



**UNIVERSITY OF MICHIGAN
ATHLETICS**

The Leaders & Best



WORST TO FIRST: Rebuilding A Championship Athlete

MISSION STATEMENT

WE strive to advance Michigan Track and Field/Cross Country every day and pursue **W**olverine **E**xcellence 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 1) (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)

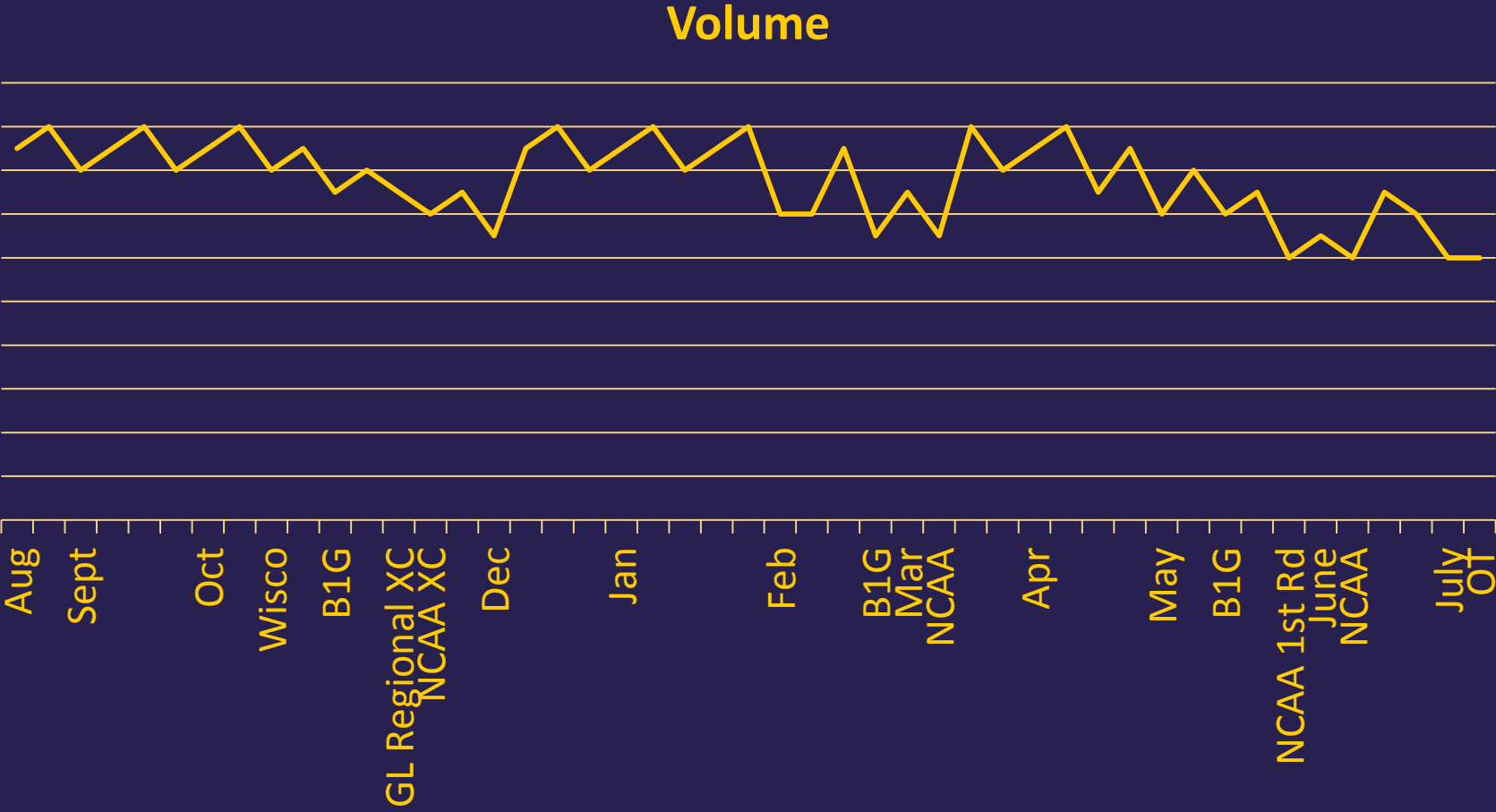
Physical Rebuilding

- 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

Weekly Volume Periodization



PLANNING

1500/26/34 - SEVENCHASE

MIL

1500/26/34

	M	T	W	TH	F	S	S
	30-Nov	1-Dec	2-Dec	3-Dec	4-Dec	5-Dec	6-Dec
CP-1	E2D + D + HH + SH + HH (4x3) 4x100 @ 800	HILLS - R. 4x Harvard 4x Independence	E2D	E2D	GVSU Early Bird Invite T 6x1000	MF-OFF TS-OFF LR 14/12	MF-OFF TS-OFF F2D
M1	WTS		SC DAY 1	SC DZ WTS	L7 115		
	7-Dec	8-Dec	9-Dec	10-Dec	11-Dec	12-Dec	13-Dec
CP-2	MF-OFF TS-OFF R-HILLS SC L7 115 WTS	E2D + D + HH + SH + HH (5x3 green) 6x100	T - Ski	MLR	E2D	MICHIGAN 1600/1200/800/400 10 5 3 min T+I	LR 15/13
M4	9:5	SC DAY 2 9/8	SC L7 115 9:5	SC DAY 8 (1) WTS 11/10	SC DAY 3 (2) 9/8	SC - L7 90sec 10:5	
	14-Dec	15-Dec	16-Dec	17-Dec	18-Dec	19-Dec	20-Dec
CP-3	OFF (H) HIGHER/LOWER/PURLES 6x100m SC Dec 14 8	10x1000 4/90 1x200 1x400 same as 1st group 1x5 10K MF-E2D SC L7 20	MLR	MALDEN R Dec 7 E2D 70 + HH + SH + 4x150 HH (5x2) SC DAY 4 105/95	4x2M 6x100	MALDEN/LOW/PURLES SC T 9:5 LR + 6x100	MALDEN/LOW/PURLES RR 12-14 E2D
H	SC L7 90sec 0		SC DAY 3 115/11	SC DAY 4 105/95	SC L7 115 12:5	16/14	SC L7 145 10/3
	21-Dec	22-Dec	23-Dec	24-Dec	25-Dec	26-Dec	27-Dec
RP-1	I 3xARB, 2x800/200 5K MILE 3/3 SC L7 145	E2D	E2D + D + HH + 3/1 + HH (6x3) 7/6 6x150	T - 4MILES + 4x300	E2D	R 3x[200/300/400] 3x200	LR
M2	10	SC DAY 4 10/9	AM 4/3 SC L7 145 9/8	AM 3 SC L7 145 9	SC DAY 4 8/7	AM 4/3 SC L7 145 6	10/14
	28-Dec	29-Dec	30-Dec	31-Dec	1-Jan	2-Jan	3-Jan
RP-2	E2D + D + HH + SH + HH (6x300) an 3/2 + 3x50 + 2x100 SC DAY 4 9/8	I am 2/2 600/400 800/300 1000/200 800/300 17 145 75	OFF 5/1	E2D	T 6mi + 3x300	LR	E2D
M4	SC DAY 4 9/8		SC DAY 5 11/10	AM 3/2 L7 2mi 11		17/15	L7 2mi 9/8
	4-Jan	5-Jan	6-Jan	7-Jan	8-Jan	9-Jan	10-Jan
CP-3	AM 3/3 PH 55min E2D	I + R 6x HARVARD + 3x 3x800 @ 3R	E2D 6:30 7:30 8:30 11:5	5x1mi	E2D + D + HH + 1/1 + 3/1 + HH (L-30) + SEAN 9:5 B	Doug Raymond Invitational Kent State	
H	SC DAY 5 9	L7 2mi 7:5	SC DAY 5 11:5	L7 2mi 9	SC DAY 5 8	8-32nd (developed) 6:5 9:200 4:200 11:00	L7 2mi 18/16

THINGS TO HOLD

CP: H = C/B L = 4. RP: H = 5/7 MH = 5/7 M = 4/6 n = 4/6 L = 9/5

1500/26/34

CP = CHANDLER H.P. PHASE VO2 R
RP = BASE PREPARATION/SPECIAL PREPARATION VO2 Th R
CP = GENERAL PREPARATION/CONDITIONING A Th R

MF G1: 26 15:40 20 in 2/3 out 77
G2: 25/76 25 in 1/4
G3: 27/75 74 in 1/2
G4: 77out 72 in Fuchsman/18

42 MS
L = 45/45/45 L = 40/40/40
M = 45/50/60 M = 40/45/55
H = 50/55/65 H = 45/50/60
H = 55/60/70 H = 50/55/65

[off/let/let]



Planning/Record Keeping

	M	T	W	TH	F	S	S
	16-Mar	17-Mar	18-Mar	19-Mar	20-Mar	21-Mar	22-Mar
16-GPP-3-L	EZD + D + HM + SH + HH (4x4)	T + I + R	MLR	EZD	R	LR	EZD
	4x50m, 4x100m	4 miles T, 4x400m			1x200m, 1x1000m, 1x300m		
					1x400m, 1x500m, 1x600m,		
					3x150m		
	M	T	W	TH	F	S	S
	23-Mar	24-Mar	25-Mar	26-Mar	27-Mar	28-Mar	29-Mar
17-SPP-1-M	I	ASU Racers: EZD + D + HM +	ASU Racers: T + R/F	ASU Racers: EZD	ASU Racers: Pre-Meet	Pac-12 Big 10 Challenge	ASU Racers: LR
	3x[1x1200, 1x800], 3x200	SH + HH (4x4)	MF/BF: 1 mile, 3 mile, 1 mile			1500m/5000m/3000mSC	
	SC: 3x[1x1200, 1x800H], 4x200	4x150 (50/50/50)	300/200/100/400	Non-Racers: T + R/F	Non-Racers: EZD		Non-Racers: EZD
			SC: T + R + I	1 mile, 2 mile, 3mile,		Non-Racers: LR	
		Non-Racers: EZD	2 miles, 2x200m, 1x1000m 1x600m, 1x400m	300/200/100/400			

UM TRACK TRAINING Dates: December 28th-January 3rd

		3k/5k/10k	1500/3k/5k	800/1500	600m/800m
MON	AM: 3 miles PM: 9 miles + D + HM + SH + 4x200m (30-31) w/200m jog + 800 wd Phillips: TBD Russell: 30 min run + 50 min cross training WEIGHTS	AM: M2: 3 miles M3: 2 miles PM: M2: 9 miles M3: 8 miles D + HM + SH + HH (6x3) + 3x50 (6.5-7.0), 3x100m (13.0-14.0) w/walk back recovery + 800m wd SC GROUP: DAY 4 Drills Snavelly: TBD Martin: TBD WEIGHTS	AM: 4 miles PM: 7 miles + D + HM + SH + HH (6x3) + 6x100m (2 @ 15-15.3, 2 @ 13.0-14.0, 2 @ 12.0-12.5) + 800m wd SC GROUP: DAY 4 Drills WEIGHTS	M3: 9 miles M4: 8 miles WEIGHTS	
TUES	AM: 3 miles PM: 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 rest, #3 @ 65-66 w/3 min rest), 1x400 (61-62) w/3 min rest, 1x300m (44-45) w/2 min rest, 1x200m (28-30), 2-3 min wd CORE	AM: 2 miles PM: 2-3 mi wu, 1x600m, 1 min rec, 1x400m, 3:30 rest, 1x800m, 1 min rec, 1x300m, 3:30 rest, 1x1000m, 1 min rec, 1x200m, 3:30 rest, 1x800m, 1 min rec, 1x300m, 3:30 rest, 1x600m, 1 min rec, 1x400m, 2-3 mi wd G1: 600/800/1000 @ 67-68; 400 @ 60-61, 300 @ 44-45, 200 @ 28-29, 300 @ 42-43, 400 @ 56-57 G2: 600/800/1000 @ 68-69; 400 @ 61-62, 300 @ 45-46, 200 @ 29-30, 300 @ 43-44, 400 @ 57-58 G3: 600/800/1000 @ 69-71; 400 @ 62, 300 @ 46, 200 @ 30-31, 300 @ 44-45, 400 @ 57-58 SC GROUP: L7 (1:45), L7 Stretch (5xR, 5xL), L7 Hurdle (10xR, 10xL) CORE	AM: 3 miles PM: 2-3 mi wu, 1x600m (68-70), 1 min rec, 1x400m (61-62), 3:30 rest, 1x800m (68-70), 1 min rec, 1x300m (45-46), 3:30 rest, 1x1000m (68-70), 1 min rec, 1x200m (29-30), 3:30 rest, 1x800m (68-70), 1 min rec, 1x300m (43-44), 3:30 rest, 1x600m (68-70), 1 min rec, 1x400m (57-58), 2-3 mi wd SC GROUP: L7 (1:45), L7 Stretch (5xR, 5xL), L7 Hurdle (10xR, 10xL) CORE	AM: M3: 3 miles M4: 2 miles PM: 2 mi wd, 4x100m (12.5-12.6) w/2 min rest, 2x200m (25.0-25.5) w/4 min rest, 1x300 (37.5-37.9) w/1 min rec, 1x100m (12.5-12.6), 2 mi wd CORE	
WED	REST or jog up to 20 min	REST or jog up to 20 min SC Group: L7 (1:45), L7 Stretch (5xR, 5xL), L7 Hurdle (10xR, 10xL)	REST or jog up to 20 min SC Group: L7 (1:45), L7 Stretch (5xR, 5xL), L7 Hurdle (10xR, 10xL)	REST or jog up to 20 min	
THUR	70 minutes WEIGHTS	M2: 11 miles M3: 10 miles SC Group: Day 5 Drills WEIGHTS	10 miles SC Group: Day 5 Drills WEIGHTS	AM: M3: 3 miles M4: 2 miles PM: M3: 40 min M4: 35 min D + HM + SH + HH (6x3) + 4x50m (standing start) + 4x100m @ 13.0-13.5 + 800m wd WEIGHTS	
FRI	AM: 3 miles PM: 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 wd CORE	AM: M2: 3 miles M3: 2 miles PM: 2-3 mi wu, 6 mile tempo, 6-9 min rest, 3x300m w/2:15 rec, 2-3 mi wd G1: Tempo (average 5:00-05), 300's @ 45/43-44/42-43 G2: Tempo (average 5:05-10), 300's @ 45-46/43-44/42-43 G3: Tempo (average 5:10-5:15), 300's @ 45-46/43-44/42-43 SC Group: L7 (2:00), L7 Stretch (5xR, 5xL), L7 Hurdle (10xR, 10xL) CORE	AM: 3 miles PM: 2-3 mi wu, 4xHarvard Hills, 4xRidgeway Hills, jog back to track, 1x1500 (1:16-18)/300 (45-46)/200 (30) w/1 min rec], 5:30 set rest, 1x600m (1:29-32), 2-3 mi wd CORE	AM: M3: 3 miles M4: 2 miles PM: 2 mi wu, 10xRidgeway, 2 mi wd CORE	
SAT	LONG RUN: 17-19 miles	LONG RUN: M2: 15-17 miles M3: 13-15 miles	LONG RUN: 13-15 miles	LONG RUN: M3: 12-14 miles M4: 10-12 miles	
SUN	10 miles	M2: 9 miles M3: 8 miles SC Group: L7 (2:00), L7 Stretch (5xR, 5xL), L7 Hurdle (10xR, 10xL)	8 miles	M3: 7 miles M4: 6 miles	

Notes 3k/5k/10k: Pappas (M1), Phillips (M1), Posada (M1), Renberg (M1), C. Martin (M1)
 1500/3k/5k: G1: Ferlic (M2); G2: Baumgarten (M2), Flanagan (M2), Mora (M2), Smoragiewicz (M2), Beller (M2); G3: Benoit (M2), Bratley (M3), Kroon (M3), Bund (M3), Burke (M2), Hall (M3), Rebera (M3), Peterson (M2)
 800/1500m: G1: Barnett (M3), Hill (M3*), Moran (M3), Plowman (M2)
 600/800m: G1: Munley (M4), Wilkie (M4), Chapman (M4); G2: Ferrante (M4), McPeck (M3)
 Injured: Russell, Snavelly, E. Martin Sick: Hill
 Steeple Drills: Ferlic, Mora, Smragiewicz, Benoit, E. Martin, Burke, Hall, Barnett, Hill
 D = Drills HM = Hurdle Mobility SH = Speed Hurdles HH = Hurdle Hops
 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/ VO_2Max 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

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



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