

## Applied Training Principles For Middle & Distance Events

### I. Specificity

#### A. Demands of the event

1. Distance
2. Pace
  - i. Effort required
  - ii. Energy systems utilized
3. Comfort zone versus Critical zone

#### B. Individual differences – characteristics

1. Age – chronological and training
2. Lifestyle and background – active, history
3. Physical strengths/weaknesses/limitations
4. Current lifestyle – student, work, family, diet,

#### C. Environment

1. Training environment – surfaces available, weather, terrain,
2. Racing environment – terrain, weather, surface,

### II. Overload

#### A. Volume

1. Weekly
2. Long run
3. Tempo run
4. Threshold/Interval/Repetition

#### B. Intensity

1. Aerobic/recovery run pace
2. Tempo run pace
3. Threshold/VO<sub>2</sub>/Repetition pace

#### C. Duration

1. Runs
2. Intervals within a workout session

#### D. Frequency

1. Number of runs in a day/week/cycle
2. Number of intervals

### III. Recovery

#### A. Recovery/aerobic runs

#### B. Sleep

#### C. Hydration

#### D. Nutrition

#### E. Temperature regulation

#### IV. Adaptation

- A. Stasis
- B. Compensation
- C. Supercompensation

#### V. Progression

- A. Systematic, specific increases in training loads
- B. Continued adaptation to overloading
- C. Constant vigilance that recovery is occurring