

# Training Parameters for Intermediate High School Distance Runners

## **Introduction:**

If you've been consistently running for a couple of years, even intermittently, then this could be a good plan to start with for distance runners. As always, this plan is on the conservative (lower) side as far as mileage, but stresses a consistency of running a set number of days each week. The goal is to get into a level of conditioning that you've never reached before, yet steadily and healthily.

## **Principles of Training:**

There is a good chance that your high school coach provided you with a training plan to follow, so some of this should be review, while other parts of this might be good to consider. The idea is to blend the two training approaches and figuring out what works best for you. At Whisper, we work together to perform the hard stuff (interval training), while you should be putting in the runs on your own, outside of Whisper. In short, most HS coaches are already prescribing similar workouts, but they might be anticipating that you're performing them on your own. Instead, you'll be following the speed-endurance training of Whisper, while blending the longer runs prescribed from your HS coach on your own. Suggested mileage and additional notes are included below.

## **Side notes:**

- *Unless you've spoken with Coach Dave, general weekday OYO runs should range from 4-6 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, weekend runs of 7-10 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 😊.

If you have been training with Whisper for at least 6-months, then you might feel inclined to run longer on the weekends. On these weekend runs, feel free to play with speed in the middle of your run in one of your runs

per month. Being playful means performing longer tempos than we perform at practice. Here are a few examples:

- At mile 2, perform 3x1 mile w/400m jog between miles
- At mile 2, perform 4x1k w/300m jog between sets.
- At mile2, perform a 2-mile, 1.5-mile, 1-mile tempo w/400m between each.
- Anything, as long as you are changing up the workout from previous experiences.

This sort of work should not be performed each week, but again, one time per month. The remaining runs should be simple runs at an honest effort pace, with a heart rate between 140-160 beats per minute (bpm). If you have questions or concerns about training using heart rate, please contact Coach Dave.