

The Need For Speed at 1,600m and 3,200m : Simple Principles

The Tao of Speed

All Speed Workouts should have a METABOLIC goal and a NEUROMUSCULAR goal; know what stimulus you want and then write workouts to fit that stimulus...or call a good coach and see what they're doing on a given week - that's always a good place to start.

Work from the finish backwards

- What does the kid need to run in the last 100m, 200m and 400m to be successful?
- Get the kid to run those paces as soon as their legs are ready

What do the following Workouts Do?

- Running with the Buffaloes: 16x300m at sea-level 8,000m pace with 200m recovery
- 8x400m at HS 3,200m race pace with 60-90 seconds recovery
- 2x5x300m at HS 1,600m race pace with 60 sec recovery and 8 min recovery (yes, take 8 min...they're running 3,000m)
- 5x200m at fast as you can with 30 sec recovery
- 3x50m from a standing start with 4 min walking recovery

Stereotype the Race!!!

- Take the above workout and stereotype the race
- Make sure the 4:24 boy or 5:12 girl has run the last 400m, 200m and 100m of their workout as fast as they'll need to in the race

The better the athletes get, the better you're going to have to get as a coach

- The fitter the kid is aerobically the more you'll need to be mindful of when you want to squirt lactate into the system, how often and how this fits into the race schedule for the season
- I'd ask a good coach to dinner and ask them what they do, then just replicate it but keep GREAT notes, then tweak next year

The first presentation is better because...

- once you get kids doing a ton of GS then...
 - the kids can handle more stupid workouts and/or stupid mandatory stupid meets
 - the aerobic kids actually have some power in their butts, and they can now A-Skip so now they should be able to run the last 300m of their 3,200m with 100's that are fast, faster, fastest, giving them a shot to avenge an XC defeat
- Jay's 100% confident that a ton of GS will help HS kids run faster, yet the "speed issue" varies from kid to kid, program to program, coach to coach...basically, "it depends."