Distance Running

Combining the Mental and Physical: The changing dynamics of Volume, Intensity and Density

Dave Emmans
Wayzata Estrogen Coach
**Question:** What Do High Achieving Teams and Individuals look Like?

**Answer:** Simply, they all have some sort of structure (culture) for success or failure in place.
Start with a structure (Culture) for top performance

Question: “What do you think is the most important aspect of becoming a great distance runner?” Anna French

-The challenge is to change and evaluate your own structure every year. (Ex. Female Coaches)
-Here is my structure that was born out of this question posed to me many years ago.
My structure starts with the most basic needs, Maslow anyone?

• **Level #1** – The very base of our structure is maintaining the biological and structural processes of the body.

  - **Serum Ferritin**
    - Over 50 towards 80
    - B Complex

  - **Shoes**

  - **Good Shoes**
Level 1 – Basic Needs

• This is an around the clock vigil that must be continually monitored by you the coach, but more importantly the athlete!

Basic Needs – Nutrition, Sleep
Level #2 – Being in the Present Moment

Distance runners continually fixate on the past and dwell on the future, not enjoying the present. This is amazingly effective for your runners to focus on
The Four personality types
Book: “People Styles at Work and Beyond”

- Expressive
- Analytical
- Driver
- Amiable
- Expressive
Level 2 – Present Moment

- Breathing exercises, relaxation techniques give awareness of the meaning of what running gives to the athlete. This works on a very spiritual plane, so some runners are resistant. Too new age for many athletes and coaches.

Present Moment

Basic Needs – Nutrition, Sleep
Level #3 – Understanding our relationship to suffering

Fear of not getting better, fear of not measuring up to expectations, fear of the unknown create mental suffering.

Suffering can bring out the inferiority that we all carry inside.

In-fear-iority
Great coaches have an amazing ability to understand the suffering that athletes must endure on a mental and intensity level. Volume revolves around this concept.

Level 3 – Suffering

- Suffering
- Present Moment
- Basic Needs – Nutrition, Sleep
This level is all about the workout

The coach has to recognize immediately how the athlete responds to suffering mentally.

Types of workouts – Each athlete has a preference

How does the workout reinforce the athlete?

Ex. Running in a group vs running alone
Level #4 – Reaching Out to Others – the collective ego of the team.

- As humans we strive to **belong**.
- Understand that **team** is bigger than **self**.
- But yet we are also striving for **superiority**.
- Fine line between what is good for the individual and what is good for the team.
Level 4 – Being a great teammate

Most runners make it about this level when they first start out. The trick of the coach is to combine suffering with social bonding. Great organizations have this.

Basic Needs – Nutrition, Sleep

Present Moment

Suffering

Social Interact
Level #5 – Taking on a Leadership Role

Leadership is a person who takes care of all of their basic needs, lives in the moment because they are present for others, and does not draw others into their own fears.

All aspects of life are dealt with maturity and confidence
What is your view of Leadership?

This is not my view of leadership
Not every great leader. Not every runner. But it sure helps when that runner sees team as an advantage for their own development.
Last Level – Athletic Ability

Athletic ability encompasses all of the previous levels, not just motor skills and Vo2. How many times do we label someone athletic but they never come close to achieving what we think they can do. This is completely unfair to that athlete!

Hard work beats talent when talent doesn’t work hard

- Tim Notke
Level 6 – Athletic Ability

Obviously we need genetics, but if talent never gets to the starting line, what good is it?
Putting it altogether!

- Level 1 - Taking care of all basic needs
- Level 2 - Being in the present MOMENT
- Level 3 - Understanding our relationship to suffering (WORKOUTS)
- Level 4 - Reaching out to others
- Level 5 - Leadership Role

Athletic Ability

- Team
- Individual
- All Work
- Together
Hey, let’s talk workouts!
Let’s focus on the suffering level
WORKOUTS – The art of suffering

“IT’S AT THE BORDERS OF PAIN AND SUFFERING THAT THE MEN ARE SEPARATED FROM THE BOYS.”

EMIL ZATOPEK

© Lifehack Quotes
We can make better runners by teaching them how to gain meaning from suffering!

SUFFERING IS ONE OF LIFE'S GREAT TEACHERS.

Bryant H McGill

PICTUREQUOTES.COM
Are you SUFFERING through this presentation right now?
To suppress or not to suppress? That is the million dollar question!

As coaches, we are in the business of creating great amounts of suffering (STRESS) both physically and mentally. Training is the state of undergoing pain, distress, or hardship.

Distance coaches are really weird!
Big three not so original rules of training that I use in my system.

1. Targeting energy systems in practice can be elusive, therefore run more than one!

2. Start slow end fast. Energy systems are on a continuum, have a comfortably fast starting point.

3. You have permission to run comfortably fast on easy days if you feel good.
First Rule - Energy systems may not be what they seem, therefore run more than one.

• Training in a set energy system is very, very difficult to do throughout the duration of a workout

• Example: 19:19 5k runner
  – Workout 6 x 800 at 3:00 minute goal pace – MVo2
Shameless Plug

This Presentation brought to you by the Coaching Companion slide-rule. For you running geeks, remember everyone needs a companion!

Only 19.95, 5 cents for handing it to you
Comparing Energy Systems – On a continuum

<table>
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<th>Distance</th>
<th>Time</th>
<th>Anaerobic Power</th>
<th>Anaerobic Efficiency</th>
<th>Max VO₂ (Aerobic Power)</th>
<th>Anaerobic Threshold</th>
<th>Steady State Running</th>
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Second Rule - Start slow end fast.

• Make sure your athletes are ready to finish the workout with energy and confidence. Suffering becomes worthwhile.

• On the other hand blowing up in a workout can be mentally devastating while making recovery a harder process after the workout.
Start in steady state, end in Anaerobic Efficiency, early season example.

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5,6

- Anaerobic Power
- Anaerobic Efficiency
- Max VO2 (Aerobic Power)
- Anaerobic Threshold
- Steady State Running
Example of early season workout

Know your starting point, then drop from there. The starting point can get faster every week. Watch the personality of your team unfold!

2400 Start slightly faster than daily pace
   2000
   1600
   800 optional
   2 x 400
The workout funnel over the season
Running economy and strength
Confusing Graph

P 8:00
A 7:30 1 – 2400
C 7:00 2 – 2000
E 6:30
6:00
5:30
5:00
1 2 3 4 5 6 7 8 9 10 - Suffering

Lactate

3 - 1200
4 5 – 400’s
Third Rule – Permission to run comfortably fast on an easy day

• Sometimes great days are when you least expect it!

• Teach your kids to read their bodies all of the time. All workouts are not built around specific times but rather a general idea of where you want them to go.
THANK YOU, THANK YOU THANK YOU VERY MUCH!