WORST TO FIRST:
Rebuilding A Championship Athlete
MISSION STATEMENT

WE strive to advance Michigan Track and Field/Cross Country every day and pursue Wolverine Excellence in every way

• INTEGRITY – Do what is right because it’s the right thing to do
• UNITY – Put the TEAM first, lead by giving, and make teammates better
• PASSION – Commit to excellence with positive energy and relentless persistence
• DILIGENCE – Pursue excellence with 100% effort and efficiency every day
• APPRECIATION – Posses an attitude of gratitude, and grow in both victory and defeat
Rebuilding a Championship Athlete

- Athletic/Coaching Background & Influences
- Ferlic Background Pre-2014
- Recap of 2015 outdoor season
- Mental Rebuilding
- Physical Rebuilding
- Periodization 2015-16 & Challenges
COACHING INFLUENCES

RON WARHURST (1993-2005)

- University of Michigan (1974-2009)
- 40 Individual/8 Realy All-Americans
- 38 Cross Country All-American
- 2 Olympic Medalists
- 7 Big Ten XC Team Championships
- 2 NCAA Team Championships as Athlete (WMU)
- Notable Athletes: Brian Diemer (Olympic Bronze Medalist), Nick Willis (Olympic Silver & Bronze Medalist), Kevin Sullivan, Nate Brannen, Greg Meyer, Alan Webb, John Scherer, Bill Donakowski, Gerard Donakowski, Andrew Ellerton

JULI BENSON (2005-2010)

- 1996 US Olympian – 1500m
- James Madison University (1993-1997)
- Georgetown University (2001-2006)
- George Mason University – (2006-2009)
- Air Force Academy (2009-2014)
- University of Pennsylvania (current)
- Notable Athletes: Jenny Simpson (World Champion), Kevin Sullivan, Chris Lukezic, Sam Burley, Alan Webb (consultant)
COACHING MENTORS

• Jerry Clayton (Michigan)
• Steve Rajewsky (Michigan)
• Bob Braman (Florida State)
• Karen Harvey (Illinois/Florida State – retired)
• Gary Winkler (Illinois – retired)
• Gary Weineke (Illinois – retired)
• Mike McGuire (Michigan)
• Terry Long (Florida State)
• Ken Harnden (Florida State)
COACHING RESOURCES

- Better Training for Distance Runners, Peter N. Coe, David E. Martin
- Daniels Running Formula, 2nd ed., Jack Daniels, Ph. D
- Road To the Top, Joe Vigil
- Running My Way, Harry Wilson
- “Wynn Gmitroski Interview (Part I) (Podcast),” www.athleticscoaching.ca (Canadian Athletics Coaching Centre)
- “Wynn Gmitroski Interview (Part 2) (Podcast),” www.athleticscoaching.ca (Canadian Athletics Coaching Centre)
- “Coaching Middle Distance and Distance Runners Science or Art?,” Vin Lananna, (2004 NACACTFCA International Congress Presentation)
Mason Ferlic Pre-September 2014

- PR’s
- State Championships
- Michigan
  - Freshman
  - Sophomore
  - Junior
2014-15

- 13th NCAA XC
- 1st B1G 5k indoor, 3rd 3000m indoor
- 1st B1G 5k & 3kSC outdoor
- PR’s mile (4:03), 5000m (13:46), 3000mSC (8:35)
- One of 4-5 favorites for the NCAA title
Mental Rebuilding

- Immediate Post Fall
- USATF – positive and negative
- Extended time off
- Group Sports Psych Sessions
- Goal Setting
- Personal Anecdote (1999-2000)
Physical Rebuilding

• Immediate Post Fall
• Year Long Approach
• Build Athleticism
• Efficiency
• Strength & Conditioning
• Purposeful Racing
Periodization 2015-16

• Goals
• 2 Peaks: XC & NCAA/Olympic Trials
• Indoors: Maintain Aerobic Fitness/Base (LT), Increase Efficiency (Speed)
• Planning
• Multi-Tier & Multi-pace Training
# PLANNING

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<td><strong>CP 1</strong></td>
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<th><strong>17-Dec</strong></th>
<th><strong>18-Dec</strong></th>
<th><strong>19-Dec</strong></th>
<th><strong>20-Dec</strong></th>
<th><strong>21-Dec</strong></th>
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<td><strong>CP 3</strong></td>
<td><strong>S</strong></td>
<td><strong>F20</strong></td>
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<th><strong>31-Dec</strong></th>
<th><strong>1-Jan</strong></th>
<th><strong>2-Jan</strong></th>
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<td><strong>CP 4</strong></td>
<td><strong>S</strong></td>
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**Note:** Additional notes and comments are present throughout the document, indicating various planning details and considerations.
## Planning/Record Keeping

### 16-GPP-3-L

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<tr>
<td>16-Mar</td>
<td>EZD + D + HM + SH + HH (4x4)</td>
<td>T + I + R</td>
<td>MLR</td>
<td>EZD</td>
<td>R</td>
<td>LR</td>
<td>EZD</td>
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<tr>
<td></td>
<td>4x50m, 4x100m</td>
<td>4 miles T, 4x400m</td>
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<td>17-Mar</td>
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### 17-SPP-1-M

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<tr>
<td>24-Mar</td>
<td>3x[1x1200, 1x800], 3x200</td>
<td>SH + HH (4x4)</td>
<td>MF/BF: 1 mile, 3 mile, 1 mile</td>
<td></td>
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<tr>
<td>25-Mar</td>
<td>SC: 3x[1x1200, 1x800H], 4x200</td>
<td>4x150 (50/50/50)</td>
<td>300/200/100/400</td>
<td>Non-Racers: T + R/F</td>
<td>Non-Racers: EZD</td>
<td>Non-Racers: EZD</td>
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<tr>
<td>26-Mar</td>
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<tr>
<td>27-Mar</td>
<td>Non-Racers: EZD</td>
<td>T + R + L</td>
<td>1 mile, 2 mile, 3 mile,</td>
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<tr>
<td>28-Mar</td>
<td>Non-Racers: EZD</td>
<td>2 miles, 2x200m, 1x1000m</td>
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<tr>
<td>29-Mar</td>
<td>Non-Racers: LR</td>
<td>Non-Racers: LR</td>
<td>Non-Racers: LR</td>
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**UM TRACK TRAINING**

**Dates:** December 28th-January 3rd

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<thead>
<tr>
<th>Mon</th>
<th>AM</th>
<th>3 miles</th>
<th>Mon</th>
<th>AM</th>
<th>3 miles</th>
<th>Mon</th>
<th>AM</th>
<th>3 miles</th>
<th>Mon</th>
<th>AM</th>
<th>3 miles</th>
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<tbody>
<tr>
<td></td>
<td>PM</td>
<td>9 miles + D + HM + SH + 4x200m (30-31) w/200m jog + 800m w/800m D</td>
<td>PM</td>
<td>M2</td>
<td>9 miles</td>
<td>PM</td>
<td>M3</td>
<td>2 miles</td>
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<tr>
<td></td>
<td></td>
<td>Russell: 30 min run + 50 min cross training</td>
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<td>Phillips: TBD</td>
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<td>Phillips: TBD</td>
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</tbody>
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**Core:**
- 3 x (1 min prone plank, 1 min side plank (each side), 1 min supine plank)

**Notes:**
- D = Drills
- HM = Hurdle Mobility
- SH = Speed Hurdles
- HH = Hurdle Hops

**Weights:**
- 600/800m
- 3k/5k/10k
- 1500/3k/5k
- 800/1500m
- 600/800m

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<table>
<thead>
<tr>
<th>Tues</th>
<th>AM</th>
<th>2 miles</th>
<th>Tues</th>
<th>AM</th>
<th>2 miles</th>
<th>Tues</th>
<th>AM</th>
<th>2 miles</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>PM</td>
<td>2-3 mi wu, 1x3k (71-72), 4:30 rest, 2x2k @ #1 @ 71-72, w/3 mi rec, #2 @ 70-71 w/4 min rest, 3x1000m (#1 @ 70-71 w/2 min rec, #2 @ 68-69 w/3 min rec, #3 @ 65-66 w/3 min rec), 1x400 (#61-62) w/3 min rec, 1x300 (#44-45) w/2 min rec, 1x200 (28-30), 2-3 min wu</td>
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<td></td>
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<td>Russell: TBD</td>
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<td>Phillips: TBD</td>
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<td>Phillips: TBD</td>
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</table>

**Core:**
- 3 x (1 min prone plank, 1 min side plank (each side), 1 min supine plank)

**Notes:**
- D = Drills
- HM = Hurdle Mobility
- SH = Speed Hurdles
- HH = Hurdle Hops

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<table>
<thead>
<tr>
<th>Wed</th>
<th>AM</th>
<th>REST or jog up to 20 min</th>
<th>Wed</th>
<th>AM</th>
<th>REST or jog up to 20 min</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>PM</td>
<td>2 mi wd, 4x100m (12.5-12.6) w/2 min rest, 2x200m (25.0-25.5) w/4 min rest, 1x300 (37-37.9) w/1 min rest, 1x1000m (12.5-12.6), 2 mi wd</td>
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</table>

**Notes:**
- D = Drills
- HM = Hurdle Mobility
- SH = Speed Hurdles
- HH = Hurdle Hops

**Weights:**
- 600/800m
- 3k/5k/10k
- 1500/3k/5k
- 800/1500m
- 600/800m

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<table>
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<tr>
<th>Thurs</th>
<th>AM</th>
<th>11 miles</th>
<th>Thurs</th>
<th>AM</th>
<th>10 miles</th>
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<tbody>
<tr>
<td></td>
<td>PM</td>
<td>7 miles + D + HM + SH + 6x3 + 6x1000m (2 @ 15-15.3, 2 @ 15.3-16.0, 2 @ 12.0-12.5) + 800m w/800m D</td>
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</tbody>
</table>

**Notes:**
- D = Drills
- HM = Hurdle Mobility
- SH = Speed Hurdles
- HH = Hurdle Hops

**Weights:**
- 600/800m
- 3k/5k/10k
- 1500/3k/5k
- 800/1500m
- 600/800m

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<table>
<thead>
<tr>
<th>Fri</th>
<th>AM</th>
<th>3 miles</th>
<th>Fri</th>
<th>AM</th>
<th>3 miles</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>PM</td>
<td>2-3 mi wu, 7 miles tempo average (5:10-15), 5 min rest, 6x100m build from 5 effort to mile effort, 2-3 mi wu</td>
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<td>Phillips: TBD</td>
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<td>Phillips: TBD</td>
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<td></td>
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<td>Russell: TBD</td>
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<td>Phillips: TBD</td>
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**Core:**
- 3 x (1 min prone plank, 1 min side plank (each side), 1 min supine plank)
TRAINING PHILOSOPHY

MULTI-TIER TRAINING & PERIODIZATION

• Each event has multiple energy system requirements
  – Aerobic Conditioning/Aerobic Threshold
  – Anaerobic Conditioning/Lactate Threshold Training
  – Aerobic Capacity Training/VO₂Max Training
  – Anaerobic Capacity Training/Speed Work
• Multi-pace training/Race simulation/Situational Training
• Periodization – emphasis changes/easier transitions
• No system should be neglected
• VDOT Tables for Pacing
• Ancillary Training Year Round (Drills/Strides/Hurdle Mobility/Plyometrics/Speed Hurdles/Strength & Conditioning/Steeple Drills)
• Recovery and Restoration
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<tr>
<td><strong>MOBILITY ACTIVATION</strong></td>
<td>WEEK 1 SETS</td>
<td>REPS</td>
<td>%</td>
<td>WEIGHT</td>
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<tr>
<td>Runners Lunge + Pigeon + Hamstring</td>
<td>x 2min</td>
<td></td>
<td></td>
<td>x 2min</td>
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<tr>
<td>Kneeling Hip Flexor w/ Band Distraction</td>
<td>x 2min</td>
<td></td>
<td></td>
<td>x 2min</td>
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<tr>
<td>Wall Sit + Wall Angel</td>
<td>2 x 8</td>
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<td>2 x 8</td>
</tr>
<tr>
<td>Front Squat</td>
<td>1 x 5 WU</td>
<td></td>
<td></td>
<td>1 x 5 WU</td>
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<tr>
<td><strong>SUPERSET:</strong></td>
<td>WEEK 2 SETS</td>
<td>REPS</td>
<td>%</td>
<td>WEIGHT</td>
</tr>
<tr>
<td>Kettle Bell Swing (Heavy)</td>
<td>3 x 6</td>
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<td>3 x 6</td>
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<tr>
<td>Step Up Jump (max height)</td>
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<td>3 x 4</td>
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<tr>
<td><strong>SUPERSET:</strong></td>
<td>WEEK 2 SETS</td>
<td>REPS</td>
<td>%</td>
<td>WEIGHT</td>
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<tr>
<td>Db Single Leg RDL (Heavy)</td>
<td>3 x 6</td>
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<tr>
<td>Face Pull (Heavy)</td>
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<td>3 x 6</td>
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<tr>
<td><strong>Circuit:</strong></td>
<td>WEEK 3 SETS</td>
<td>REPS</td>
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<td>WEIGHT</td>
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<tr>
<td>Partner Leg Throws (multi-directional)</td>
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<tr>
<td>Forearm Plank to Push up</td>
<td>2 x 10</td>
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<td>2 x 10</td>
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<tr>
<td>Side Plank + Leg Circle</td>
<td>2 x 10ea</td>
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<td></td>
<td>2 x 10ea</td>
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<tr>
<td>Partner Dead Bug</td>
<td>2 x 5</td>
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<td>2 x 5</td>
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<tr>
<td><strong>TESTED LIFTS</strong></td>
<td>WEEK 4 SETS</td>
<td>REPS</td>
<td>%</td>
<td>WEIGHT</td>
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<tr>
<td>Runners Lunge + Pigeon + Hamstring</td>
<td>x 2min</td>
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<td>x 2min</td>
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<tr>
<td>Kneeling Hip Flexor w/ Band Distraction</td>
<td>x 2min</td>
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<td></td>
<td>x 2min</td>
</tr>
<tr>
<td>Wall Sit + Wall Angel</td>
<td>2 x 8</td>
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<tr>
<td>Clean Pull, knee (heavy)</td>
<td>1 x 4 WU</td>
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<td>1 x 4 WU</td>
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<tr>
<td>BB Split Squat (rear foot elevated)</td>
<td>1 x 5 WU</td>
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<td></td>
<td>1 x 5 WU</td>
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<tr>
<td><strong>Circuit:</strong></td>
<td>WEEK 4 SETS</td>
<td>REPS</td>
<td>%</td>
<td>WEIGHT</td>
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<tr>
<td>Swiss Ball Leg Curl</td>
<td>3 x 5</td>
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<td>3 x 5</td>
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<tr>
<td>Band Push Up (band across back)</td>
<td>3 x 5</td>
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<td>3 x 5</td>
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<tr>
<td>Reverse Grip Lat Pulldown (heavy)</td>
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<td>3 x 5</td>
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<tr>
<td><strong>Total Circuit:</strong></td>
<td>WEEK 4 SETS</td>
<td>REPS</td>
<td>%</td>
<td>WEIGHT</td>
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<tr>
<td>Kneeling Cable Crunch</td>
<td>2 x 10ea</td>
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<td>2 x 10ea</td>
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<tr>
<td>Forearm Plank + Superman (opposite)</td>
<td>2 x 5ea</td>
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<tr>
<td>Bicycle Crunch (fast)</td>
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CROSS COUNTRY

• **Goals:** Win B1G, Regional, Top-10 NCAA
• **Use as General Prep for Track Season**
• **Key Sessions:**
  – 2x400m w/1 min rest, 400m jog, 9x1200m varying paces/recoveries, ie. Race simulation)
  – 1x400m, 6x1 mile w/3 min rest, 1x1000m acceleration
• **Michigan x 3**
• **Races:**
  – Greater Louisville
  – Wisconsin Invitational
  – B1G
  – Great Lakes Regional
Indoors

• General Prep + Race/Specific Prep + Short Championship Phase
• Hills: 250m-1000m
• LT: 4-8 miles/wk GP; 4-7 miles/10-14 days RP
• VO2max: 3-8km/10-14 days GP; 3-6k/week RP
• Efficiency: 2000-4500m/week GP & RP
• 5 sessions/14 days or 4 sessions + 1 race/14 days
• Key Multi-Pace Sessions:
  – 1600m @ current 5k, 4:30 rest, 2x800m w/1 min rest @ Goal 5k, 3:30 rest, 1x800m cutdown, 2:15 rest, 4x400m w/1 min rest (3k down to Mile – 1-2 sec)
  – 1x600m, 6 min rest, 1x700m 7:30 rest, 1x800m, 3 min rest, 1x300m (1st 400m @ mile goal pace, accelerate remainder)
• Race Workouts: Vanderbilt (Mile + LT), ND Quad (3k + LT)
• Races: Meyo, Iowa State, Wilson, B1G, NCAA
Outdoors

• Race Prep + Championship Phase
• LT: 4-7 miles/10-14 days RP; 3-6 miles/14 days CP
• VO2max: 3-6k/week RP; 3-5km/week CP
• Efficiency: 2000-4800m/week RP; 1600-3200m/week CP
• Introduce Hurdles into sessions (max 1600m volume)
• Key Multi-pace sessions:
  • 8x1000m (cut down 3-4 sec/rep through #7, #8 @ LT), 60 sec rest + 30 sec each subsequent rep
  • 3xArb Hill (1km), 3x800m (#1 @ 5k +2 sec/400m w/60 sec rest, #2 @ 5k w/2 min rest, #3 @ 3k w/6 min rest), 1x1200m (5k/3k/mile - 1-2sec)
• Race Workouts: ASU (1500m + LT), Duke (3000mSC + tempo)
• Early 3000mSC to build confidence
• Run confidently and to your strengths
Results

XC:
• Louisville (1st), Wisco (13th), B1G (2nd), Regionals (1st), NCAA (67th)

Indoor:
• Mile (4:00.50PR), 3000m (7:55.05PR), 5000m (13:50.81PR), 1 B1G Title

Outdoor:
• 5000m (13:37.56), 2 B1G titles, NCAA Champ, 5th Place Olympic Trials, 3000mSC (8:21.57)
Introduction of Steeple Drills

- Progressively work to final program
- Consistency: 2x non-race week/1x race week
- Chick Hislop Program
- L7 Drills:
  - Sitting L7: 2 min each leg
  - L7 Stretch: 5 x 5-6 sec each leg
  - L7 Hurdling: 2 x 10x each leg
- Wall Drills:
  - Standing Trail Leg (36”): 10x each leg; back low/in slow/whip/hold
  - One-Step Trail Leg (36”): 10x each leg; one step back w/both feet, walk in with high lead leg
  - Two-Step Trail Leg (36”): 10x each leg; two steps back w/both feet, jog into hurdle
  - Lead Leg Drill (36”): 10x each leg; over emphasize kicking butt with lead leg
- Side Hurdle Drills:
  - Run Through Trail Leg Drill (1 hurdle each direction @ 36”): 10x round trip w/each leg (at race pace)
  - Run Through Lead Leg Drill (1 hurdle each direction @ 36”): 10x round trip w/each leg (at race pace)
  - Over Hurdle: Run Over Hurdle (1 hurdle each direction @ 36”): 10x round trip (at race pace)
  - Alternate Leg Hurdling: 2 hurdles set @ high hurdle distance + 1yd (2 hurdles each direction @ 36”): 5x round trip
  - 10 foot Drill: 10 hurdles(36”) @ 10ft apart; trail leg over, start w/2 hurdles work to 10; 5x through
- L7 Drills:
  - Sitting L7: 2 min each leg
QUESTIONS