



The Arkansas way:
A Year Round Approach

■ Theft from the Best.....

An Overview

- Designed by Mandate
- Staff Philosophy
- Support Staff
- Recruiting Plan

A Sound System:

- Physiologically
- Mechanically
- Emotionally
- Psychologically

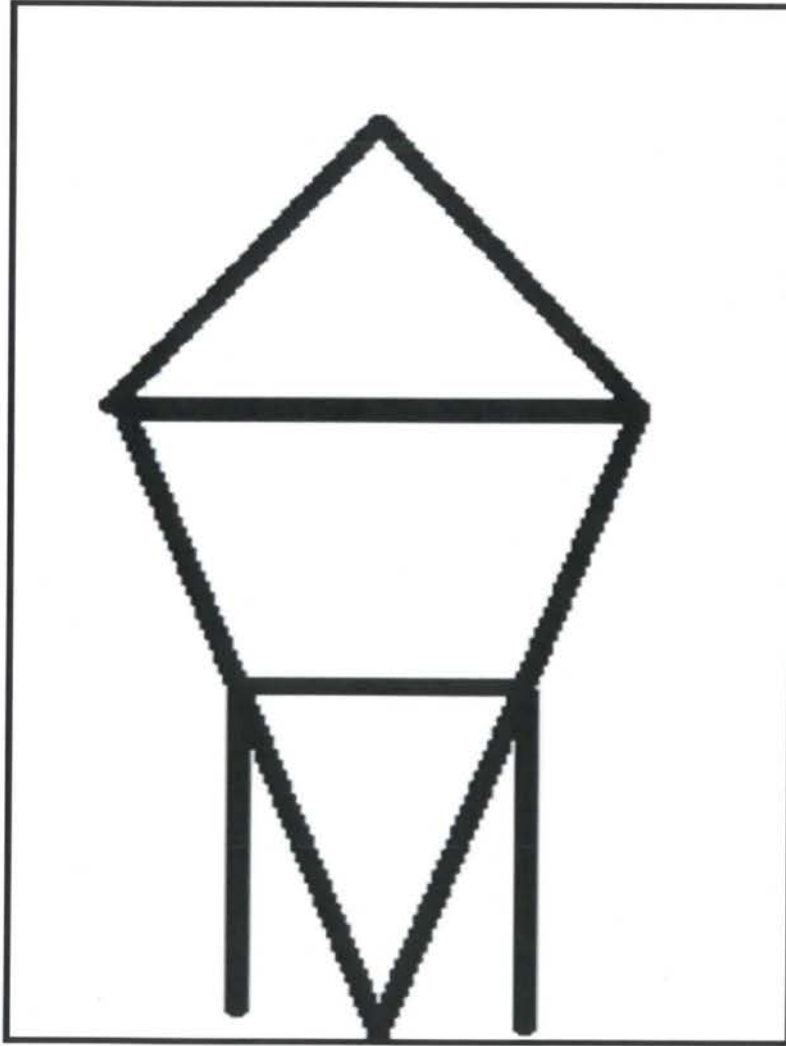
Specificity of Training

- Individualized**
- Common Thread**
- Train to race !**
- Confidence is a Priority**
- Team Culture of Success**
- Rehearsal and Simulation**

Training Principles

- ***6 or 7 day training week***
- ***Lydiard— Base to Peak***
- ***Vigil— Energy Systems***
- ***Daniels—VDOT system***
- ***McDonnell--Historical***

A Plan: *The Diamond*



Identify:

- Start Point
- End Point
- Competition Point
- Reference Chart
- Benchmarks
- Scheduling

Goal Mileage: _____

Name: _____

2015 SUMMER TRAINING PROGRAM Arkansas Women's Cross Country

Week #	Volume	Fartlek	Tempo Run	Hilly Fartlek
I.	50 – 60 %			
II.	60 – 80 %			
III.	70 – 90 %	20 Min.		
IV.	80 – 100 %	20 Min.	20 Min.	
V.	80 – 100 %	30 Min.	20 Min.	
VI.	90 – 100 %	30 Min.	20 Min.	
VII.	100 %	30 Min.	30 Min.	
VIII.	90 %		30 Min.	20 – 30 Min.
IX.	100 %		30 – 40 Min.	20 – 35 Min.
X	100 %		30 – 40 Min.	25 – 35 Min.

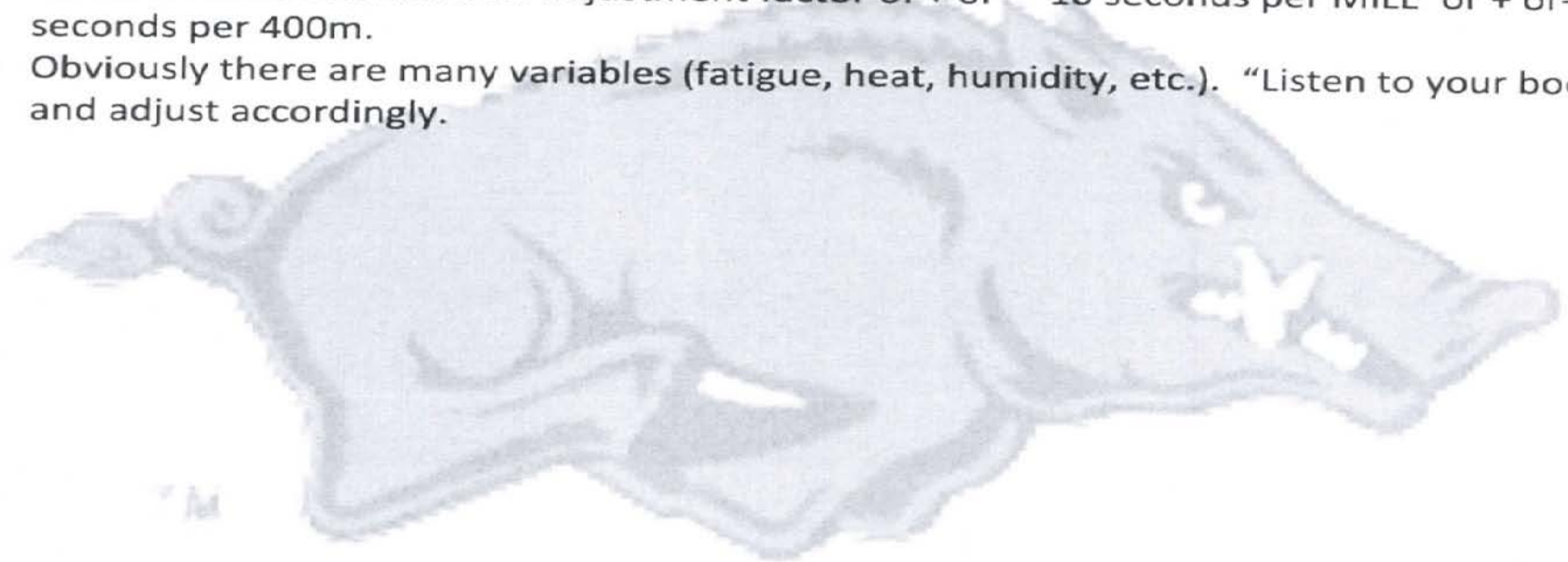
- You begin this program after your 1-2 week break of running once every 2-4 days
- Volume is based on total goal mileage (FYI...an example – if your goal mileage is 70. Week I would be 35-42, week VI would be 63-70). These are mileage ranges. Don't panic over a couple of miles + or -.
- Long Run (once a week):
June: 7-10 miles July: 9-11 miles August: 10-13 miles
*Newcomers : from Weeks 1-6 your mileage is based on 6 days per week; starting week 7 you should progress to 7 days per week every other week.
**Veterans: from Weeks 1-4 your mileage is on a 6 day week and then beginning on week 5 progress to 7 days per week with every third week taking 1 day off.
- Steady State runs are a "minimum in the minutes designated" or a max of 10% of your weekly volume (80-90% effort).

HOW FAST SHOULD I RUN?

Everyone is a unique individual and exact reference to training pace is just as unique. Listed are some basic references to serve as a GUIDE. Your self analysis – **“listen to your body”** – is the key. (Ex: At a recovery run pace you should be able to talk comfortably while running.)

Your Current Mile Max	Recovery Pace	Steady State Pace	Fartlek Surges Pace//Mile/400	Long Run
4:40	640	540	505/76	705
4:50	650	550	515/78	715
5:00	700	600	525/81	725
5:10	710	610	535/83	735
5:20	720	625	545/86	745

- ❖ All Pace references have an adjustment factor of + or – 10 seconds per MILE or + or- 2 seconds per 400m.
- ❖ Obviously there are many variables (fatigue, heat, humidity, etc.). “Listen to your body,” and adjust accordingly.



Fall Progression

Date	Volume	Long	Days	Recovery	Interval	Threshold
8/29 - 9/4	40	~	5	?	~	~
9/5 - 9/11	40	10	5	6 55	~	~
9/12 - 9/18 <small>add ace</small>	50	10	6	6 55	80/5 20	5 55
9/19 - 9/25 <small>add fartlek</small>	50	12	6	6 45	78/5 15	5 45+
9/26 - 10/2 <small>add circuit</small>	60	12	6	6 45	77/5 10+	5 35+
10/3 - 10/9 <small>add hills</small>	70	14	6	6 45	77/5 10+	5 35
10/10 - 10/16	70	14	6	6 40	76/5 00+	5 30+
10/17 - 10/23 <small>add l</small>	60	12	6	6 40	76/5 00+	5 30
10/24 - 10/30	50+	10	6	6 40	76/5 00	5 30+
10/31 - 11/6	50	?	6	6 40	NY Race	?/10m Tempo
11/7 - 11/13	60+	12	6	6 35	75/5 00	5 30+
11/14 - 11/20	70	14	6	6 35	74/4 55	5 30+
11/21 - 11/27	60	12	6	6 35	Turkey	5 30+
11/28 - 12/4	70+	14	6	6 35	74/4 55	5 30+
12/5 - 12/11 <small>indoors</small>	60+	12	6	6 30	70/ 305	5 25+
12/12 - 12/18	70+	14	6	6 30	70/ 305	5 25+

ARKANSAS CROSS COUNTRY 2015

(All weekly mileage adjustment +/- 5)

Aug 30-5

Sep 6-12

Sep 13-19

Sep 20-26

Sep 27-3

Oct 4-10

Oct 11-17

Oct 18-24

Oct 25-31

Nov 1-7

Nov 8-14

Nov 15-21

“ Listen to your body and adjust accordingly “

Arkansas Training Reference Chart

Season or Personal Best

Training Effort

	Season or Personal Best				Training Effort					
Mile	3000	5000	10000	E/L REC Pace	at 400	at Mile	I pace 400	I pace Mile	R pace 400	R pace 800
5 20	10 37	18 22	38 06	7 35	94	6 20	76-78	5 45	75	2 33
5 10	10 17	17 44	36 57	7 25	91	6 10	74-76	5 35	74	2 28
5 05	10 08	17 30	36 20	7 20	90	6 05	75	5 30	73	2 26
5 00	9 55	17 15	35 45	7 15	89	6 00	72-74	5 25	72	2 24
4 55	9 45	16 55	35 00	7 00	86	5 50	73	5 20	70	2 20
4 50	9 35	16 35	34 30	6 55	85	5 45	70-72	5 15	68	2 16
4 45	9 25	16 20	33 55	6 50	84	5 40	69	5 10	67	2 14
4 40	9 15	16 05	33 20	6 45	83	5 35	68-70	5 05	66	2 12
4 35	9 05	15 50	32 45	6 40	82	5 30	67	5 00	65	2 10
4 30	8 55	15 30	32 15	6 30	80	5 25	66-68	4 55	63	2 06
4 20	8 35	15 00	31 15	6 15	77	5 15	64-66	4 45	61	2 03

Arkansas Women's Distance Squad - Mileage Reference Chart

Weekly	Long Run	AT Run	Interval	Repetition
40	8	4	3.2	2
45	9	4.5	3.6	2.25
50	10	5	4	2.5
55	11	5.5	4.4	2.75
60	12	6	4.8	3
65	13	6.5	5.2	3.25
70	14	7	5.6	3.5
75	15	7.5	6	3.7
80	16	8	6.4	4
		When Peaking:		
Weekly mileage	3 weeks out AE/AN	2 weeks out AE/AN	summit week AE/AN	
40	-4/-6	-6/-8	-10	
50	-5/-7	-8/-10	-12	
60	-6/-9	-10/-12	-14	
70	-7/-11	-12/-14	-15	
80	-8/-14	-14/-16	-20	



October 2015

October 2015							November 2015						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
				1	2	3	1	2	3	4	5	6	7
4	5	6	7	8	9	10	8	9	10	11	12	13	14
11	12	13	14	15	16	17	15	16	17	18	19	20	21
18	19	20	21	22	23	24	22	23	24	25	26	27	28
25	26	27	28	29	30	31	29	30					

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Sep 27	28	29	30	Oct 1	2	3
Sep 27 - Oct 3							
	4	5 Long Hill	6	7	8 MC	9	10
Oct 4 - 10	OFF OR REC	A 3 Up: 3DN DOM 3:48↑ A 4:02↑ B 4:08-12↑	R/Acc 6x100	R/Long 6x100	A 6-8xK B 6xK W/1'R (?) 1 & 6 Hot	R/Acc 6x100	Long (A) 5x300 Acc (B) 20' TEMP/F
	11	12 MORN	13	14	15	16	17
Oct 11 - 17	OFF OR REC	K-Hill FARTLEK (A) 5,4,3,2,1 W/75R (B) 4x3' ON: 2 OFF K-Hill	R/Long Acc	R/Acc 6x250	Wup/ W/DN	W/SCORIN INV. 2ND "RAN VERY WELL"	Long 5x300
	18	19 MORN	20	21	22 Long Hill	23 TRACK	24 XC
Oct 18 - 24	OFF OR REC	2 MILE TO RED BARN 3'R 2x3' W/90"R 2'R 5' TEMP ON/5 (A) 5:30P (B) 5:30P	R/Long Acc	R/Acc 5x300's	2 Up: 2DN 3RD TO 1/2M (B) R/Acc	(A) R/Acc (B) TRACK 5x300 (Loop: 200 Acc) 400 jog IN 2'	Long Acc
	25	26	27	28	29	30	31
Oct 25 - 31	OFF OR REC	(A) K @ 313-318 FARTLEK: 5,4,3,2,1 W/ 75"R K @ 306-315 (B) FARTLEK	R/Long Acc	R/Acc 200's	Wup W/DN	SEC CHAMPS @ TX AM 1ST - "RACED"	Long (A) 6x200 (B) 5x400

ARKANSAS

DISTANCE TRANSITION TRAINING XC to TRACK

2 0 1 4

November 20th to December 18th

Considering that many of you have various departure and return plans for the Thanksgiving Holidays & Final Exams use the following as a guide when you miss regular training sessions. Be advised that this schedule could adjust for those attending regular practice...have your outdoor and indoor training gear ready on any given day.

Sunday: Recovery run 4-8 miles (optional)

Monday: Hilly Fartlek (w/up: 4 miles (24 minutes) of aggressive Hilly surges(45-90"long)or Hill Repeats (XC Course 400s x 8-12 or Markham Hill 400s x 6-8): w/dn

Tuesday: Recovery run 6-8 miles; finish with 6 x 200m acc. @ 33-35 pace w/200 jog), Weights—see Rob

Wednesday: Recovery run 6-8 miles; finish w/ strides—Steeplers= hurdle drills

Thursday: Fartlek: w/up—30' of creative surging—w/dn, Weights—see Rob

Friday: Recovery run 6-8 miles; finish with 6 x 100 acc @ 14-15.5 pace with jog back recovery

Saturday: Long run: 10 to 12 miles with last 10' building up to a faster tempo; finish with 4 x 300 @ 800m date pace with 300 jog recovery

NCAA XC TEAM...Meet with Lance on Monday Nov.24th @ 3:30pm

*****Do not leave for Christmas Holidays without contacting Lance for your individualized training program*****

A/B



Arkansas Women's Track & Field



2014 – 2015 Christmas Training Plan (Dec. 15 – Jan. 5)

Name: _____

Weekly Volume: (1) _____ MPW

(2) _____

(3) _____

(4) _____ Return

Sample Weekly Training Program:

Sunday: Recovery Run (4-6-8 miles) or optional off day pending weekly volume total

Monday: Hills Reps or Hilly Fartlek w/ 2-3 mile w/u and w/d

Week 1 & 3: Reps: 6-8-10 x uphill with quality effort that is 60-90 seconds in length-
jog back recovery

Week 2: Fartlek: Total of 30-40 minutes w/up-tempo on all uphill and recovery on
flat or down-hills – include as many hills as possible (preferably 8-10).

Tuesday: Recovery Run [6-8 miles, finishing w/8 x 100 acc. @ 14-15.5] (Take enough rest to hit
the pace).

Wednesday: Track workout w/2 mile w/u and w/d

A Group (Weeks 1, 2 & 3)

- (1) 3 x 6 x 200 @ 30-34 w/100 jog recovery/400 jog after each set
- (2) 8-10 x 400 @ 66 -72 w/60 to 70 second recovery
- (3) 5 x 600 @ 75 second 400-pace w/ last 200 surge @ (32-35) w/3 minutes jog
- (4) 4-6 x 1000 w/ 1min rec @ 3k date pace

B Group (Weeks 1, 2 & 3)

- (1) Repeat miles x 4@100m on/100m stride or 200m on/200m stride w/3minute recovery
between miles [on=15-16 for 100's or 33-35 for 200]
- (2) 2 x 6-8 x 400 @ 70-75 pace with 100 jog recovery and 400 jog between sets
- (3) 5--8 x 1000 @ 90% of mile date pace w/3 minutes recovery. (ie) 4:50= 3:05-10 (ie) 5:00=
3:10-14 (ie)5:10= 3:15-20
- (4) 8-10 x 600 @75 pace with last 200 in 33-35 w/ 2 minute rest

NOTE: If a track is not available or weather does not permit, convert the same workout to a
fartlek event with the same effort/intensity.

Thursday: Recovery LONG Run [6-8-10 miles] w/strides *** (See: Lance for Details)

Friday: Recovery Run [4-6-8 miles then finishing w/6 x 200@32-35 w/200 slow jog]

Saturday: Long/Tempo Run Blend: *“Up” is a solid, controlled AN/AT effort* (Mile date pace + 40-60 seconds).

(A) 2miles-- -20 minutes—2 miles Easy-Up-Easy

(B) 2miles--- 20 to 25 minutes-- - 2miles Easy-Up-Easy

(C) 2miles--- 20 to 30 minutes-- -2miles Easy-Up-Easy

(IE) 4:50 = 5:30-5:45 pace

5:00 = 5:45-5:50 pace

5:10 = 5:50-6:00 pace

Reminders:

1. Weights on Tuesday, Thursday, and Saturday (optional)
2. A day “off” is recommended every 2 weeks (only on a recovery day)
3. (AM) workouts-know the specifics for you! **See Lance.**
4. Call if you need to: Lance (479.200.7457) [Reminder: Hawaii Dec. 25-Jan.5]
Megan (479-445-9168)

CHRISTMAS STRENGTH PROGRAM

Rob will have a scheduled plan but as a alternate...see the following

****2-3 days per week**

****1 set equals**

Push-ups – to max “Quick”

Bicep curl – 20 reps “Quick”

Crunches – hold to 5”, rest 5” *20

Triceps pull-down or triceps curl-up - *20

V-Ups - *20

Split jumps - *25” touch ground on 5’s

Scissor kicks – (12 inches off floor) for 1 minute

Arnold press - *20 “Quick”

Box step-ups - *20 “Quick” *2 sets

Superman - *20 “slow and hold”

Lunge walk – over 12 inch pipe *20

Hangs or pull-ups – to max!

Skips *20*2 sets

Standing mirror run – w/2 ½ lb. wt * 1 minute*3

Mandatory for champions: 300 abs – your choice or combo of exercises

Finish ALL strength sessions w/10-15 minutes of stretching ...let’s improve our range of motion.

*****MEET JAN. 5th @ LOCKER ROOM – 4 PM FOR A RECOVERY R**



Arkansas Women's Track & Field



2012-2013 Christmas Training Plan (Dec. 16-Jan. 3)

Name: _____

Weekly Volume: (1) _____ MPW

(2) _____

(3) _____

(4) _____

Weekly Training Cycle:

Monday: Wk 1,3// 9 miles (3 miles: 3 miles of 200 on/200 off: 3 miles) 200 offs in 60''//200 ons @ 35

_____ Wk2,4// 3 mile wup: 4 miles@10k pace : 3 mile wdn

Tuesday: (AM) 2-4 miles.{optional:pending mileage needs} (PM) 6-8 miles recovery w/8*100 acc. @ 15+

Wednesday: Fartlek: 2 easy : 4-6 Fartlek: 2 wdn [(Week 1) 8 x 3' on/2' off]

[(Week 2) 6 x 4' on/2' off]

[(Week 3) 4 x 5' on/3' off]

Pace Reference/Pace Effort: 5' on=80-82''pace (1600= 5:20-5:30 effort)—4' on=79-80''pace
(1200=3:55-4:05)--- 3' on=78-80''pace (1000= 3:15-3:20)

***PREFERABLY OVER HILLY TERRAIN IF POSSIBLE ***

Thursday: (AM) 2-4 miles {optional:pending mileage needs}.....(PM) 6-8 miles recovery, finishing w/6 x 100 acc. FAST (15.0-16.5); 6 x 30m skips

Friday: (AM) 2-4 miles.{optional pending mileage needs}(PM) 6-8 miles recovery, finishing w/6*300m acc. (each @ mile goal pace) w/200 jog recovery) Ex. 4:40=52 4:50=54 5:00=56 5:10=57

Saturday: 12-16 miles (4-6 miles R: 4 miles at AQ building to AT pace: 4-6 miles R

Sunday: 6-8 miles recovery (WEEKS 1 & 3 ONLY—WEEK 2 OFF) Pending your assigned mileage goals

Reminders:

1. Weights on Tuesday, Thursday and Saturday
2. See Lance for (AM) details
3. Call if you need to: Lance (479.200.7457) [Reminder: IN Hawaii Dec. 24-Jan.3]
Jeff (479.871.7956)
Mark(479.249.5487)
4. Meet Jan 3rd at 4pm in Locker Room for recovery run

<u>MON.</u> <u>REF</u>	<u>DP</u> <u>M/1500</u> <u>800</u>	<u>WK</u> <u>VOL</u>	<u>LONG</u>	<u>(R)</u>	<u>(LT)</u>	<u>INT</u> <u>K</u> <u>400</u>	<u>WK</u> <u>VOL</u> <u>I/R</u>
JAN 62	(940)+ <u>422/445</u> 207	50 +/-	10 - 12	640-655	545-550	<u>75-6</u> 315	3 - 4 K
FEB 63	(930)+ <u>440</u> 205	45/55	10 - 12	640-650	540-545	<u>74-5</u> 312	3 - 5 K
MAR 64	(920)+ <u>435</u> 202	45/55	10 - 12	640-635	535-545	<u>72-73</u> 310	3 - 5 K
APR 64	(1620)+ <u>413-16</u> 202	50-60	10 - 12	640-630	535-545	<u>72-75</u> 310-12	3 - 4 K
MAY 65	(1600)+ <u>410-415</u> 201	50 +/-	10	635-630	530-525	<u>70-2</u> 305	2 -3 K
JUNE 65	(1600) <u>410-412</u> 200	40-50 +/-	8 - 10	630-625	525-520	<u>68-70</u> 300	2 -3 K
JULY 65/66	SUB <u>410</u> 200	40-50	8 - 10	625-620	520 +/-	<u>66-68</u> Sub 300	2 K

SB

2015

Mon	DP B/ Mile/ 3k	VOL (+/-) 5	Long	Recovery	LT W/- 5"	INT k/4/M	Workout/ VOL
JAN 63	$\frac{920}{440}$ <u>205</u>	60	10-12	640-50	540-45	74 312	3-5K
FEB 64	$\frac{920}{435}$ <u>202</u>	50+	10-12	640-35	535-40	72 308-310	3-5K
MAR 64/63	$\frac{920}{7740}$ <u>203+</u>	60+	10-12	640-50 ?	540-45	72 312 \pm	4-5K
APR 65	$\frac{410-12}{201}$	60 \pm	10-12	635-30	525-30	70 307	4-5K
MAY 65/66	$\frac{7410}{200+}$	50-60	8-10	630	520-30	68 305	3 \pm K
JUN 67	$\frac{343}{409}$ <u>200</u>	50 \pm	8-10	625-35	5:20 \pm	66 302	2 \pm 3 \pm K