

How to train a high school distance athlete

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What we include with our team syllabus to athletes and parents:

The following information is to help the student-athlete understand what is expected of him in this endurance sport. What is most important to understand is that this activity requires consistent commitment to training. Training is challenging both mentally and physically. With the progress through training, a student-athlete can begin to earn the privilege to participate in more challenging workouts and represent the program and the school at a high level if his performance deems it.

In essence, endurance training allows for improvement because we stress the body (relative to the workout prescribed that day) and then allow for recovery. This process of stress, recovery adaptation is the core of how to improve, but the details on how much to stress, when to rest and what kind of adaptation (or progress) to expect are all subject to individuals. Typically the more an individual commits to the planning, training and evaluation, the better the improvement (which is why we offer this sport as an educational initiative).

The following two lists are to give YOU the tools it takes to be a successful endurance athlete. Some of you read them when we introduced them in the summer but everyone should take the interest in their training and their progress. Some information is focused on summer training (the voluntary stage of our program) and the season, (training determined by the coaching staff).

Nine “knowns” to be a successful athlete

These nine principles of attitude, character and faith are the core of any great athlete.

1. Train consistently, and often
2. Dream big and set goals
3. Appreciate effort over talent

4. Recognize rest, soreness and injury

5. Be knowledgeable & plan smart

6. Practice flexibility & stay strong

7. Track progress

8. Be passionate yet patient

9. Believe you are GREAT

The Total 10 of Training specifics

The next 10 ingredients are specifics to help you follow a plan that suites your time and your ability (kind of like a buffet) Following these ingredients you should have a stronger body and mind when the season begins.

1. Building a base

2. Making running/working out a routine

3. Planning your phases

4. Smooth striding

5. The L- -O- -N- -G run

6. Pushing the aerobic threshold line

7. Super strength

8. Preventing pain & focusing on flexibility

9. Eating & drinking

10. Mental motivation

All the tools are in place but you have to invest yourself, you have to put your effort into the pot to make this work.