

# FIVE PRINCIPLES OF TRAINING

1. PROGRESSIVE OVERLOAD-The gradual increase of training stress will cause your body to adapt in response to that overload. In order to get better you have to gradually work harder.
2. SPECIFICITY-The training must be specific to the skill you are training to improve. To become a better runner, you need to run. You need to also do exercises that simulate the parts of running form. This does not mean that you should not cross train. Bike riding is the best form of cross training because it simulates running while taking the weight off of your joints.
3. INDIVIDUAL DIFFERENCES-Individuals are different in their anatomies and physiologies. This means that individuals respond differently and at different rates to the same training. It is very important that you consider only your own progress and not compare your progress to that of others. Compare where YOU are now to where YOU were earlier.
4. LAW OF DIMINISHING RETURNS-A beginner will progress at a much faster rate than a very fit person. As you approach your optimal fitness level, the improvements will be smaller even though you are working much harder.
5. REVERSIBILITY-The gains that you make will be lost if you stop training. Consistency is the key to training. Preseason and year round training is encouraged. Gains that you make during cross country training will be lost over the winter if you do not continue to train. Come track season, you will be out of shape and have to start over.

## 3+2 METHOD

### **THREE QUALITY RUNS + 2 CROSS-TRAINING DAYS PER WEEK:**

Day 1-Quality Run #1-*Intervals*-For maximal oxygen consumption (VO<sub>2</sub> Max)

Day 2-Cross Training #1

Day 3-Quality Run #2-*Tempo Run*-For Lactate Threshold (LT)

Day 4-Cross Training #2

Day 5-Quality Run #3-*Long Run*-For Running Economy (vVO<sub>2</sub>Max or velocity at VO<sub>2</sub>Max)

Day 6-Optional Cross Training

Day 7-Rest

Cross-Training is Biking, Deep Water Running, Swimming.

Cross-training is NOT Pilates, Yoga, P90X, or Cross-Fix. There is nothing wrong with these things and they can be done if you wish but they are not considered cross-training.

Cross-Training, if you have the opportunity to do it, is meant to replace easy running, which is junk mileage.

Cross-Training may seem to violate the Principle of Specificity but another principle, the Principle of Variation, says that cross-training can be done so as to give your running muscles a chance to recover. When you exercise hard, your muscles break down. The muscles need time, usually 24-36 hours to recover. By the way, this is why you need to eat protein.