



## Overview: Long Distance Running (3000m-10,000m)

Long distance events are great for athletes who enjoy running. Long distance athletes must commit to training throughout the week on a long-term basis. Well planned training programs are vital for success in long distance events. Training must be consistent and progressive. Sessions should be designed to challenge athletes physiologically and psychologically. The goal of the training is to support the athlete to maximize their potential and competition experience.

### Long Distance Key Skills Checklist

YOUR ATHLETE CAN
Run longer distances
Pace Themselves (or can learn to)
Maintain erect posture with hips tall
Settle ore on the back of the feet. Roll through the ball of the foot and push off
Show spring, rhythm, and light tough in foot action
Have relaxed arm action
Keep shoulders not hunched and elbows tucked in
Keep body relaxed and moving efficiently

### Training for Long Distance Running

There are several types of training techniques for long distance runners. A training plan should be designed to match an athlete's fitness and skill level. Training plans should be reviewed often and adjusted as needed based on the athlete's progress. Variety in training techniques is vital. Different types of sessions have different goals. A well balanced and varied program ensures the athlete develops in all the key areas





## **LONG DISTANCE TRAINING TECHNIQUES**

### **Interval Training**

- Repetitive training runs (often on a track). Effort and recovery are usually equal.
- Effort can be from one to five minutes.
- Recovery can be walking or slow running.

### **Fartlek Training**

- Also known as “speed play.”
- Athlete combines normal run with varying bursts of effort (speed). Usually on a varied terrain (flat and hills).

### **Long Runs**

- Athletes run for a specified distance or time at a moderate speed for longer distances.

### **Speed Training**

- Aims to improve the speed at which the athlete can maintain relaxed and correct running form.
- Mainly during the pre-competition and competition phase of the season.

Example: Athlete runs 1x600m all out with a 20-minute rest interval. This is followed by 10x100m as fast as possible, with a 100m walk interval between each.

## **COACHING POINTS - LONG DISTANCE RUNNING TECHNIQUE**

1. Stride length and rhythm should be comfortable. Do not over stride.
2. The foot strike is more to the back of the foot than in sprinting. The foot rolls onto the ball and pushes off.
3. The knee is slightly bent.
4. Leg movement is smooth.
5. Swing arms from shoulders in a comfortable back and forward movement. Keep the arms and shoulders relaxed.
6. Keep the head straight and chin level. Focus ahead 20-30 meters.



## TRAINING TO IMPROVE TECHNIQUE – LONG DISTANCE RUNNING

Observation	Correction by Coach	Drill/Test
Athlete's leg drive causes the body to move upward instead of forward.	Make sure hips maintain same level – do not rise up and down.	Practice each step as a push forward and not a push upward. Observation
Arms swing across the chest.	Arm movement should be back and forward and not across chest. Ask athlete to point where they are going with each arm swing.	Sit-down arm movement drill.
Athlete tenses up while running.	Improve aerobic/anaerobic endurance	Concentrate on relaxation, especially facial muscles (relaxation drills).
Head is swinging/ bobbing side to side.	Ensure arms are moving back and forward and not across the chest. Ensure athlete is running upright and not leaning back.	Concentrate on technique. Ask athlete to look straight ahead and focus on something down the track.

## TOP TIPS FOR COACHING LONG DISTANCE RUNNING (SKILL DEVELOPMENT)

1. Run in place bringing heels under buttocks.
2. Demonstrate rolling the foot forward. Emphasize pushing off the balls of the feet.
3. Demonstrate a quick turnover (leg speed)
4. Demonstrate a smooth foot strike (No pounding downward).
5. Encourage athletes to be aware of the front part of their foot leaving the ground to get better push-off.
6. Check for upper body twisting by looking at athlete from front view.
7. Check for crossover of feet or toes pointing outward.
8. From side view, check that hands are relaxed and stop at midline of torso on upward swing and back at hip on downward swing.
9. Demonstrate how arm tempo can help control rate of leg speed turnover