Training The Female Distance Runner

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Agenda

- Villanova Philosophy Then & Now
- Gina’s Theory
- Training The Mental Aspect
- Everyday Diagnosis
- Returning From Injury/Illness
- Athletes Then & Now
Villanova Philosophy Then & Now

- Marty Stern
- Marcus O’Sullivan
Gina’s Theory

- Threshold - Women vs. Men
- Tempo Runs
- Mileage
- Days Off
- Strength Work
  - Core
  - Hills
  - Circuits
Threshold

- 6 x 1000 with a 1:00 rest
- 4 x mile with 90 sec rest

The pace:
- 3:40 for the 1000’s
- 5:45 for the miles

Not set in stone: Sometimes they will drop the pace especially later in the workout. However they may do them all at threshold pace. It depends on age and how they feel.
**Tempo**

- 4 - 6 mile tempo
- Start out at 6:00 pace
- Allow them to pick it up as they feel

What do I look for:
They stay relaxed and controlled
They finish well within themselves
Step ups
Side to Side
Low Hurdles
Quick Feet Ladder
Medicine Ball Pushups
Medicine Ball Taps
Training The Mental Aspect

- Workout Comparisons
- Announce The Workout Right Before It Starts
- Convincing Them To Race
  - season
  - race
Everyday Diagnosis??

- Hemochromatosis
- Dysfunctional Pyloric Sphincter
- Renal Cell Carcinoma
- Hip Labral Tear
Returning From Injury/Illness

- Frances Koons
- Sheila Reid
Frances Koons
Sheila Reid
Athletes Then & Now

- Know Your Athletes