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 – 2\textsuperscript{nd} 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
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.
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

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Contact Information

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