



Distance Runners Need to be Fast

How to Develop Speed with 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.

- Can speed be improved? Why bother in a 3.1 mile race?

- Won't take an athlete with 24 sec 200m speed and turn him into Usain Bolt, but speed can be improved.
Example: Galen Rupp

- Improve Speed, Improve Efficiency
 - Efficiency is big piece of the puzzle

- Speed improves ability to win races

-How to go about improving speed

- Must improve strength and form
 - Proper Ancillary and Lifting Plan
 - Plyos

-Strength - Power - Speed

- Stimulate the Central Nervous System with drills
 - Debate if this actually improves speed or not, but I'm a believer it helps set up the opportunity to improve speed.
 - Focus on front side mechanics
 - Pay attention to arm and body position
- Provide Opportunities to RUN FAST
 - To improve speed athletes must sprint
 - What is speed work?
 - Neuromuscular vs. Metabolic work
 - How do you go about incorporating "speed work" into training program without compromising the progression laid out ahead
- Don't ever get away from having your athletes run fast during the year
 - Bowerman/Dellinger System - 200's every Monday

- How to incorporate speed development into training

- 20m sprints to 200m "extended strides" and everything in between
 - Examples of different speed development work:
 - Flying strides of 20-80m
 - In-N-Out strides 100-150m
 - Drills (high knees, A's, B's) to strides of 30-60m
 - Conventional strides of 100-200m, anything over 100m I usually refer to "extended strides", usually performed at about 1500m pace
 - Falling Starts or Accelerations of 20-40m
 - Hill Work, usually short sprints of 20-60m

- Allow for a substantial amount of recovery with this type of work, very important
- LESS is MORE
- How often?
 - The more intense speed development work should only be done maybe every 10 days, but depends on the athletes you are working with.
 - Strides done at 1500m work done more frequently, 2-3x a week depending on training plan.
- Consider “speed development” days, where the focus is that day is on this specific workout, so could warm up, do the speed development, then do the rest of the prescribed running for that day. This is better, because hard to perform these sprints after a long training run.

Most important thing to remember: provide opportunities for athletes to run FAST, to sprint, often times the neuromuscular component of training gets neglected. If athletes want to run fast then they must practice it.

* Again, handouts will be provided that show specific examples of workouts in more detail.