

STEEPLECHASE – A YEAR ROUND PLAN



PRESENTED BY:

STACIE WENTZ

NCAA DII HEAD MEN'S AND WOMEN'S COACH





Who/what has shaped my coaching philosophy?

- Salisbury University (800/1500m)
 - B.S. Physical Education teaching/Business administration minor
- Assistant distance coach at Johns Hopkins University- 4 Years (2012 NCAA DIII Women's National Champions)
- Head Men's and Women's XC and Track coach at Assumption College- 3.5 years (2016- 27th at NCAA DII Women's National Championships)





Who/what has shaped my coaching philosophy?

- Daughter of two physical education teachers and coaches (gym rat)
- M.S. in sports management- West Virginia University
- Spent time in athletic compliance (UMES); academic support (WVU); governance administration (NCAA); CHAMPS/Life Skills/SAAC advisor (LSU)
- National Team program manager (8 years)- US Lacrosse/Team USA
 - Went to every national team practice; surrounded by the best coaches in the game





THE TEAM





THE ATHLETES

Tony Fierimonte (2 years coaching)

| High School | College |
|---------------|--|
| 4:24.90 1600m | 4:10.35 indoor mile (4:27.43); 3:50.87 (4:05.05) 1500m |
| 10:30 3200m | 8:26.26 (9:26.22) 3000m indoor flat track |
| | 8:56.05 (9:16) 3000m steeple |
| | 14:37 5000m |

Rachel Avard (3 years coaching)

| High school | College |
|-------------------------------------|----------------------------|
| 10.4 Hand time 55m H; 13' long jump | |
| 11:58 3000m | 10:44 3000m indoor |
| | 11:26 3000m steeple |
| 21:57 XC 5K | 17:59 5000m |





YEAR ROUND PLAN

Who can handle the steeplechase?

- Multi-sport/multi-event athletes
 - Soccer, basketball, softball
 - hurdlers/jumpers
- Goal oriented in the weight room; wanting to always improve
- Tough mental attitude; toughness to aches and pains
- Calm in crowded race environments
- Race patience
- Response to coach telling when to switch gears in a race
- NO FEAR!





YEAR ROUND PLAN

Summer

- 2 weeks off
- Straight mileage (building 10% a week)- May-June
- July- twice a week (tempo; fartlek)
- July 1- lifting (3 days a week; pure power/Olympic lifts)
- August 1- twice a week (tempo; progression; threshold)





A YEAR ROUND PLAN

Cross Country

- Interval workouts- mostly on grass; crushed gravel
- Core everyday
- Yoga once a week
- Lifting twice a week (maintenance)
- Hurdle mobility twice a week (incorporated with our lifting days)
- Hill repeats once a week (6x30 sec; 6x60 sec)
 - 22-30% grade hills





A YEAR ROUND PLAN

Indoor track

- One week off after NCAA National Cross Country championships
- Lifting - Move towards more power development (twice a week)
- How to train? (1500m/3000m/5000m ?)
- January/February- more specific hurdle technique and hurdle mobility drills
 - Use your hurdles coach
 - Ankle mobility (ropes/bands); work with athletic training staff





A YEAR ROUND PLAN

Indoor track

Sunday - Long run

Monday - Distance at regular effort/hill repeats

Tuesday - Workout #1 (2 mile warm-up/2 mile cool-down)

Wednesday - Recovery (45-60 min; cardio; pool run)

Thursday - Workout #2 (2 mile warm-up/2 mile cool-down) (shorter/faster intervals)

Friday - Pre-meet (30-45 min); drills and strides

Saturday – Race day





A YEAR ROUND PLAN

Indoor track

| Date | Rachel | Tony |
|----------------------|--------|-----------------------------|
| Jan 16 | 3000m | 5000m |
| Jan 22 | 5000m | Off- meet cancelled |
| Jan 30 | Mile | 3000m; mile; 4x400m |
| Feb 7 | 3000m | 3000m; 4x400m |
| Feb 14 | mile | mile |
| Feb 21 (Conference) | 5000m | 5000m; 3000m |
| Feb 28 (New England) | 5000m | Mile (feb 28); mile (mar 1) |





A YEAR ROUND PLAN

Outdoor track

- Lifting – Maintenance (twice a week)
- March- begin workouts over hurdles (one hurdle interval workout a week)
 - 6x1000m (steeple over 2,4, 6) @ 3k race pace (2-2:30 rest); 4x200m - 7-10 sec slower per 1000m
 - 5x800m (steeple over 1, 3, 5) @ 3K race pace (2 min rest) and 4x400m (@ 1500m race pace) (60-75 sec rest)
 - 3 sets (4x400m)- (steeple over 2,4) (60-75 sec rest) - 3 sec slower per 400m
 - 3 sets (400/800/400) or 3 sets of (400/600/400); 1500m race pace
rest 75/2 min/jog 400m or 75/1:45/jog 400m





A YEAR ROUND PLAN

Outdoor track

Sunday Long run

Monday distance at regular effort/hill repeats (yoga Monday morning)

Tuesday workout #1 (2 mile warm-up/2 mile cool-down)

- Hurdle warm-up drills

Wednesday recovery (45-60 min; cardio; pool run)

Thursday workout #2 (2 mile warm-up/2 mile cool-down) (shorter/faster intervals)

- Hurdle warm-up drills

Friday pre-meet (30-45 min); strides; water jump work

Saturday race





A YEAR ROUND PLAN

Outdoor track Tony's Schedule

| | |
|--------------------------|----------------------------|
| 3/29 Towson | Steeple 9:08 (won by 1:34) |
| 4/4 AIC | 1500m 3:59 |
| 4/11 Connecticut College | 5000m 14:37.07 |
| 4/17 Princeton | Steeple 8:56.05 |
| 5/2 conference meet | Steeple 9:21 |
| | 5000m 14:37.24 |
| 5/8 New England's | 1500m 3:50.87 |
| 5/21 Ncaa's | Steeple |





A YEAR ROUND PLAN

Outdoor track Rachel's Schedule

| | |
|------------------------------|----------------|
| 3/12 Coastal Carolina | Steeple |
| 3/26 Bridgewater State | 1500m/800m |
| 4/2 Fitchburg State | 5000m |
| 4/8 Princeton | Steeple |
| 4/16 Connecticut College | 5000m |
| 4/23 MIT | 1500m/800m |
| 4/30 Stonehill | 3000m |
| 5/6 NE-10 Conference | Steeple/5000m |





A YEAR ROUND PLAN

Things to think about

- Hurdle with both legs
- Set up hurdles in lanes 2-3 (learn to stay out of trouble)
- Don't teach to step onto non-water barrier (Rachel is 5')
 - Differences in philosophy
 - Stuttering occurs/slowing down instead of accelerating
- One foot in water only
- Focus on accelerating:
 - Into barrier
 - Into water jump





A YEAR ROUND PLAN

Cues

- Head up
- Stay strong
- Be aggressive

Water Barrier

- Get out
- Attack
- Pop – pop (rhythm)





A YEAR ROUND PLAN

Psychological factors to the Steeplechase

HOW to get over the FEAR





A YEAR ROUND PLAN

Psychological factors to the Steeplechase

- Banana hurdles
- Progress up to regular hurdles
- Progress up to actual steeple barrier
- Repetitions of drills
- Visualization
- Getting athletes to focus on each barrier





A YEAR ROUND PLAN

Visualization

(www.runnersconnect.net)

- In your mind, there is no difference between an actual experience or an imagined one.
- Actors rehearse every line and gesture, a runner should do the same. Especially in the steeplechase, you should prepare for every situation that could happen.
 - Step 1- Be specific and detailed
 - Use all 5 senses (is it cold or hot? How big is the field size? What will the sound be like?)
 - Step 2- Don't just visualize the positive-expect the unexpected
 - A lot can go wrong in the steeplechase





A YEAR ROUND PLAN

Visualization

- **Step 3- Boost your self-confidence**
 - High confidence correlates to an increased level of performance
 - Visualize yourself succeeding
 - Use a mirror- repeat specific, positive messages to yourself. Mirror helps to engage the visual receptors in the brain and helps to internalize the positive messages
 - “I am fit, I am fast”
 - Start to get nervous- think back to all the great workouts you had; visualize your last successful race
 - Focus on what you can control- visualize yourself executing the game plan going through the warm-up and even focus on breathing
 - Implement mental cue- “relax and go” over the barrier; remind yourself proper form





Visualization

Visualization during the race

- Remember mantras that will help you gain confidence
 - “I am strong. I can do this” instead of “push through the pain, don’t give up.”
 - The second mantra elicits negative connotations with the words pain and give up.





Visualization

How to implement visualization

- Relax! Choose a quiet place with no distractions and being by relaxing your entire body.
- Set the scene
- Focus on emotional and physical sensations
 - While on the starting line “I AM an athlete, I CAN do this. I AM supposed to be here.”
- See a positive outcome
- Repeat





A YEAR ROUND PLAN

Questions?

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