1500/3000 Meters: Distance Running

1500 Meters=3 ¾ laps 3000 Meters=7 ½ laps

Introduction to Coaching Distance Events

Most of you have coached distance runners. Here are some of the tips from the New York Road Runners. I hope these tips will add to your experience. Helpful pages that are listed below can be accessed through the provided CD.

Most children can develop a level of fitness that will support continuous running for two miles. Keep these four points in mind while teaching kids about distance running:

1. **Make running a habit:** Distance runners need to run consistently to make progress. Children new to running should eventually progress to doing some form of endurance three or four days a week.
2. **Do different activities:** Keep training fun and interesting by integrating different activities and drills.
3. **Proceed with caution:** Distance training should start very conservatively. Maintain thorough training records for your athletes, taking into account the volume and intensity of practice sessions. As championship meets approach, decrease the volume of activity at practice and increase the intensity.
4. **Take time to rest:** Rest and recovery are just as important as running and doing drills. Students need to take full days off from practice every week and need adequate rest between specific exercises and drills.

WARM-UP Light jog (2–5 minutes)

Building Leg Strength (10–15 minutes)

DRILLS Form Activities (3–5 minutes) Lead the group on a light jog. Have students form a circle around you and lead them in leg-strength exercises. Please see the Supplementary Session on Muscular Strength and Endurance.

**High Knees:** Students can do high knees in place for 15 to 20 seconds. Tell them to maintain an upright body position while bringing the knee level with the hip and pulling the toe up toward the shin, and to alternate legs quickly, while taking very small steps forward. They should move their arms in a coordinated fashion with their legs, as if running. Video: [High Knees Video](http://www.nyrr.org/youth-and-schools/running-start/coaching-videos/middle-school/form/high-knees)

**Butt Kicks**: Students can do butt kicks in place for 15 to 20 seconds. Tell them to keep the back straight while moving forward slowly with quick, light leg movements that bring the heels toward the butt. Emphasize speed, not moving forward, in completing the motion. Video: [Butt Kicks Video](http://www.nyrr.org/youth-and-schools/running-start/coaching-videos/middle-school/form/butt-kicks)

**High Skips**: Runners can practice power skipping at 10–, 20–, and 40–yard intervals. Drive arms and legs upward in an exaggerated skipping motion. Bring the leg toward the chest while the opposite arm reaches up. Emphasize getting as far off the ground as possible. Video: [High Skips Video](http://www.nyrr.org/youth-and-schools/running-start/coaching-videos/middle-school/form/high-skips)

**Distance Form**

Distance runners share a similar stride to sprinters but with slightly less leg lift and arm swing. A straight line should be drawn from the top of a runner's head through the ankles along the center of mass of the body.

Distance Run

Have new and intermediate runners go for a 5- to 15-minute run. Runners can go between running, jogging, and walking. For a more advanced session, have runners count their laps while running. After five to 15 minutes, let runners have a 2- or 3-minute water break before running again for the same amount of time and trying to run more laps.

**Chain Run**

Set up two cones 50 to 100 yards apart. Runners line up single file and start running around the cones. On your signal, the last runner in the line sprints to the front. When that runner has reached the front, he or she yells "Go!" and the runner who is now at the back sprints to the front. Repeat until all runners have led the group. The video below shows a slightly modified version of the exercise. Video: [Chain Run Video](http://www.nyrr.org/youth-and-schools/running-start/coaching-videos/high-school/pacing/baton-chain-run)

For More Information, see <http://www.nyrr.org/youth-and-schools/running-start/training-plans/track-and-field-training-plan/distance-races-800-and-1600-meters>

And <http://www.nyrr.org/youth-and-schools/running-start/training-plans/track-and-field-training-plan/distance-races-further-development>

Form Practice-[Bricks and Feathers Video](http://www.nyrr.org/youth-and-schools/running-start/coaching-videos/middle-school/form/bricks-feathers)

Continuous Relay Game-[Video](http://www.nyrr.org/youth-and-schools/running-start/coaching-videos/middle-school/games/continuous-relay)