

Training Today's Distance Runner

Rick Hammer

Edinboro University

My Background

- Average at best small college runner
- Business Major – Not a Scientist
- Coaching Education
- 3 Years DIII – Manchester University
- 4 Years DII – Lewis
- 3rd Year - Edinboro

Edinboro Men's XC Tradition

- 6 Men's National Titles (4 DII and 2 NAIA)
- 11 National Podium Finishes
- PSAC Championships – 24 of last 35
- Regional Championships - 20 of last 35
- 46 of 47 years on National Start Line

Edinboro Women's XC Tradition

- Started in 1988
- 4 Podium Finishes – 2nd in 2004
- PSAC Championships - 16 of the last 27
- Regional Championships – 13 of the last 27
- 21 of 28 Years on the National Start Line

Edinboro Time Machine



Recruits of the 70's and 80's

- No Internet
- College was much cheaper
- Athletic Scholarship was near irrelevant
- Chores
- Technology
- Local talent stayed local
- Play and Entertainment was active

Recruits of the 90's and 2000's

- Information boom
- Changes in perception of time
- Chores
- Rising costs of education vs. scholarships
- Technology
- Nationwide college searches

Recruits of Today

- Instant Gratification
- Social Media
- Technology
- Awareness of Global Training and Racing
- Chores
- Sport Specialization
- Work Ethic/Entitlement

Who Do We Recruit?

- Small School Athletes within the Triangle
- Multi-sport HS Athletes – No Indoor
- Uneducated in running training
- Blue Collar Mentality
- Willing to walk on or accept low scholarship offers
- Alumni Feeder System

The Old Edinboro Way

- Emphasis on Mileage and Volume
- Men's and Women's Teams were both trained for 10K despite the women running 5-6K.
- Emphasis on Key Workouts throughout the season – All long tempo workouts
- Hard Days and Easy Days were dictated by the athletes
- Team met twice weekly for workouts and everything else was on their own
- A strong love of suffering – incorporated into everything

Old Edinboro Key Workouts

- Stancliffe – 12 mile hard effort over hills
- After Camp Half Marathon
- Kinter/Rice/Kinter – 8 mile hard effort over hills
- Chicken Hill – 14 Mile hard hilly effort – 6.5 weeks from nationals
- Around the Mountain for everything else
- Emphasis on Camp Week

Old Edinboro Training Cycle

- Following Competition on Saturday:
 - Sun: Long Run
 - Mon: Easy
 - Tues: Intervals (varied 20x400 or 5x2K or 3x2mi)
 - Wed: Easy
 - Thurs: Tempo 3-12mi
 - Fri: Easy
 - Sat: Rest or Easy

Old Edinboro Training Cycle

- Going into a Saturday Race
 - Sun: Long Run
 - Mon: Easy
 - Tues: Rhythm Repeats (600-1200m @ Race Pace)
 - Wed: Easy
 - Thurs: Short & Quick (1 x 1mi or 2mi @ Race Pace)
 - Fri: Jog Course
 - Sat: Race

Thoughts on the Old Edinboro Way

- I love volume and tempo work!
- Feel the women were improperly trained
- I feel they emphasized the wrong things
- Unpredictable Race Performances
 - unstructured plan and lack of progression
 - Drastic mileage cuts and they approach nationals

Old Edinboro Culture

- Awesome culture of cross country
- Emphasis on individual ownership of training
- 4 Seasons
 - Cross Country
 - Drinking
 - Summer Training build up with track races involved
 - Summer Training

What remains in our program

- Continue to emphasize the long run and tempo work.
- Cross Country is our primary focus
- Blue Collar Culture
- Seeking out the best competition we can find
- Pride and respect for the teams that came before us

What did we get rid of

- Emphasis on Historical Workouts
- Culture of Cross Country Only
- Freedom to train when you want to
- Training the men and women the same
- Drastic post season mileage cuts

What did we add

- Strength work – ongoing and evolving
- Mandatory Mornings
- We meet more for organized practices
- Modern training philosophy
- Emphasis on Recovery between workouts

Pillars of the Program Today

- An Emphasis on the demands of 10K and 6K race distances
- Emphasis on the demands of the national and regional race courses
- Believe in Volume Maximization
- Training volume and intensity is rooted in Physiology and Science
- Training program is progressive

Monday

- Monday will be our NCAA day off
 - You will get suggested runs to do on your own
 - We will not formally meet on Monday
 - Monday should be your easiest day of the week
 - The goal of every Monday is to recover from the long run.
 - If you need a day off or cross training day this is the day to take it!
 - Pool running or swimming is preferred
 - Monday will be a recruiting/paperwork day for the Coaching staff

Tuesday

- Tuesday will be a day dedicated to workouts!
- We will meet at 6:30 AM in the Dome for a shake out and core work.
- We will meet in the afternoon in the Dome for warm-up starting at 4:00 PM.
- Interval workouts will add to your respective race distance or slightly over early in the year.
- Intervals will progress from longer reps to shorter reps as the season goes on.

Wednesday

- Early in the year the goal of every Wednesday is to get all of your running in a single session as a midweek semi-long run.
- This run should be roughly 15% of your total miles for the week.
- It should be done as a long recovery run and should feel relatively easy although it is one of the most important runs to your long term development as a runner.
- The Wednesday run will progress to a regular recovery run as we approach the meets that matter.
- We will meet to do this as a group at either 7:00 AM or 4:00 PM.

Thursday (Non Meet Week)

- Thursday is a recovery day on weeks where we do NOT have a Saturday meet.
- We will meet at 6:30 AM in the Dome for some core, strength work, and shake outs
- You will run on your own for a recovery run later in the day when it is most convenient for you.

Friday (Non-meet Weeks)

- Every Friday that we do NOT have a meet the following day is dedicated to Tempo Running.
- You will have Friday morning off from meeting in the AM. If you want a shake out for miles do it before 10:00 AM.
- We will meet every Friday at 4:00 on Dutchtown Road to warm-up and tempo
- Distances range from 4-10 miles through out season.

Saturday (Non-Meet Weeks)

A Saturday that is free of meets is yours!

- Those Saturdays are dedicated to recovery running
- Your recovery run(s) can be done on your own at times of your choosing.
- Just remember to put 4 hours and a meal between runs at a minimum if you need a double for your mileage

Sunday

- Sunday is a day dedicated to the long run!
- The long run should be 20% of your weekly total for volume up to 18 miles or two hours.
- On the day following a race we will just get the time/miles at recovery pace
- On non-race weeks we may run a progressive long run where the pace picks up to tempo over the latter half to third of the long run
- We will meet as a group for the long run on Sunday.
- Times for the long run will be determined by the coaching staff and will reflect the weather for the day.

Thursday of Race Week

- Thursday of a race week will be a day dedicated to a speed workout
- We will still meet at 6:30 in the morning for core, strength work, and a shake out
- We will do half of the race distance worth of intervals of some variety (3000m for women and 5000m for men) with warm-up starting at 4:00 PM
- On occasion Thursday will be a travel day for us to competition.

Friday of Race Week

- Fridays before races are dedicated to a pre meet shake out.
- If it is an away meet we will shake out on the road at a forest preserve or on the race course
- We will try to shake out roughly 24 hours prior to race time the next day.

Mileage Breakdown

Miles Per Week	90	85	80	75	70	65	60	55	50
Sunday	18	16	16	15	14	13	12	11	10
Monday	6	6	6	6	5	5	6	6	5
Tuesday Shakeout	4	4	4	3	4	3	0	0	0
Tuesday Workout	10	10	9	9	9	9	9	9	8
Wednesday	14	13	12	12	11	10	10	9	8
Thursday Shakeout	4	4	3	3	0	0	0	0	0
Thursday Run	8	7	7	7	8	7	7	6	5
Friday Shakeout	4	4	4	3	3	3	0	0	0
Friday Workout	10	10	9	9	9	9	9	8	9
Saturday Shakeout	4	4	3	0	0	0	0	0	0
Saturday Run	8	7	7	8	7	6	7	6	5

Contact Information

Rick Hammer

Edinboro University

814-832-1870

rhammer@edinboro.edu