

West Virginia Running

<http://blip.tv/running-times/goals-and-mentors-sean-cleary-and-the-wvu-way-5149385>

Conversion Tables Dictating Potential

- 400m (F.A.T)
- 800m = 400 plus 5 seconds x 2
- 1500 = 800 x 2
- 3000 = 1500m Split Times plus 3.80 seconds
- 5000 = 3000m Split Times plus 2.50 seconds
- 10,000 = 5000m Time plus 30 seconds x 2
- Tempo = 4 miles @ 15-20 seconds slower than 10k speed per mile
- 8-10 mile Steady State Running-15-20 seconds per mile slower than Tempo Speed

400m-800m

- $60.00 + 5.00 \times 2 = 2:10.00$
- $50.00 + 5.00 \times 2 = 1:50.00$

800m-1500m

- $2:10.00 \times 2 = 4:20.00$
- $1:50.00 \times 2 = 3:40.00$

1500m-3000m

- 4:20.00 (69.33 + 3.80 = 73.13) = 9:08.47
- 3:40.00 (58.67 + 3.80 = 62.47) = 7:47.77

3000m-5000m

- 3000m (73.13) + 2.50 = 75.63 = 15:45.38
- 3000m (62.47) + 2.50 = 64.97 = 13:32.13

5,000m-10,000m

- $15:45.38 + 30 = 16:15.38 \times 2 = 32:30.76$
- $13:32.13 + 30 = 14:02.13 \times 2 = 28:04.26$

Steeplechase

- 3000m Flat Time plus 30-35 seconds
- 9:08 + 35 seconds = 9:43
- 7:47 + 35seconds = 8:22

Tempo (4 Miles)

- 10km Speed + 15 to 20 Seconds Per 1600
- 32:30 (78) = 5:12.00
- 78 = 5:12
- 5:12 + 15-20 seconds = 5:27-32/1600m
- 28:04 (67.40) = 4:29.60
- 67.40 = 4:30
- 4:30 + 15 to 20 seconds = 4:45-50 /1600m

Steady State Running

- Distance: 8 – 10 Miles
- 4 Mile Tempo Speed + 15-20 seconds
- 5:27-32 Plus 15-20 = 5:42-5:52
- 4:45-50 Plus 15-20 = 5:00-5:10

Potential Performances

- 400 60
- 800 2:10
- 1500 4:20.00
- 3000 9:08
- 3000St 9:43
- 5000 15:45
- 10,000 32:30
- Tempo 5:27-32 (4 Miles)
- Steady State 5:42-52

Potential Performances

- 400 50.00
- 800 1:50.00
- 1500 3:40.00
- 3000 7:47
- 3000ST 8:22
- 5000 13:32
- 10,000 28:04
- Tempo 4:45-50
- Steady State 5:00-5:10



Talent is Everywhere

- 2 sub 5:00 1600m runners ever from HS
- Over the past 2 years while running for WVU
- Clara Grandt Twice 4th at The NCAA
- Keri Bland 9 Time All American at 1500/Mile
- Karly Hamric 4:13 1500m, All American
- Kaylyn Christopher 4:40 Mile, All American
- Ahna Lewis 34:29

Goal Setting/Motivation

- Recruiting is the greatest factor of our success
That said!!
- Motivation and Understanding and Embracing the plan are the main ingredients once our team is on campus

Yearly Training Plan

- Summer-
- 3 weeks building mileage
- Week 4 Down Week (Decrease mileage)
- Cross Training
- Road Races

Fall Training Week

- Monday Distance
- Tuesday Workout
- Wednesday Mid Week Longer Run
- Thursday Distance
- Friday Distance
- Saturday Morning Workout
- Sunday Long Run

Fall Workouts

- Early Season- Tempo and Steady State
 - 4 Mile Tempo
 - 8-10 Mile Steady State Runs
 - Progression Runs
- Mid Season through Championships
 - 4 mile Tempo
 - 90 60 30 15 (Mono) x 4
 - 10 x 1000m
 - 8 x 800

Winter Training Week

- Monday Workout
- Tuesday Distance
- Wednesday Mid Week Longer Run
- Thursday Distance with light speed
- Friday Distance
- Saturday Race or Workout
- Sunday Long Run

Winter Workouts

- 5-6 x 1600 Cutdown
- 5-6 x 1200 Cutdown
- 8 x 800 Steady
- 90 60 30 15 x 4
- 9-12 x 300m Hill
- Tempo
- Steady State
- Light speed after 40-60 min run

Monday Night Workouts

Week 1: 5-6 x 1600m Cutdown 3 min rest

Week 2: 5-6 x 1200m Cutdown 3 min rest

Week 3: 8 -10 x 800m (90 second rest)
5km current shape

2-3 cycles

Breakdown of Monday Night Workouts

- 6:00 PM 6:00 Mile Slowest Girl or those coming back from injury
- 6:09 PM 5:52 Mile
- 6:18 PM 5:44 Mile
- 6:27 PM 5:36 Mile Slowest Girl might finish here
- 6:36 PM 5:28 Mile
- 6:45 PM 5:20 Mile
- 6:54 PM 5:12 Mile
- 7:03 PM 5:04 Mile
- 7:12 PM 4:56 Mile
- 7:21 PM 4:48 Mile Fastest Male Might start here
- 7:30 PM 4:40 Mile
- 7:39 PM 4:32 Mile
- 7:48 PM 4:24 Mile
- 7:57 PM 4:16 Mile Fastest Male is the last one standing

1200 m Cutdowns

- Objective is to start one speed quicker than the Miles started at and to end one speed quicker than the miles ended.

8 x 800m

- 8 x 800 @ current 5k shape 90 seconds rest

Spring Training Week

- Monday Distance
- Tuesday Workout
- Wednesday Medium Week Long Run
- Thurs Distance and light speed (late Season)
- Friday Distance
- Saturday Race or Workout
- Sunday Long Run

Spring Workouts

- Recharge ourselves off track for 3 weeks after indoor track
- Workouts follow similar patterns to the fall
- Weather
- Goal # 1 is to be ready for the late season Championships

- West Coast/Relay Meets/Championships

- For Speed

- 9-12 x 300m Hills
- 12 x 400m Cutdown
- 10 x 500m @ 3000m
- 6 x 400m Cutdown

