Shelton Ervin Head T&F /Head Cross Country
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Middle Distance Success:
Training and Mastering from Good to Great

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Who is Shelton Ervin?

- ❖ Graduate of Houston Westbury High School
- ❖ Former Assistant Coach @ The University of Houston
- ❖ 1/4th Kansas Jayhawk; 3/4th Houston Cougar
- ❖ Mid Distance Mentors: Stanley Redwine, Deborah Allen (Marshall), Khadevis Robinson
- ❖ All Time Favorite Halfmilers: Wilson Kipketer, Ana Quirot
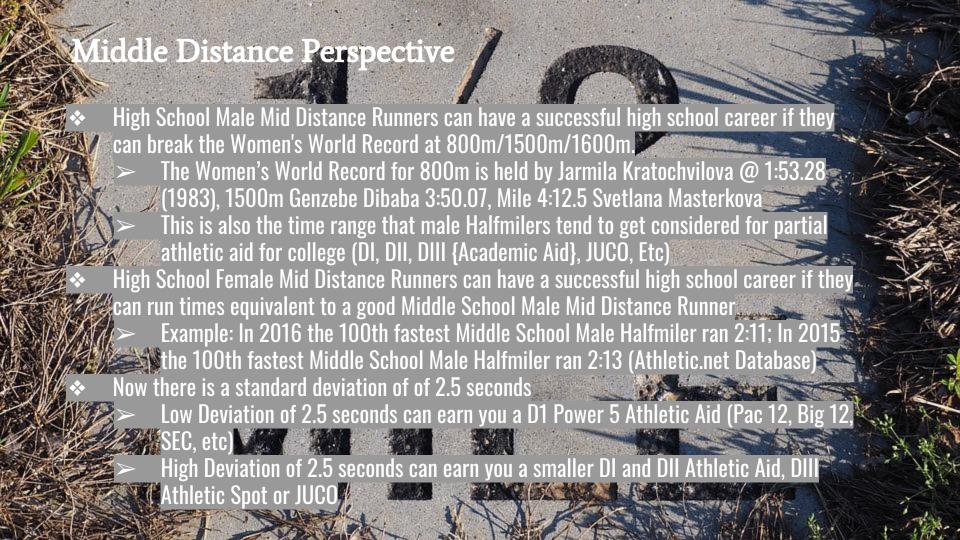- ❖ All Time Favorite Milers: Genzebe Dibaba, Bernard Lagat, Asbel Kiprop

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Practice, Practice; We're talking about Practice!

❖ Practice doesn't necessarily make your actions perfect, but it makes practice permanent whether good habits or bad habits.
  ➢ Establish the Practice Culture and getting Coaches and Athlete to buy in
  ➢ You get to Practice (excited) vs You have to Practice Mind Frame (forced)
❖ Athletes and Coaches
  ➢ "Being at Practice" and "Being Engaged at Practice"
  ➢ What does being engaged at Practice look like for a Coach?
    ■ On Time
    ■ Prepared (workout, stop watch(es), and etc)
    ■ Walking around and communicating during warm ups, workouts, and post practice briefing
  ➢ What does being engaged at practice look like for a Athlete?
    ■ Interacting (with athlete or coaches)
    ■ Energy Level (non lethargic)
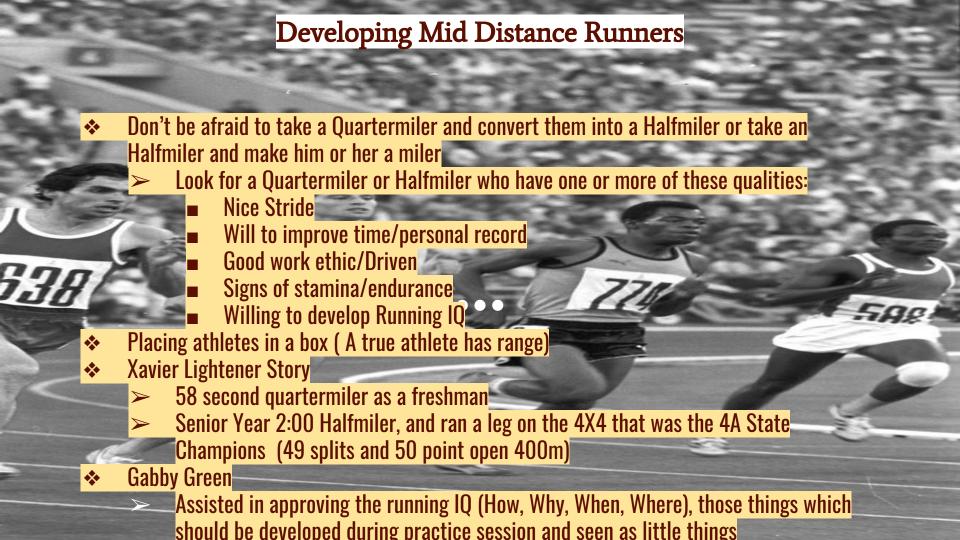   ■ Hitting Rest, Recovery Times and Target Times
    ■ Not clock watching

Middle Distance Perspective

❖ High School Male Mid Distance Runners can have a successful high school career if they can break the Women's World Record at 800m/1500m/1600m.

➢ The Women's World Record for 800m is held by Jarmila Kratochvilova @ 1:53.28 (1983), 1500m Genzebe Dibaba 3:50.07, Mile 4:12.5 Svetlana Masterkova

➢ This is also the time range that male Halfmilers tend to get considered for partial athletic aid for college (DI, DII, DIII {Academic Aid}, JUCO, Etc)

❖ High School Female Mid Distance Runners can have a successful high school career if they can run times equivalent to a good Middle School Male Mid Distance Runner

➢ Example: In 2016 the 100th fastest Middle School Male Halfmiler ran 2:11; In 2015 the 100th fastest Middle School Male Halfmiler ran 2:13 (Athletic.net Database)

❖ Now there is a standard deviation of of 2.5 seconds

➢ Low Deviation of 2.5 seconds can earn you a D1 Power 5 Athletic Aid (Pac 12, Big 12, SEC, etc)

➢ High Deviation of 2.5 seconds can earn you a smaller DI and DII Athletic Aid, DIII Athletic Spot or JUCO

Important Terms That Middle Distance Runners Must Understand

❖ The Will (Power)
  ➢ Webster Definition: The mental faculty by which one deliberately chooses or decides on a course of action
  ➢ This is important for developing athletes because most only "kinda sorta" want it, but "don't really" want it (Good to Great)
❖ Effort
  ➢ It takes absolutely no talent to give effort; effort is the great equalizer (Coach Kevin Sumlin) (Good to Great)
  ➢ Middle Distance must give a blended effort of speed and endurance (Don't box a kid)
❖ Threshold
  ➢ Webster Definition: The point at which a psychological or physiological effects begin to be produced
  ➢ The Middle Distance races are long enough to talk yourself out of your Will Power, thus threshold workouts are very important (Monitored/Non Monitored)
❖ Execution
  ➢ Carrying out and putting into effect the racing plan we worked on Mon-Fri

Developing the Racing IQ

❖ Firm believer that improving the Running IQ can improve his or her time far faster than any workout
  ➢ Not Hugging lane 1 thus prohibiting getting boxed in
  ➢ Front running, Back of the Pack Running; to avoid traffic (knowing your athlete is essential)
  ➢ First 6 seconds setting up the race by executing a fast but controlled pace
    ■ Use it or lose it (Papa)
  ➢ Not running directly behind another runner
  ➢ Practicing the 800m/1600m start ● ● ●
    ■ Break line and proper angle
    ■ If in the inside lanes the runner must get out more aggressive than normal
    ■ Alley start
    ■ Double Alley (Region 800
    ■ Staggered start
    ■ Double staggered start
    ■ Waterfall (rare)
    ■ Race Execution
    ■ Knowing your Competition

Developing Mid Distance Runners

❖ Don't be afraid to take a Quartermiler and convert them into a Halfmiler or take an Halfmiler and make him or her a miler
  ➢ Look for a Quartermiler or Halfmiler who have one or more of these qualities:
    ■ Nice Stride
    ■ Will to improve time/personal record
    ■ Good work ethic/Driven
    ■ Signs of stamina/endurance
    ■ Willing to develop Running IQ
❖ Placing athletes in a box (A true athlete has range)
❖ Xavier Lightener Story
  ➢ 58 second quartermiler as a freshman
  ➢ Senior Year 2:00 Halfmiler, and ran a leg on the 4X4 that was the 4A State Champions (49 splits and 50 point open 400m)
❖ Gabby Green
  ➢ Assisted in approving the running IQ (How, Why, When, Where), those things which should be developed during practice session and seen as little things

Early Season Development

❖ Grass Runs to establish stride rhythm and stride frequency
  ➢ Crossfields (X's)
  ➢ Tempo Runs (2112, 1122, 1221, 2211)
  ➢ Box and L
  ➢ Duration Run (5 X 90 sec; 75-65-55-45-35 sec)
  ➢ Turn in Go (5 X 50 sec go then 20 sec turn), Infield Turn and go
  ➢ 4 X 60 sec and then 300m at last lap pace or 4 X 2 min and then 300m
❖ Bells on shoes to work on pace recognition
  ➢ Cones at each 50m mark and splits are called out by the coach or Clyde Hart Pace Beeper App (Itunes Only)
  ➢ Segment run document
  ➢ Addresses pace if runner is behind and control tempo if ahead
  ➢ Helps recognize pacing from curve to straight away and maintaining constant effort

Strength Training

- ❖ Plyometric Circuits
- ❖ Depth Jumps
- ❖ Olympic Lifts
  - ➢ Dead Lift
  - ➢ Hang Cleans
  - ➢ Power Clean
  - ➢ Squats (1/4th and Speed)
  - ➢ Front Squats
- ❖ Medicine Ball Circuit
- ❖ Body Weight Circuit
- ❖ Hurdle Mobility
- ❖ Hill Training (Extremely Important)
- ❖ Stadium/Bleacher Training
- ❖ Cross Country Training (Halfmiler/Miler)

Essentials to Training

❖ Recovery is essential to Middle Distance Development
  ➢ Rest/Job (ex. Jog a 200m and walk a 200m)
  ➢ Active Rest (ex. 1 min jog; 2 min jog)
  ➢ Full Recovery (estimated 8min to 15 mins)
  ➢ Short Recovery to Long Recovery (30 sec to 3 to 4 mins)
❖ Easy Training
  ➢ Helps build base (Warm Ups/Cool Downs/Recovery Runs/Long Runs) *Pace
❖ Threshold Training
  ➢ Help build endurance (Steady Pace, Tempo Runs)
❖ Interval Training
  ➢ Hard effort but not all out (Recovery is essential)
❖ Sprint Training (Speed and Speed Endurance)
❖ REST is extremely important. Don't be locked into a workout written prior to the season
❖ Volume (Volume tends to increase from Good to Great, Careful not to cut too soon)
❖ Repetition Training
  ➢ Help improve speed (Control Runs, not straining)

➢ **Credit to Jack Daniels Running Calculator**

Go To Workout

- During the mesocycles that leads into championship season there is a three week period were the Halfmilers/Milers work on race sharpness via broken 800's, Milers use 1k's as their preparation for race sharpness.
- Broken 800's sets varies from 3-6 reps
- There is typically 30 secs to 2 mins in between each rep with 6-10 mins recovery in between each set.
- 4X8 Pacing (Running on the Fly)
- Effort and Pacing is emphasized on each rep
  - Push off the line after each rep
  - Hit target time for rep
- 20 min uncomfortable run then 5 X 300m with jog 100m for rest (last lap pace)

ASPIRE
Academy for Sports Excellence

Athletics Endurance

RACE DRILLS

These race drills must be well prepared according to the athlete capability.
It helps to develop: RESISTANCE OF ENDURANCE, RESISTANCE OF SPEED and prepares the athlete mentally for the distance he is training to run.
It is hard work because it is always based on the goal time (high intensity) but it is also based on short distance runs (low volume).
We start using the pace of his comfortable runs and later on must base on their hard runs pace.

RACE DRILLS FOR THE 800 METERS

GOAL TIME: _____ - PACE: _____/400m
CONFORTABLE RUN   PACE: _____ - _____/400m
RESISTANCE RUN   PACE: _____/400m
_____/400m

ALL WEATHER TRACK: 2 LAPS
TOTAL: 800 m
PACE: _____/km

RD#1 - 01 to 04 sets of (100m_____ 600m_____ 100m_____)
RD#2 - 01 to 04 sets of (100m_____ 200m_____ 100m_____ 300m_____ 100m_____)
RD#3 - 01 to 03 sets of (200m_____ 400m_____ 200m_____)
RD#4 - 01 to 03 sets of (300m_____ 300m_____ 200m_____)
RD#5 - 01 to 03 sets of (300m_____ 200m_____ 300m_____)
RD#6 - 01 to 02 sets of (400m_____ 200m_____ 200m_____)
RD#7 - 01 to 02 sets of (200m_____ 400m_____ 200m_____)
RD#8 - 01 to 02 sets of (500m_____ 200m_____ 100m_____)

Note: Pace of last one must be at least pace of the first one)

Senior Endurance Coach Carlos Cavalheiro   Page 16

Middle Distance Testing

- ❖ Pentathlon Testing
  - ➤ Standing Long, Standing Triple Jump, Flying 30m, Underhand Front Throw, 90 secs Run
- ❖ 45 sec, and 50 sec run
- ❖ 90 sec run for guys; 100 sec run for girls (simulates the 600m effort and running on the Fly for 4X8)
- ❖ 600m Time Trial
- ❖ Kosmin 1500m Test and Kosmin 800m Test
  - ➤ Next Slide
- ❖ 8 X 200m with 30 sec recovery in projected 800m race split (27-40 sec per 200m). The add the time the 200's was ran in and divide by 2
- ❖ 1600m/2000K/2400m
- ❖ DMR (1200m/400m/800m/1600m)

Kosmin Test Document

1500m Test

- The athlete warms up for 10 minutes
- The assistant gives the command "GO" and starts the stopwatch
- The athlete runs as fast as possible for 1 minute
- The assistant marks the point where the athlete reached after 1 minute and records the total distance run
- The athlete has a 3 minute recovery
- The athlete starts from where they finished the last 1 minute run (cone marks the point)
- The assistant gives the command "GO" and starts the stopwatch
- The athlete runs as fast as possible for 1 minute
- The assistant marks the point where the athlete reached after 1 minute and records the total distance run
- The athlete has a 2 minute recovery
- The athlete starts from where they finished the last 1 minute run (cone marks the point)
- The assistant gives the command "GO" and starts the stopwatch
- The athlete runs as fast as possible for 1 minute
- The assistant marks the point where the athlete reached after 1 minute and records the total distance run
- The athlete has a 1 minute recovery
- The athlete starts from where they finished the last 1 minute run (cone marks the point)
- The assistant gives the command "GO" and starts the stopwatch
- The athlete runs as fast as possible for 1 minute
- The assistant marks the point where the athlete reached after 1 minute and records the total distance run
- The assistant uses this final total distance to assess the athlete's performance

800m Test

- The athlete warms up for 10 minutes
- The assistant gives the command "GO" and starts the stopwatch
- The athlete runs as fast as possible for 1 minute
- The assistant marks the point where the athlete reached after 1 minute and records the total distance run
- The athlete has a 3 minute recovery
- The athlete starts from where they finished the last 1 minute run (cone marks the point)
- The assistant gives the command "GO" and starts the stopwatch
- The athlete runs as fast as possible for 1 minute
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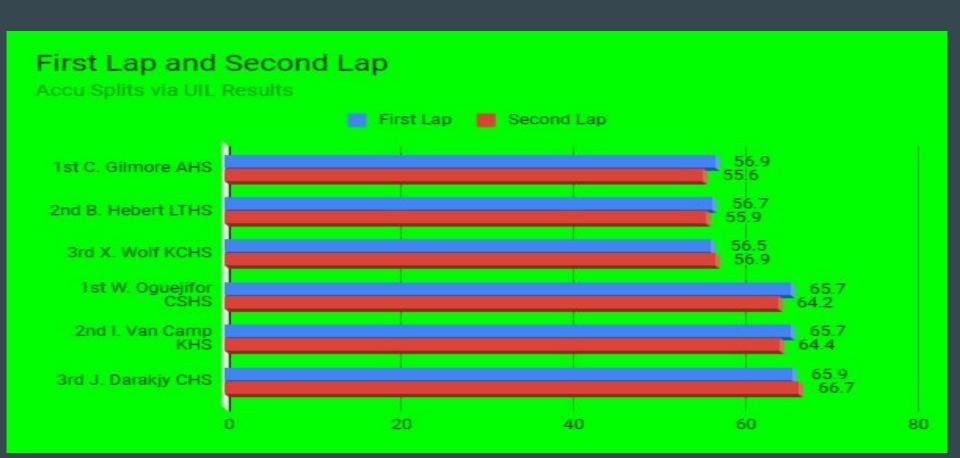- The assistant uses this final total distance to assess the athlete's performance

Any Questions?

Thank You!

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Follow me on Twitter: @Angryhalfmiler

Breaking Down Last Year 6A Middle Distances Races

First Lap and Second Lap
Accu Splits via UIL Results

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