

# Developing Speed in Distance Runners

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# What is “speed” for a distance runner?

- Speed that you can use when you need it in a race
- Making a move from 200m, 400m or even further out
- If you can run 400m faster you can run an 800m, 1600m, 3200m and 5K faster
- At some point most championship races become a sprint!
- Shantia <http://ghsa.playonsports.com/events/33344>
- Devonna <http://ghsa.playonsports.com/events/57980>



# Some absolutes:

- RUN! As much as you possibly can do safely. This is what summers are for! You develop aerobic ability and strength over the summer (my last two 800m champs “won” those events the previous summer)
  - Summer is not as rigorous as the school year - add mileage and strength over the summer
- Consistency of training. Train year round.
- Cross train as a supplement to running but not a substitute!
- Negative split races 1600m and longer
- Run the 4 X 400m relay!



# The “Little Things”

- Rest and sleep
- Eat healthy
- Stretch/warmup
- Ice, take care of injuries
- Hydrate



# Strength Training

- We do mostly body weight exercises
- Hit each area twice a week
- For efficiency we combine strength training and other workouts
- We do legs twice a week and on opposite days we do core and upper body
- We focus a lot on this in the summer and between XC and track



# Upper Body

- Dips
- Pull-ups
- Pushups
- We do 3 sets of each times 10-14 reps of each
- Core - all your typical core exercises



# Lower Body

3 sets of 10-14 reps each

- Bench Step ups



# Bench Squats

3 sets of 10-14 reps





# Lunges

Forward Lunges  
High Knee Lunges  
Side Lunges



# Squats

- Can be done with just body weight or in the weight room with a bar and weights (make sure you supervised)
- Low walks - same as squats but while walking. Done with no weight



# Strength training tips and things we do

- Do your strength training after your runs. During the season our strength training is done during normal practices BUT we don't cut our runs short.
- Do legs on workout days. We keep our easy days e a s y!
- Do a core exercise, roll over, pushups, core exercise, pushups, etc.



# Hills

- Hills are speed work in disguise.
- Develop speed and strength
- A great time to work on form
  - good arm swing
  - run on mid-foot
  - drive knees up



# Hill Workouts

- Normally hills are 30-40 seconds long. Ours is 400m. Run the uphill, recover jog the downhill.
- Run the hill at about 75% effort (you should still be able to talk in sentences without gasping for air)
- We do 6 to 18 hill repeats depending on the level of the runner and time of the season. Our record is 22 hill repeats!
- Hilly Blasts - short (10 second bursts up the hill) Normally later in the season. No more than 6 per workout



• We do these 3+ times per week

# Strides

• Done after our slower runs

• Do them at 800m to 1600m pace emphasizing good form

• Start at 6 X 50m in summer and go to 6 X 125m later in the season

• Full rest between strides

• If it is a good grass surface you can do them barefoot

• We do falling starts a lot



# Falling starts



# Hurdle Drills

- Develop strength and good form
- Develop flexibility
- Develop balance
- Walkovers and trail leg drags
- Helps prevent injuries

<http://www.youtube.com/watch?v=A7YXjar6lWwxt>





# Other Form Drills

- A skips
- B skips
- High Knees
- Butt kickers
- We do these EVERY day. Part of a dynamic warm-up



# 200's

- We start these 6-8 weeks before the BIG day
- Start at current pace (80 second/400 = 40 second 200) reduce the pace over the 6 to 8 weeks. We always jog a 200 between. Try to run them on grass or trail
- Normally we do these twice a week as part of another workout or as their own workout late in the season.
- Early season - 6 X 200 after a tempo



# Sample Week

- Monday - dynamic warmup, hurdle drills, aerobic run, strides, core and pushups, stretch
- Tuesday - dynamic warmup, hills, lunges back to the stadium (about 300m) stretch
- Wed - dynamic warmup, hurdle drills, recovery run, strides, core and pushups, stretch
- Thursday - dynamic warmup, aerobic run or workout, strength training in the stadium bleachers (bench step ups, bench squats, lunges) stretch
- Friday - dynamic warmup, aerobic recovery paced run, strides, stretch
- Saturday/Sunday - run or off depending on their plan



At some point, almost every championship  
race becomes a sprint

[http://www.youtube.com/watch?v=9-gOCO  
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