

# Mile and 2 Mile Training

Dan Ireland

Columbia University

Director of Cross Country and Track and Field

[dli2108@columbia.edu](mailto:dli2108@columbia.edu)

# Background

- ▶ Woodbridge HS, Woodbridge, VA - 1987
  - ▶ Foot Locker Finalist in 1985
  - ▶ HS PB's - 4:20, 9:22, 15:05
- ▶ Georgetown University - 1987 - 1992
  - ▶ College PB's - 8:28, 14:36, 30:23
  - ▶ Big East 10k Champion 1991
- ▶ High School coach for 1 year
  - ▶ Landon High School
- ▶ College coach for 26 years
  - ▶ Georgetown University - 1993 - 1999
  - ▶ Yale University - 2000 - 2011
  - ▶ La Salle University - 2011 - 2014
  - ▶ Columbia University - 2014 - present

# Topics

- ▶ Role of Coach
- ▶ Miler OR 2 Miler?
- ▶ Training Basics
- ▶ Goal Setting
- ▶ Weight Room and/or Circuits
- ▶ Mileage
- ▶ Workouts
- ▶ Tempo Runs
- ▶ Recovery
- ▶ Racing

# Role of Coach

- ▶ Get to know your athletes
  - ▶ Develop a dialogue with each athlete
  - ▶ Get to know why they are on your team, what is their motivation
- ▶ Molding young minds for athletic competition and life
  - ▶ How you teach them to handle becoming a runner is vital
- ▶ Tradition
  - ▶ Do you have one or not. Not just about winning but a culture
- ▶ Coaches' interest/enthusiasm carries over to the athletes
  - ▶ Your level of commitment and interest is seen/felt by your athletes

# Miler or 2 Miler

- ▶ How to determine which?
  - ▶ Cross Country season
- ▶ Running background
  - ▶ Mentality
  - ▶ Injury history
- ▶ Race mentality
  - ▶ Ability to concentrate
- ▶ Program needs
  - ▶ Event depth
  - ▶ Meet entry standards
- ▶ Experience
  - ▶ Age
  - ▶ Years running

# Training Basics

- ▶ Philosophy
  - ▶ Holistic approach to training
  - ▶ To be a good distance runner you have to run
- ▶ Training Plans/Cycles
  - ▶ Long Term vs Short term
  - ▶ Consistency
  - ▶ Plans for individuals and for the team
  - ▶ Delivery to the individuals and/or team
- ▶ Meetings
  - ▶ Individual and team before and during the season
  - ▶ Determine training partners/groups
- ▶ Running Logs
  - ▶ Online - Running2win
  - ▶ Input mileage, injuries, surface, pace, how they felt
  - ▶ Track consistency of the training
  - ▶ Teammates can follow each other

# Goal Setting

- ▶ Individual Meetings
  - ▶ Before, during and after the seasons
- ▶ Mental Approach
  - ▶ Nerves
  - ▶ Anxiety
- ▶ What is success?
  - ▶ For each season, each race
  - ▶ Different for each athlete
  - ▶ Different for each situation
  - ▶ Determine before the race or workout
- ▶ Communicate the WHY behind the workout
  - ▶ Don't be afraid for explain the reasoning behind why you are doing something

# Weight Room and/or Circuits

- ▶ Weight Room
  - ▶ Do you have access to one on a regular basis?
  - ▶ Lift to gain strength
  - ▶ Consistency during season
- ▶ Circuits
  - ▶ Instead of weight room
  - ▶ Easier to manage and implement
  - ▶ Can do them almost anywhere
  - ▶ Easier to teach
  - ▶ Work different planes



# Mileage

- ▶ High vs Low
  - ▶ What is high mileage?
- ▶ Consistency
- ▶ Training Surface
- ▶ Biomechanics of the runner
- ▶ Quality vs Quantity
- ▶ Time vs Distance
- ▶ Increase from year to year
- ▶ Summer mileage vs school year mileage
- ▶ Days off
  - ▶ Cross Training
- ▶ Training Shoes
- ▶ Breaks between seasons

# Workouts

- ▶ Quality vs Quantity
  - ▶ Quality / Volume
  - ▶ Over the entire week
  - ▶ Watch workouts closely
- ▶ Typical Week
  - ▶ Monday
  - ▶ Tuesday
  - ▶ Thursday
  - ▶ Race Day
- ▶ Long Run
  - ▶ 1 x per week
  - ▶ 50 - 80 minutes
  - ▶ Pace
  - ▶ Terrain
- ▶ Tempo Runs
  - ▶ Time of year
    - ▶ Summer / Fall
    - ▶ Competition season
  - ▶ Location
  - ▶ Effort / Pace
  - ▶ 3 - 5 miles
  - ▶ 3 x 2k with 1-2 minutes rest
  - ▶ Lane 8 Tempos
    - ▶ 8 - 12 laps
    - ▶ 20 seconds rest
- ▶ Fartleks
  - ▶ Instead of track work
  - ▶ Summer / Fall
  - ▶ 18 - 24 minutes of hard running
  - ▶ Varying rest depending on type

# Workouts

## ▶ Hill Sessions

- ▶ 1x per week in the fall
- ▶ Short & long hills
- ▶ Steeper vs flatter
- ▶ Recovery jog
- ▶ Form and effort

## ▶ Speed Workout

- ▶ Efficiency / Form / Rhythm
  - ▶ Not all about “speed”
  - ▶ Mimic race mentality
- ▶ Speed
  - ▶ 150's / 200's
  - ▶ End of the workout
  - ▶ After workouts

## ▶ Volume

- ▶ 1600m - 3200m

## ▶ When to do it

- ▶ Too many “hard” efforts take a toll

## ▶ Recovery jog

- ▶ Walk vs jog

## ▶ Examples

- ▶ 4-6 x 200m w/ 200m jog
- ▶ 3 x 400m with 3:00 jog
- ▶ 6 x 300m with 200m jog
- ▶ 8-12 x 300m with 1:00 - 1:30 jog
- ▶ 600m, 400m, 2 x 200m with 6:00, 4:00, 3:00 jog
- ▶ 800m, 2 x 400m, 2 x 200m with 5:00, 4:00, 3:00 jog

# Workouts

## ▶ Strength Workouts

- ▶ Volume
  - ▶ 4800m - 6000m
- ▶ Type
  - ▶ Fall
  - ▶ Competition Season
- ▶ Variation
- ▶ Recovery jog
  - ▶ 1-3 minutes
  - ▶ 100m - 400m

## ▶ Examples

- ▶ 3 x 1600m with 2:30 jog
- ▶ 6 x 1k with 2:00
- ▶ 6 x 800m with 1:30 - 2:00
- ▶ 6 - 8 x 600m with 1:30 jog
- ▶ 10 - 12 x 400m with 1:00 & 3:00
  - ▶ Sets of 3-4
  - ▶ Faster each set
- ▶ 4 x 800m + 4 x 400m with 2:00 & 1:30
- ▶ 2 x (2 x 800m + 2 x 400m with 2:00 & 1:30)
- ▶ 8 - 10 x 400m with 1:00 & 5:00 + 300m FAST

# Recovery

- ▶ Warmup and Cool down
  - ▶ Pace
  - ▶ Length
  - ▶ Activities
- ▶ Sleep
  - ▶ Consistent
- ▶ Stretching
  - ▶ Type
- ▶ OFF Days
  - ▶ Cross training
- ▶ Hydration
  - ▶ Water vs recovery drinks
- ▶ Food
  - ▶ Proper nutrition

# Racing

- ▶ Leading vs Following
  - ▶ Race situation
  - ▶ Sit & Kick or hard from the gun
  - ▶ Individual athletes best race strategy
- ▶ Racing vs Time Trialing
  - ▶ Both are necessary
  - ▶ Use of rabbits/pacers
    - ▶ Beneficial for athletes that are trying to run fast
    - ▶ Beneficial for athletes that are doing the actual pacing
- ▶ Race Preparation
  - ▶ Know your athlete and the others in the race
  - ▶ Individual race plans for each athlete
  - ▶ Be prepared for any time of race situation before the gun fires
  - ▶ Don't over coach - let the athlete run his/her race