



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.