



Developing an Ancillary Plan for Distance Runners

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*This is just an outline of the presentation. There will be a more in depth power point presentation. There will be additional handouts and if there are any changes to this outline I will provide more copies. Thank you.

- Emily Weber - Case study of an emerging talent

- High School PR's
 - 1500m: 4:43
 - 3000m: 10:11
 - 5000m XC: 18:53*
- College PR's as a Freshmen
 - 1500m: 4:29
 - 5000m: 16:57
- The Transformation
 - Injury: disappointment or opportunity?
- Hayley Oveson - Another Example

-Considerations when Developing an Ancillary Plan

- Who are you working with?
 - Age
 - Background
 - Experience

- What are you trying to accomplish?
 - General Strength?
 - Specificity?
 - Injury Prevention?
 - Addressing Specific Weaknesses?
 - Have a good idea what you're trying to do when developing a plan and have a plan

- What are your resources?
 - Weight room/equipment
 - Time
 - Athletic Trainers/Physical Therapists
 - *Can make an unbelievable difference

- Less is More
 - Don't compromise the running work
 - Develop the best strategy for allowing recovery

- Utilize the Training Principles of Progression and Periodization
 - Take the next logical step
 - Pair the periodization of the running plan with the ancillary plan

- The X's and O's of Developing a Plan

- Start with a solid dynamic warm-up routine
 - Dynamic Flexibility
 - Progress from light dynamic stretching to drills that are more dynamic
 - Include Core as part of warm up?

***Will hand out an example of a dynamic warm up routine**

- **Areas to Focus on/Pay Attention to**
 - **Posture and Form**
 - **Move in multiple planes of motion**
 - **Multi-plane Lunges**
 - **Functional Movements**
 - **Balance of Strength**
 - **Push /Pulls**
 - **Hamstring/Quads**
 - **Progression of strength in legs**
 - **Body Weight squats to eventually adding weight in the form of front squats as an example**
 - **Progression not as important in upper body, never having to apply force with arms**
 - **Balance/Proprioception**
 - **Injury Prevention**
 - **Incorporate exercises to address areas that tend to be neglected**
 - **Core**
 - **Say goodbye to Crunches**
 - **Don't neglect posterior chain**
 - **Standing Core**
 - **Plyos?**
 - **Make sure athlete is prepared for this**
 - **Think of creative ways to introduce explosive movements, without as much injury risk**
 - **Concentric vs. Eccentric vs. Isometric**

 - **How to Structure a Routine**

***I'll hand out routine that go over some examples of specific lifts and exercises to help explain much of the ideas above. I know it is hard to ascertain a lot from just an outline, but questions will be greatly appreciated during the presentation. Thank you.**