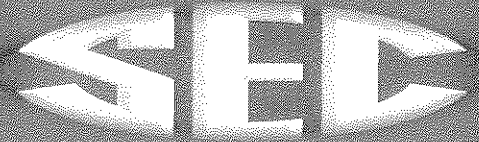


# Jeff Pigg's Cross Country Training



## **Transition to Summer Training**

The Break – “Disperse the Rest”

A) 3 off-1 run-1 off - 2 run-1 off - 3  
run-1 off-4 run-1 off 5 run

B) 3 weeks -5 days off -6 days run  
every other day, 10 days run 2-1 off

## **Summer Training**

- Strength Training- GS (attachment)
- Building the Base (10 weeks)
- Safe Progression (Volume and Long Run)
- Consistency

## **Components**

- Long Run (longest run at end of Summer)
- Tempo

- Steady State
- Fartlek
- Progression

### **Structure**

- Tempo after 4th week  
quicker 3-4 mile run  
10:00-12:00 pickup during run
- Fartlek after 6<sup>th</sup> week
- Summer Fartlek - Longer surges less rest
- 5 x 3:00 on 2:00 rest
- 1-2-3-4-5-4-3-2-1 w/ 2:00 rest
- 7-6-5-4-3-2-1 w/ 2:00 rest
- Steady State 5-8mile runs longer (Slower than Tempo) alternate with Tempo
- Progression Run-Negative Split 2-2-2
- Ex: Out and Back, Cutdowns
- Long run increase minutes
- **Competition Phase**
- Mileage has peaked end of Summer
- Weekly format 2 workouts and long run
- Maintain long run-shorter after races

- Workout #1
- Introduce Intervals Get them use to race pace  
10 x 300 at race pace / 100 jog rest
- Build up to longer intervals at race pace  
3 x 1 mile Date RP 4:00 rest
- 5 x 1000 Goal RP w/ 3:00 rest
- Workout #2
- Tempo/progression
  - 3 mile tempo + 1 mile on track
  - or 5 x 300 track
  - 1200 track + 3 mile tempo +1200 track
  - 800 track + loop off track – continuous
  - mile (tempo pace) 3 hills(race effort)-
  - mile 3 hills-mile

### **Championship Phase**

- Workout #1 – shorter intervals same Volume  
5 x 1000 becomes 3x4x400
- Workouts are ran at sub 5k goal pace  
2k breakdown
- Workout #2  
Aerobic Maintenance – Shorter Tempos  
Quick 3 miles
- Long Run is reduced

## **Tapering**

- Start 4 weeks from Championship Race
- Volume is dropping 10-15% weekly
- Long run is getting shorter
- Intensity of workouts is still high
- Bigger base = longer peak

## **Team Dynamics**

- Team Chemistry
- Unselfishness
- Team Goal
- Control workouts
- Try to beat other teams not each other

## **Observations**

- If you want to be a good runner you got to run
- Confidence from early success
- Consistency - ex. Bridget Lyons
- No other sport where 1 hour commitment per day could equal success
- The journey/thrill of the chase is what makes the season special
- You don't coach Cross Country you coach Cross Country Runners
- Clean Living Permeates all aspects

## **Healthy Runners**

- Communicate-Know about tests, home life, family and other stressful factors)
- Communication leads to injury free season.
- Sleep – Live like a clock
- Fuel the machine (snack/drink after workouts)
- Iron levels - Ferratin
- Water bottles
- Post run stretching
- Hurdle walk through
- Barefoot running
- Running drills
- Foot drills
- Balance



# GEORGIA DISTANCE RUNNING



## GENERAL STRENGTH

### RED

PRISONER SQUATS  
V-UPS  
PUSH UPS  
BACK HYPERS-TWIST  
ROCKET JUMPS  
LEG TOSS  
ROCKY'S (PUSH UPS-CLAP)  
WRESTLERS BRIDGE  
COSSACK EXTENSION  
CRUNCH  
DECLINE PUSHUPS  
PRONE SINGLE LEG HIP EXTENSIONS

### BLACK

SINGLE LEG SQUAT  
TOE TOUCHES  
PUSH UPS  
HYPERS  
YOGIS-HAMSTRING  
SIDE-UPS  
LUNGE GOOD MORNINGS  
ROCKY'S  
LUNGE WALK  
PUSH UP TOE WALK  
PRONE FLEX HIP EXTENSION

### PEDESTAL

PRONE ELBOW STAND, SINGLE LEG RAISE  
SUPINE, ELBOW STAND, SINGLE LEG RAISE  
PRONE, HAND STAND, SINGLE LEG RAISE  
SUPINE, HAND STAND, SINGLE LEG RAISE  
LATERAL, ELBOW STAND, SINGLE LEG RAISE  
LATERAL, HAND STAND, SINGLE LEG RAISE  
PRONE, FLEXED KNEE, ELBOW STAND HIP LIFT  
SUPINE, FLEXED KNEE, HIP LIFT  
CRUNCH, LOW REACH  
CRUNCH, LOW REACH WITH TWIST

### PILLAR

V-UPS  
HYPER-TWIST  
LEG TOSS  
WRESTLERS BRIDGE  
CRUNCH -TWIST  
PRONE HIP EXT. (FLEXED)  
TOE TOUCHERS (PARTNER)  
L--OVER  
HYPERS  
SIDE UPS (INTERN./EXTERN. OBLIQUES)  
DOUBLE LEG EAGLE  
LOW LEVEL BICYCLE  
PELVIC TILT ISOMETRIC (5 COUNT)  
PELVIC TILT LEG CRUNCH

# GEORGIA CROSS COUNTRY

SEPTEMBER 6-19

PRACTICE SCHEDULE

GIRLS

|              |                  |   |
|--------------|------------------|---|
| Monday 6     |                  | 4-7 miles   |
| Tuesday 7    | 7:00am<br>2:00pm | 6-9 miles<br>jog-stretch-drills- hurdles, GS 4 miles  |
| Wednesday 8  | 7:00am           | tempo on the Greenway<br>2 UP - - 4 miles at 6:10--2 DOWN<br>Kristie, Bridget--2-6:00, 2-5:55, 2-5:50 |
| Thursday 9   | 7:00am<br>pm     | 7-11 miles, GS<br>optional 4 miles  |
| Friday 10    | 7:00am           | fartlek in IM fields  |
| Saturday 11  | 8:00am           | 11-15 miles WOLFSKIN  |
| Sunday 12    |                  | rest or light jog   |
| Monday 13    | 7:00am<br>2:00pm | 2 UP- 4 tempo-2 DOWN<br>jog-stretch-drills-hurdles GS, 4 miles  |
| Tuesday 14   | 7:00am<br>2:00pm | 2 UP-fartlek--2 DOWN<br>jog-stretch-drills, GS 4 miles,   |
| Wednesday 15 | 2:00pm           | 5-7 miles   |
| Thursday 16  | am<br>2:00pm     | optional 4 miles<br>RACE  |
| Friday 17    | on UR own        | 4-6 miles   |
| Saturday 18  | 8:00am           | 10-15 miles   |
| Sunday 19    |                  | rest or light jog   |
| Monday 20    | 7:00am<br>pm     | 4 miles, GS<br>tba  |

# post season break & return to training

November 16-December 14, 2009

PRACTICE SCHEDULE

women

RECORD WHAT YOU DO EVERYDAY BESIDE THE DATE

|              |        |          |
|--------------|--------|----------|
| Monday 16    |        | off      |
| Tuesday 17   |        | off      |
| wednesday 18 |        | off      |
| Thursday 19  |        | 4 miles  |
| Friday 20    |        | off      |
| Saturday 21  |        | 4 miles  |
| Sunday 22    |        | 5 miles  |
| Monday 23    |        | off      |
| Tuesday 24   |        | 5 miles  |
| wednesday 25 |        | 6 miles  |
| Thursday 26  |        | 7 miles  |
| Friday 27    |        | off      |
| Saturday 28  |        | 5 miles  |
| Sunday 29    |        | 6 miles  |
| Monday 30    | 2:00pm | 7 miles  |
| Tuesday 1    | 2:00pm | 8 miles  |
| wednesday 2  |        | off      |
| Thursday 3   | 2:00pm | 6 miles  |
| Friday 4     | 2:00pm | 7 miles  |
| Saturday 5   |        | 8 miles  |
| Sunday 6     |        | 6 miles  |
| Monday 7     | 2:00pm | 9 miles  |
| Tuesday 8    |        | off      |
| wednesday 9  | 2:00pm | 6 miles  |
| Thursday 10  | 2:00pm | 7 miles  |
| Friday 11    | 2:00pm | 8 miles  |
| Saturday 12  |        | 9 miles  |
| Sunday 13    |        | 6 miles  |
| Monday 14    |        | 10 miles |

FINISH FINALS AND BEGIN WINTER TRAINING PLAN

Planning for 2010: JAN 5<sup>TH</sup> REPORT for practice

GS 3 TIMES PER WEEK

# GEORGIA track & field

## Winter Training Schedule

women 55

| Week  | 1  | 2   | 3   | 4   | 5   | 6    | 7    | 8    | 9    | 10   |
|-------|----|-----|-----|-----|-----|------|------|------|------|------|
| Mon   | 7  | 7-F | 8-F | 9-F | 9-T | 9-F  | 9-F  | 9-T  | 9-F  | 9-F  |
| Tues  | 5  | 6   | 7   | 7   | 8   | 8    | 7    | 8    | 8    | 7    |
| Wed   | 7  | 7   | 7   | 7   | 7   | 8    | 7    | 8    | 8    | 7    |
| Thur  | 6  | 8   | 8-S | 9-S | 9-S | 10-T | 10-S | 10-S | 10-T | 10-S |
| Fri   | 5  | 5   | 5   | 6   | 7   | 7    | 6    | 7    | 7    | 6    |
| Sat   | 10 | 11  | 11  | 12  | 12  | 13   | 13   | 13   | 13   | 13   |
| Sun   | 0  | 0   | 0   | 0   | 0   | 0    | 0    | 0    | 0    | 0    |
| Total | 40 | 44  | 46  | 50  | 52  | 55   | 52   | 55   | 55   | 52   |

Record mileage below:

| Week  | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|-------|---|---|---|---|---|---|---|---|---|----|
| Mon   |   |   |   |   |   |   |   |   |   |    |
| Tues  |   |   |   |   |   |   |   |   |   |    |
| Wed   |   |   |   |   |   |   |   |   |   |    |
| Thur  |   |   |   |   |   |   |   |   |   |    |
| Fri   |   |   |   |   |   |   |   |   |   |    |
| Sat   |   |   |   |   |   |   |   |   |   |    |
| Sun   |   |   |   |   |   |   |   |   |   |    |
| Total |   |   |   |   |   |   |   |   |   |    |

**Train like a Division I athlete.**

**T-tempo:** Run a faster than normal pace for 3-4 miles.

**S-steady state:** 5-10 miles faster than normal. This can be **Out easy and back fast** 8 miles 1st 4 7:30 come back sub 7:00, **progression** 2@7:10-2@SUB 7:00-2@6:40 or **cutdown** getting faster each mile EX 7:00-6:45-6:30-6:15-6:00 OR 7:00-6:50-40-30-20-10-6:00

**F-fartlek:** 7-6-5-4-3-2-1 or 1-2-3-4-5-4-3-2-1 or 3:00 fast/2:00 easy or 5:00 fast 3:00 easy

**Long Run** Build up the minutes and then keep the pace moderate.

**Stretching** - Maintain a thorough stretching program especially following your runs.

**Vary the Surface** - Attempt to run some your mileage on dirt roads, parks or trails and of course pavement.

# GEORGIA CROSS COUNTRY

## Winter Training Program

### 75 MEN

| Week  | 1   | 2   | 3    | 4    | 5    | 6    | 7    | 8    | 9    | 10   |
|-------|-----|-----|------|------|------|------|------|------|------|------|
| Mon   | 4/7 | 4/8 | 4/8  | 4/8  | 4/9  | 4/9  | 4/9  | 4/9  | 4/9  | 5/8  |
| Tues  | 8-F | 9-T | 10-S | 10-S | 10-T | 11-S | 10-S | 11-T | 11-S | 10-S |
| Wed   | 4/7 | 4/7 | 4/7  | 4/8  | 4/9  | 4/9  | 4/9  | 5/8  | 5/8  | 5/8  |
| Thur  | 7   | 9   | 9-F  | 9-F  | 11-F | 10-F | 10-F | 10-F | 10-F | 10-F |
| Fri   | 7   | 7   | 7    | 8    | 8    | 8    | 9    | 8    | 10   | 10   |
| Sat   | 11  | 12  | 13   | 14   | 14   | 15   | 15   | 15   | 15   | 15   |
| Sun   | 0   | 0   | 4    | 5    | 6    | 5    | 0    | 5    | 8    | 5    |
| Total | 55  | 60  | 66   | 70   | 75   | 75   | 70   | 75   | 80   | 75   |

Record mileage below:

| Week  | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|-------|---|---|---|---|---|---|---|---|---|----|
| Mon   |   |   |   |   |   |   |   |   |   |    |
| Tues  |   |   |   |   |   |   |   |   |   |    |
| Wed   |   |   |   |   |   |   |   |   |   |    |
| Thur  |   |   |   |   |   |   |   |   |   |    |
| Fri   |   |   |   |   |   |   |   |   |   |    |
| Sat   |   |   |   |   |   |   |   |   |   |    |
| Sun   |   |   |   |   |   |   |   |   |   |    |
| Total |   |   |   |   |   |   |   |   |   |    |

**Train like a Division I athlete.**

**T-tempo:** Run a faster than normal pace for 3-5 miles.

**S-steady state:** 5-10 miles faster than normal. This can be **Out easy and back fast** 10 miles 1st 5 miles@ 6:30 and come back sub 5:30, **progression** 2@6-2@6:00 2@5:40-2@5:20 and eventually finish with 2@5:00 or **cutdown** getting faster each mile EX:  
6:00-5:45-5:30-5:15-5:00 OR 6:00-5:50-40-30-20-10-5:00

**F-fartlek:** 7-6-5-4-3-2-1 or 1-2-3-4-5-4-3-2-1 or 3:00 fast/2:00 easy or 5:00 fast 3:00 easy

**Long Run** Build up the minutes and then keep the pace moderate.

**Stretching** - Maintain a thorough stretching program especially following your runs.

**Vary the Surface** - Attempt to run some your mileage on dirt roads, parks or trails and of course pavement.

# GEORGIA TRACK & FIELD

# WINTER TRAINING SCHEDULE

4 minutes

NAME \_\_\_\_\_

|              |  |
|--------------|--|
| Monday 13    | HILLS  |
| Tuesday 14   |  |
| Wednesday 15 | TEMPO 4 sub 6                                      |
| Thursday 16  |  |
| Friday 17    | FARTLEK 5 X 3:00 ON 2:00 EASY                      |
| Saturday 18  | LONG RUN   |
| Sunday 19    |  |
| Monday 20    | TEMPO: 6 MILES OUT EASY BACK FAST                  |
| Tuesday 21   |  |
| Wednesday 22 | FARTLEK 7 X 2:00 ON 3:00 EASY                      |
| Thursday 23  |  |
| Friday 24    | HILLS  |
| Saturday 25  | Merry Christmas                                    |
| Sunday 26    | LONG RUN   |
| Monday 27    | TEMPO 5 MILES 6:00-5:45-5:30- 5:15- 5:00           |
| Tuesday 28   |  |
| Wednesday 29 | 1-2-3-4-5-4-3-2-1 FARTLEK                          |
| Thursday 30  |  |
| Friday 31    | HILLS oh yeah and...Behave.                        |
| Saturday 1   | Happy New Year!                                    |
| Sunday 2     | LONG RUN   |
| Monday 3     | TEMPO 5 MILES 4 MILES SUB 6 MILE ON THE TRACK FAST |
| Tuesday 4    |  |
| Wednesday 5  | 10:00AM REPORT FOR PRACTICE IF RACING CLEMSON      |
| Thursday 6   | 1-2-3-4-5-4-3-2-1 w/ 2:00 rest FARTLEK             |
| Friday 7     |  |
| Saturday 8   | LONG RUN   |
| Sunday 9     |  |
| Monday 10    | 2:00PM PRACTICE                                    |

Progress your mileage

Long run: eventually get to 18-20% of your weekly total or 90:00

Tempo run: 3-5 miles at threshold pace

Fartlek:

GS: 3 TIMES PER WEEK

# GEORGIA TRACK & FIELD PRACTICE SCHEDULE

February 16-28, 2009 MEN

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|              |               |                |  |
|--------------|---------------|----------------|--|
| Monday 16    | AM<br>2:00pm  | 800<br>md<br>d | 20:00-30:00 run<br>2 UP / 800(75) - 600(72) 500(70) - 400(67) - 300(50) - 200(32)<br>2 UP / 3 x 3 x 500(72/400) 2:00/5:00 rest / 2 DOWN<br>2 UP / / 2 DOWN   |
| Tuesday 17   | AM<br>2:00pm  |                | weights<br>jog stretch drills 6-9 miles (last 10:00 barefoot on grass)   |
| Wednesday 18 | AM<br>2:00pm  |                | 20:00-30:00 run<br>800/MD 4-6 miles 8 x 100 strides<br>D 10 miles  |
| Thursday 19  | AM<br>2:00 pm |                | weights<br>jog-stretch-drills 5-9 miles (last 10:00 barefoot on grass)<br>D 2 UP / 1-2-1-2-1 laps turf 1/2 lap rest / 20:00 run / 4-6 x 200 / 2 down   |
| Friday 20    | am<br>2:00PM  |                | 20:00-30:00 LIGHT JOG<br>800 2 up 2 X 2 X 400 (800rp) :30/10:00 REST 2 down<br>MD 2 up 4 x 400 (70) 2:00 rest / 4 x 200 cutdowns / 2 down<br>D 2 up 3 x 1000 at 3KGP 5:00 rest 2 down                          |
| Saturday 21  |               |                | 80:00-100:00 long run  |
| Sunday 22    |               |                | REST   |
| Monday 23    | AM<br>2:00pm  |                | 20:00-30:00 run<br>800 2 UP / (500/300) / 2 DOWN *Ross 2 <sup>nd</sup> set 3/2/3<br>MD/D 2 UP / 4 x 800 (2:20-15-10-05) lap jog rest / 2 down  |
| Tuesday 24   | AM<br>2:00pm  |                | weights<br>800 4 miles last mile barefoot<br>MD/D 5-9 miles (last 10:00 barefoot on grass)   |
| Wednesday 25 | AM<br>2:00pm  |                | 20:00-30:00 run<br>800 2 UP / 8 x 200 - 200 jog rest (30-29-28-27-26-25-28-30) 2 DOWN<br>MD 2 UP / 8 X 200 - 200 jog rest 2 DOWN<br>D 3 mile run @ 5:00 pace 4 x 300 cut downs (50-48-46-44) jog barefoot DOWN |
| Thursday 26  |               |                | TRAVEL run 4-7 miles before we leave   |
| Friday 27    |               |                | pre meet warm-up   |
| Saturday 28  |               |                | SEC CHAMPIONSHIPS  |
| Sunday 1     |               |                | SEC CHAMPIONSHIPS  |

# MIDDLE DISTANCE TRAINING

## 800 TRAINING

1. OFF SEASON / SUMMER
2. PRE SEASON
3. COMPETITION
4. CHAMPIONSHIP

### EXAMPLES

1. Hills
2. 1200-800-600-500-400-300-200
3. 5-6 x 400 4:00 rest
4. 2 X 4 X 200 (race pace) 30/10:00 rest
5. 4 x 400 (race pace) 5:00 rest
6. 500/300 (race pace)
7. 200 cutdowns

## MILE TRAINING

1. COMPETITION
2. CHAMPIONSHIP

### EXAMPLES

1. 2000-1600-1200-800-400 multi pace
2. 3 x 4 x 400 40 sec / 5:00 rest \*start w/ 300's
3. 5 x 800 cut downs lap jog rest
4. 5 x 600 (race pace) 3-4:00 rest
5. 2 x 3 x 500 (race pace) 2:00/5:00 rest
6. 5 x 400 cut downs lap jog rest
7. 8 x 400 (race pace) 2:00 rest
8. 8 x 200

## DISTANCE TRAINING

1. COMPETITION
2. CHAMPIONSHIP



# GEORGIA DISTANCE RUNNING



## GENERAL STRENGTH

### RED

PRISONER SQUATS  
V-UPS  
PUSH UPS  
BACK HYPERS-TWIST  
ROCKET JUMPS  
LEG TOSS  
ROCKY'S (PUSH UPS-CLAP)  
WRESTLERS BRIDGE  
COSSACK EXTENSION  
CRUNCH  
DECLINE PUSHUPS  
PRONE SINGLE LEG HIP EXTENSIONS

### BLACK

SINGLE LEG SQUAT  
TOE TOUCHES  
PUSH UPS  
HYPERS  
YOGIS-HAMSTRING  
SIDE-UPS  
LUNGE GOOD MORNINGS  
ROCKY'S  
LUNGE WALK  
PUSH UP TOE WALK  
PRONE FLEX HIP EXTENSION

### PEDESTAL

PRONE ELBOW STAND, SINGLE LEG RAISE  
SUPINE, ELBOW STAND, SINGLE LEG RAISE  
PRONE, HAND STAND, SINGLE LEG RAISE  
SUPINE, HAND STAND, SINGLE LEG RAISE  
LATERAL, ELBOW STAND, SINGLE LEG RAISE  
LATERAL, HAND STAND, SINGLE LEG RAISE  
PRONE, FLEXED KNEE, ELBOW STAND HIP LIFT  
SUPINE, FLEXED KNEE, HIP LIFT  
CRUNCH, LOW REACH  
CRUNCH, LOW REACH WITH TWIST

### PILLAR

V-UPS  
HYPER-TWIST  
LEG TOSS  
WRESTLERS BRIDGE  
CRUNCH -TWIST  
PRONE HIP EXT. (FLEXED)  
TOE TOUCHERS (PARTNER)  
L--OVER  
HYPERS  
SIDE UPS (INTERN./EXTERN. OBLIQUES)  
DOUBLE LEG EAGLE  
LOW LEVEL BICYCLE  
PELVIC TILT ISOMETRIC (5 COUNT)  
PELVIC TILT LEG CRUNCH