you cannot find a partner, that is okay, just be sure to get your runs in. If you cannot run in the morning, that is okay too, just be sure you are getting adequate rest the night before speed-endurance work at the Whisper practices.

Side notes:

- *Unless you've spoken with Coach Dave, general weekday OYO runs should range from 3-5 miles, but remain in a zone of comfort and continuous running – no walking.*
- *Weekend OYO runs are generally longer and should make your weekday runs feel rather brief. Once you have run a few consecutive weeks of running OYO throughout the week, a weekend run of 4-6 miles should do you well.*
- *If you have to walk, you started out too fast.*
- *Headphones: A Whisper Running “no no” for both safety and running efficiency.*
- *Always run with someone. Always. If by chance you have to run OYO, tell a guardian/parent and use Life360 so they can track you.*
- *Team Up! Reach-out to a Whisper teammate for a run at a local park or trail. Doing so will hold both of you accountable, and it's generally more fun running with a friend than running alone (safer, too).*

Training:

We train in eight to nine-week segments, then take a break. In general, our Monday & Tuesday workouts are similar, as well as our Wednesday & Thursday workouts. It is recommended that runners attend practice on MWF/MWS or TuThF/TuThS. Back-to-back workout sessions are ill-advised and will actually break you down more than build you up. If you wish to attend on back-to-back days, the second of the B2B will be an easy run or a dose of cross-training if equipment is brought to practice.

Training Considerations:

Performing various types of cardio training is important and highly encouraged. In other words, don't always run. Ride your bike, rollerblade, swim, or play games like tag, kickball, kick the can, or anything else that moves you. This is especially true if you are finding it difficult to run on your own. Never feel like you have to run – except when you're at Whisper practices 😊.