



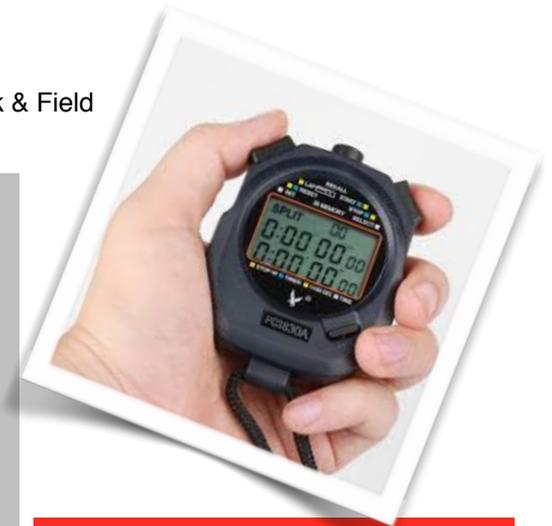
# Speed + Endurance = 1600m

Presented by:

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LAP #1

## CONTROL

- ▶ Balance Speed + Endurance
- ▶ Plan your training
- ▶ Can't put all training into 1st week of practice
- ▶ Plan your race
- ▶ Can't put all your efforts into the 1st lap of the race

LAP #2

## MAINTAIN

- ▶ Endurance
- ▶ Ability to maintain established pace over time
- ▶ Train consistently
- ▶ Teach your body to run efficiently
- ▶ Race consistently
- ▶ Teach your body to race efficiently

LAP #3

## FOCUS

- ▶ Speed Intervals
- ▶ Classic workout: 8x400m
- ▶ Faster than race pace
- ▶ Fight through & past discomfort
- ▶ Lock into your pace
- ▶ Commit knowing you will succeed

LAP #4

## STRENGTH

- ▶ Ability to overcome fatigue
- ▶ Details matter
- ▶ Core stability
- ▶ Healthful nutrition
- ▶ Proper hydration
- ▶ Recovery sleep
- ▶ Desire

### WHY PURE, CLEAN WATER??

- ★ MUSCLES ARE 75% WATER
- ★ JOINTS NEED WATER TO KEEP CARTILAGE SOFT
- ✓ Athletes must drink 2 or more liters of water every day.
- ✓ That's 70+ ounces or four 16.9 ounce bottles of water each day.



**“A race is a work of art that people can look at and be affected in as many ways they’re capable of understanding.”**  
*~ Steve Prefontaine, U.S. Running Legend*