

**SETTING UP AN ANNUAL PLAN
FOR DISTANCE RUNNERS**

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POINTS TO REMEMBER/CONSIDER

- Age vs. Training Ag
- Balance
- Individualization
- Diversity
- Access to athletes
- Other sports/activities?

PHYSICAL PERFORMANCE FACTORS

- Strength
- Speed
- Flexibility
- Coordination
- Endurance

TRAINING THEORY PRINCIPLES AND CONCEPTS (PART 1)

- Stimulus and Adaptation
- Training Theory
- The Overload Principle
- The Principle of Reversibility
- Rest and Recovery
- Principle of Specificity of Adaptation

TRAINING THEORY PRINCIPLES AND CONCEPTS

▪ Matveyev's Model

Application of Training Stimulus

Supercompensation

Maximal Fatigue

Recovery

Return to Previous Fitness Levels

Fitness Level

Base Fitness Level

TRAINING THEORY PRINCIPLES AND CONCEPTS

- The Principle of Variance
- The Principle of Individualization
- Age and Training Age
- Training Theory
- Peaking

TRAINING THEORY PRINCIPLES AND CONCEPTS (PART 4)

- **Volume and Intensity**
- **General and Specific Training**
- **Simple and Complex Training**
- **Training Grouping Principles**

TRAINING DESIGN MODULES

- **The Annual Plan - One Year**
- **The Macrocycle** - One Season - 4 Phases
- **The Phase** - General Prep, Specific Prep
- **The Period**
- **The Mesocycle**
- **The Microcycle**
- **The Session** - One Practice
- **The Unit** - One objective within a practice

TRAINING DESIGN

- **The Unit**
 - Warmup
 - Skill and Technical Activities
 - Speed and Power Activities
 - Strength and Endurance Activities
 - Cooldown

?? Questions ??
