
Building Season Plans



Joel Heroux



Coaching Experiences

Curt Kaczor/Chris Horvat - Sevastopol High School

Rick Witt - UW Stevens Point


Donn Behnke/Kevin Hopp/John Ceplina - SPASH

Matt Larsen - Oconomowoc High School/Waukesha South

Oconomowoc Coaches

Jeff Tortomasi, Andrew Storsveen, Nick Holmes





“What was the secret, they wanted to know; in a thousand different ways they wanted to know The Secret. And not one of them was prepared, truly prepared to believe that it had not so much to do with chemicals and zippy mental tricks as with that most unprofound and sometimes heart-rending process of removing, molecule by molecule, the very tough rubber that comprised the bottoms of his training shoes. The Trial of Miles; Miles of Trials.”

- John L Parker Jr - Once a Runner



Oconomowoc Priorities

- 1. Volume**
- 2. Motivation**
- 3. Specific Work**



Season Planning

- 1. Respect Races**
- 2. Key Workouts 3 to 5 weeks out from goal**
- 3. Build to key workouts with similarity**
- 4. Weekly long run, specificity without a race**
- 5. Threshold work at least once a week**
- 6. Two hard efforts per week, generally**
 - a. Rarely do race pace work on race week**
- 7. Simplicity in Championship Season**

Respect Races

- 1. Plenty of recovery before and after**
- 2. Only time athletes go “all out”**
- 3. Emotional impact**
- 4. Consistency in expectation**
- 5. Establish routines**



				3k TT	
					Horlick
					SPASH
					Midwest
					Middleton
					Conference
					Sectionals
					State

		A and R	A and R	3k TT	
			A and R	Premeet	Horlick
			A and R	Premeet	SPASH
			A and R	Premeet	Midwest
			A and R	Premeet	Middleton
			A and R	Premeet	Conference
			A and R	Premeet	Sectionals
			A and R	Premeet	State

Key Workouts

- 1. 3 to 5 weeks from goal**
- 2. Work backward from goal in planning**
- 3. Most challenging physically and mentally**
- 4. Allow for some challenge by choice**



		A and R	A and R	3k TT	
			A and R	Premeet	Horlick
			A and R	Premeet	SPASH
			A and R	Premeet	Midwest
			A and R	Premeet	Middleton
			A and R	Premeet	Conference
			A and R	Premeet	Sectionals
			A and R	Premeet	State

		A and R	A and R	3k TT	
			A and R	Premeet	Horlick
			A and R	Premeet	SPASH
			A and R	Premeet	Midwest
			A and R	Premeet	Middleton
			A and R	Premeet	Conference
			A and R	Premeet	Sectionals
			A and R	Premeet	State

Key Workouts - Weeks 7-9

			A and R	Premeet	Middleton
			A and R	Premeet	Conference

Key Workouts - Weeks 7-9

			A and R	Premeet	Middleton
		4 x (6 x 300) @ 5k w/ 1 min rest b/t reps, 3 min rest b/t sets Reps 4/6 @ mile			
			A and R	Premeet	Conference

Key Workouts - Weeks 7-9

			A and R	Premeet	Middleton
		4 x (6 x 300) @ 5k w/ 1 min rest b/t reps, 3 min rest b/t sets Reps 4/6 @ mile			4 x NHI Hill 10 min @ T 4 x NHI Hill
			A and R	Premeet	Conference

Key Workouts - Weeks 7-9

		5 x mile @ T, reps 3/5 @ 5k 90 sec rest after T, 3 min after 5k	A and R	Premeet	Middleton
		4 x (6 x 300) @ 5k w/ 1 min rest b/t reps, 3 min rest b/t sets Reps 4/6 @ mile			4 x NHI Hill 10 min @ T 4 x NHI Hill
			A and R	Premeet	Conference

Key Workouts - Weeks 7-9

		5 x mile @ T, reps 3/5 @ 5k 90 sec rest after T, 3 min after 5k	A and R	Premeet	Middleton
		4 x (6 x 300) @ 5k w/ 1 min rest b/t reps, 3 min rest b/t sets Reps 4/6 @ mile			4 x NHI Hill 10 min @ T 4 x NHI Hill
		Fartlek - 4 x 2/2, 2 x 5/2, 4 x 1/1 10 miles total	A and R	Premeet	Conference

		A and R	A and R	3k TT	
			A and R	Premeet	Horlick
			A and R	Premeet	SPASH
			A and R	Premeet	Midwest
		5 x mile	A and R	Premeet	Middleton
		300s			Hills/T/Hills
		Fartlek	A and R	Premeet	Conference
			A and R	Premeet	Sectionals
			A and R	Premeet	State

Build to Key Workouts

- 1. Set athletes up for success**
- 2. Find ways to be similar (locations or workout structures)**
- 3. Hardest work shouldn't be brand new**



Key Workouts - Weeks 7-9

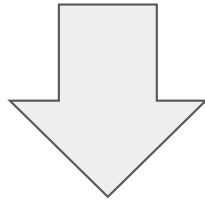
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Key Workouts - Weeks 7-9

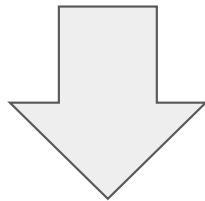
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		Fartlek - 4 x 2/2, 2 x 5/2, 4 x 1/1 10 miles total	A and R	Premeet	Conference

5 x mile

8 x 1000 @ T w/ 90 sec rest



800 @ 5k w/ 2 min rest, 3 x mile @ T w/ 1 min rest, 800 @ 5k



5 x mile @ T, reps 3/5 @ 5k, 90 sec rest after T, 3 min after 5k

5 x mile - Weeks 1-3

					8 x 1000 @ T w/ 90 sec rest
		A and R	A and R	3k TT	
			A and R	Premeet	Horlick

5 x mile - Weeks 4-6

		800 @ 5k w/ 2 min rest, 3 x mile @ T w/ 1 min rest, 800 @ 5k	A and R	Premeet	SPASH
			A and R	Premeet	Midwest

Key Workouts - Weeks 7-9

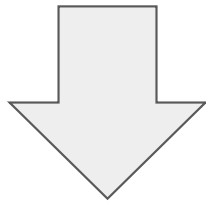
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Key Workouts - Weeks 7-9

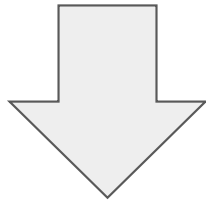
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		Fartlek - 4 x 2/2, 2 x 5/2, 4 x 1/1 10 miles total	A and R	Premeet	Conference

300's

8 x NHI Hill



15 x 1 min on/1 min off fartlek



4 x (6 x 300) @ 5k w/ 1 min rest b/t reps, 3 min rest b/t sets
Reps 4/6 @ mile

300's - Weeks 1-3

		8 x NHI Hill			8 x 1000 @ T w/ 90 sec rest
		A and R	A and R	3k TT	
8 x NHI Hill			A and R	Premeet	Horlick

300's - Weeks 4-6

		800 @ 5k w/ 2 min rest, 3 x mile @ T w/ 1 min rest, 800 @ 5k	A and R	Premeet	SPASH
		15 x 1 min on/1 min off fartlek	A and R	Premeet	Midwest

Key Workouts - Weeks 7-9

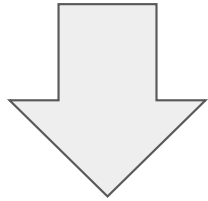
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Key Workouts - Weeks 7-9

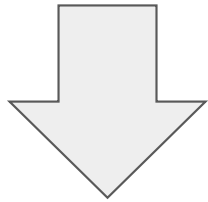
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		Fartlek - 4 x 2/2, 2 x 5/2, 4 x 1/1 10 miles total	A and R	Premeet	Conference

Hills/Tempo/Hills

8 x NHI Hill



800 @ 5k w/ 2 min rest, 3 x mile @ T w/ 1 min rest, 800 @ 5k



4 x NHI Hill, 10 min @ T, 4 x NHI Hill

Hills/Tempo/Hills - Weeks 1-3

		8 x NHI Hill			8 x 1000 @ T w/ 90 sec rest
		A and R	A and R	3k TT	
8 x NHI Hill			A and R	Premeet	Horlick

Hills/Tempo/Hills - Weeks 4-6

		800 @ 5k w/ 2 min rest, 3 x mile @ T w/ 1 min rest, 800 @ 5k	A and R	Premeet	SPASH
		15 x 1 min on/1 min off fartlek	A and R	Premeet	Midwest

Key Workouts - Weeks 7-9

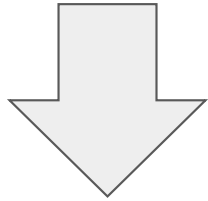
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		Fartlek - 4 x 2/2, 2 x 5/2, 4 x 1/1 10 miles total	A and R	Premeet	Conference

Key Workouts - Weeks 7-9

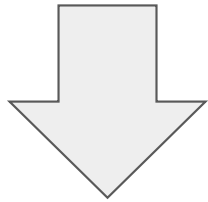
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		Fartlek - 4 x 2/2, 2 x 5/2, 4 x 1/1 10 miles total	A and R	Premeet	Conference

6 Mile Fartlek

20 min @ 6:00, 10 min cutdown



5 miles @ MP in LR



4 x 2 on /2 off, 2 x 5 on/2 off, 4 x 1 on/1 off

6 Mile Fartlek - Weeks 1-3

		8 x NHI Hill			8 x 1000 @ T w/ 90 sec rest
		A and R	A and R	3k TT	
8 x NHI Hill		20 min @ 6:00, 10 min cutdown	A and R	Premeet	Horlick

6 Mile Fartlek - Weeks 4-6

		800 @ 5k w/ 2 min rest, 3 x mile @ T w/ 1 min rest, 800 @ 5k	A and R	Premeet	SPASH
5 miles @ MP in LR		15 x 1 min on/1 min off fartlek	A and R	Premeet	Midwest

Key Workouts - Weeks 7-9

		5 x mile @ T, reps 3/5 @ 5k 90 sec rest after T, 3 min after 5k	A and R	Premeet	Middleton
		4 x (6 x 300) @ 5k w/ 1 min rest b/t reps, 3 min rest b/t sets Reps 4/6 @ mile			4 x NHI Hill 10 min @ T 4 x NHI Hill
		Fartlek - 4 x 2/2, 2 x 5/2, 4 x 1/1 10 miles total	A and R	Premeet	Conference

		8 x NHI Hill			8 x k @ T
		A and R	A and R	3k TT	
8 x NHI Hill			A and R	Premeet	Horlick
		8, 3 x mile, 8	A and R	Premeet	SPASH
5 miles @ MP		15 x 1/1	A and R	Premeet	Midwest
		5 x mile	A and R	Premeet	Middleton
		300s			Hills/T/Hills
		Fartlek	A and R	Premeet	Conference
			A and R	Premeet	Sectionals
			A and R	Premeet	State

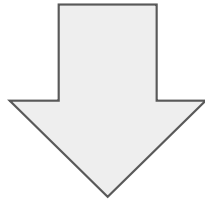
Weekly Long Run

- 1. Plenty of recovery before and after**
- 2. Progress the level of difficulty**
- 3. Without a race, specificity built in**

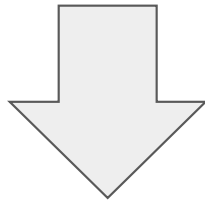


Long Run Progression

12 miles steady



10 miles, back half squeeze



12 miles, 5 miles of it @ MP

12 mile long		8 x NHI Hill			8 x k @ T
12 mile long		A and R	A and R	3k TT	
8 x NHI Hill			A and R	Premeet	Horlick
10 mile prog.		8, 3 x mile, 8	A and R	Premeet	SPASH
12 mile long					
12 mile long, 8k @ MP		15 x 1/1	A and R	Premeet	Midwest
12 mile long		5 x mile	A and R	Premeet	Middleton
11 mile prog.		300s			Hills/T/Hills
12 mile long		Fartlek	A and R	Premeet	Conference
10 mile long			A and R	Premeet	Sectionals
9 mile long			A and R	Premeet	State

Weekly Threshold Work

- 1. Race pace work happens when racing**
- 2. Develop mental capacity for long efforts**
- 3. Variety of ways to develop**



Threshold - Weeks 1-3

12 mile long		8 x NHI Hill			8 x 1000 @ T w/ 90 sec rest
12 mile long		A and R	A and R	3k TT	
8 x NHI Hill		20 min @ 6:00, 10 min cutdown	A and R	Premeet	Horlick

Threshold - Weeks 1-3

12 mile long		8 x NHI Hill			8 x 1000 @ T w/ 90 sec rest
12 mile long		A and R	A and R	3k TT	
8 x NHI Hill		20 min @ 6:00, 10 min cutdown	A and R	Premeet	Horlick

Threshold - Weeks 1-3

12 mile long		8 x NHI Hill			8 x 1000 @ T w/ 90 sec rest
12 mile long	15 min @ T	A and R	A and R	3k TT	
8 x NHI Hill		20 min @ 6:00, 10 min cutdown	A and R	Premeet	Horlick

Threshold - Weeks 4-6

10 mile prog.		800 @ 5k w/ 2 min rest, 3 x mile @ T w/ 1 min rest, 800 @ 5k	A and R	Premeet	SPASH
12 mile long					
12 mile long, 8k @ MP		15 x 1 min on/1 min off fartlek	A and R	Premeet	Midwest

Threshold - Weeks 4-6

10 mile prog.		800 @ 5k w/ 2 min rest, 3 x mile @ T w/ 1 min rest, 800 @ 5k	A and R	Premeet	SPASH
12 mile long					
12 mile long, 8k @ MP		15 x 1 min on/1 min off fartlek	A and R	Premeet	Midwest

Threshold - Weeks 4-6

10 mile prog.		800 @ 5k w/ 2 min rest, 3 x mile @ T w/ 1 min rest, 800 @ 5k	A and R	Premeet	SPASH
12 mile long					8 x k @ T w/ 60 sec rest
12 mile long, 8k @ MP		15 x 1 min on/1 min off fartlek	A and R	Premeet	Midwest

Threshold - Weeks 7-9

12 mile long		5 x mile @ T, reps 3/5 @ 5k 90 sec rest after T, 3 min after 5k	A and R	Premeet	Middleton
11 mile prog.		4 x (6 x 300) @ 5k w/ 1 min rest b/t reps, 3 min rest b/t sets Reps 4/6 @ mile			4 x NHI Hill 10 min @ T 4 x NHI Hill
12 mile long		Fartlek - 4 x 2/2, 2 x 5/2, 4 x 1/1 10 miles total	A and R	Premeet	Conference

Threshold - Weeks 7-9

12 mile long		5 x mile @ T, reps 3/5 @ 5k 90 sec rest after T, 3 min after 5k	A and R	Premeet	Middleton
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12 mile long		Fartlek - 4 x 2/2, 2 x 5/2, 4 x 1/1 10 miles total	A and R	Premeet	Conference

12 mile long		8 x NHI Hill			8 x k @ T
12 mile long	15 min @ T	A and R	A and R	3k TT	
8 x NHI Hill		20-30 min @ T	A and R	Premeet	Horlick
10 mile prog.		8, 3 x mile, 8	A and R	Premeet	SPASH
12 mile long					8 x k @ T
12 mile long, 8k @ MP		15 x 1/1	A and R	Premeet	Midwest
12 mile long		5 x mile	A and R	Premeet	Middleton
11 mile prog.		300s			Hills/T/Hills
12 mile long		Fartlek	A and R	Premeet	Conference
10 mile long			A and R	Premeet	Sectionals
9 mile long			A and R	Premeet	State

Two Hard Efforts/Week

1. Remember the sum, consistency is most important
2. Don't get greedy
3. Race pace work once, threshold once



12 mile long		8 x NHI Hill			8 x k @ T
12 mile long	15 min @ T	A and R	A and R	3k TT	
8 x NHI Hill		20-30 min @ T	A and R	Premeet	Horlick
10 mile prog.		8, 3 x mile, 8	A and R	Premeet	SPASH
12 mile long					8 x k @ T
12 mile long, 8k @ MP		15 x 1/1	A and R	Premeet	Midwest
12 mile long		5 x mile	A and R	Premeet	Middleton
11 mile prog.		300s			Hills/T/Hills
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10 mile long			A and R	Premeet	Sectionals
9 mile long			A and R	Premeet	State

12 mile long		8 x NHI Hill			8 x k @ T
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8 x NHI Hill		20-30 min @ T	A and R	Premeet	Horlick
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12 mile long					8 x k @ T
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11 mile prog.		300s			Hills/T/Hills
12 mile long		Fartlek	A and R	Premeet	Conference
10 mile long			A and R	Premeet	Sectionals
9 mile long			A and R	Premeet	State

Two Hard Efforts/Week

10 mile prog.		8, 3 x mile, 8	A and R	Premeet	SPASH
12 mile long					8 x k @ T
12 mile long, 8k @ MP		15 x 1/1	A and R	Premeet	Midwest

Two Hard Efforts/Week

10 mile prog.		8, 3 x mile, 8	A and R	Premeet	SPASH
12 mile long		3 x (800, 800, 400), 8's @ 5k, 4's @ 3k, 2 min rest b/t reps, 3 min b/t sets			8 x k @ T
12 mile long, 8k @ MP		15 x 1/1	A and R	Premeet	Midwest

12 mile long		8 x NHI Hill			8 x k @ T
12 mile long	15 min @ T	A and R	A and R	3k TT	
8 x NHI Hill		20-30 min @ T	A and R	Premeet	Horlick
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12 mile long		3 x (8, 8, 4)			8 x k @ T
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12 mile long		5 x mile	A and R	Premeet	Middleton
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12 mile long		Fartlek	A and R	Premeet	Conference
10 mile long			A and R	Premeet	Sectionals
9 mile long			A and R	Premeet	State

Adaptation/Recovery

- 1. Volume**
- 2. More important than workouts**
- 3. Cherish the mundane**



12 mile long	A and R	8 x NHI Hill	A and R	A and R	8 x k @ T
12 mile long	15 min @ T	A and R	A and R	3k TT	A and R
8 x NHI Hill	A and R	20-30 min @ T	A and R	Premeet	Horlick
10 mile prog.	A and R	8, 3 x mile, 8	A and R	Premeet	SPASH
12 mile long	A and R	3 x (8, 8, 4)	A and R	A and R	8 x k @ T
12 mile long, 8k @ MP	A and R	15 x 1/1	A and R	Premeet	Midwest
12 mile long	A and R	5 x mile	A and R	Premeet	Middleton
11 mile prog.	A and R	300s	A and R	A and R	Hills/T/Hills
12 mile long	A and R	Fartlek	A and R	Premeet	Conference
10 mile long			A and R	Premeet	Sectionals
9 mile long			A and R	Premeet	State

Simplicity in Championship Season

- 1. Keep structures similar**
- 2. Slight decrease in volume**
- 3. Plenty of A and R**
- 4. Be careful with expectations**



Simplicity in Championship Season

12 mile long	A and R	Fartlek	A and R	Premeet	Conference
10 mile long			A and R	Premeet	Sectionals
9 mile long			A and R	Premeet	State

Simplicity in Championship Season

12 mile long	A and R	Fartlek	A and R	Premeet	Conference
10 mile long		10 min @ T, 4 x 1 min on/1 min off	A and R	Premeet	Sectionals
9 mile long	8 x 1 min on/1 min off		A and R	Premeet	State

Simplicity in Championship Season

12 mile long	A and R	Fartlek	A and R	Premeet	Conference
10 mile long	A and R	10 min @ T, 4 x 1 min on/1 min off	A and R	Premeet	Sectionals
9 mile long	8 x 1 min on/1 min off	A and R	A and R	Premeet	State

12 mile long	A and R	8 x NHI Hill	A and R	A and R	8 x k @ T
12 mile long	15 min @ T	A and R	A and R	3k TT	A and R
8 x NHI Hill	A and R	20-30 min @ T	A and R	Premeet	Horlick
10 mile prog.	A and R	8, 3 x mile, 8	A and R	Premeet	SPASH
12 mile long	A and R	3 x (8, 8, 4)	A and R	A and R	8 x k @ T
12 mile long, 8k @ MP	A and R	15 x 1/1	A and R	Premeet	Midwest
12 mile long	A and R	5 x mile	A and R	Premeet	Middleton
11 mile prog.	A and R	300s	A and R	A and R	Hills/T/Hills
12 mile long	A and R	Fartlek	A and R	Premeet	Conference
10 mile long	A and R	10 min T, 4x1/1	A and R	Premeet	Sectionals
9 mile long	8 x 1/1	A and R	A and R	Premeet	State

Questions

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