

Warrior Distance Program....

Trying to do the ordinary things extraordinarily well



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Coaching Background

Blue Valley High School-1981

Assistant Football

Yankton College, Yankton, SD-1982

Graduate Assistant Football College

U of South Dakota, Vermillion, SD-1983 Grad Assistant Baseball

Parsons Catholic School-1984-1987

Head Boys BB, Head Boys & Girls TF, Assistant FB Parsons HS

Marty Indian School-1983-1984

Head Football Coach & Basketball

Wentworth Military Academy-1987-1988

Head High School TF, Assistant HS FB, Assistant JuCo BBK

Springfield Catholic High School-1988-1990

Head Boys TF 1989-1990, Assistant Boys TF Coach-1988-1989,
Assistant FB 1988-1990

Carthage High School-1990-2021

Head Boys and Girls CC 1994-2021, Head Boys & Girls
TF-1996-2021, Head Boys Swim Coach 1998-04
8th Grade Boys BKB-1994-1996, Assistant Boys TF,
Freshman FB-1990-1993, Assistant Wrestling-1991-1993

McAuley Catholic-2021-Present

Head Boys and Girls CC, Head Boys and Girls TF, JV Boys BB

Honor to speak here-1997-Jim Cary-Marquette

Mentors-

Carl Youngworth-Grandfather-Yankton College-1923-1966

Mike Carson-HS BB Coach

Joe Bill Dixon-West Plains CC & TF

Tommie Lee White-Yankton College-1966-World Class
Hurdler

Ed Streich-Carthage TF

Etc

Tim Nixon-Liberty HS

Jeff Pigg-Logan-Rogersville, MU, University of N. Florida

Jonathan Dalby-Mountain Vista, Colorado

Dan Fitzsimmons-U of South Dakota, Mount Marty Univ-SD

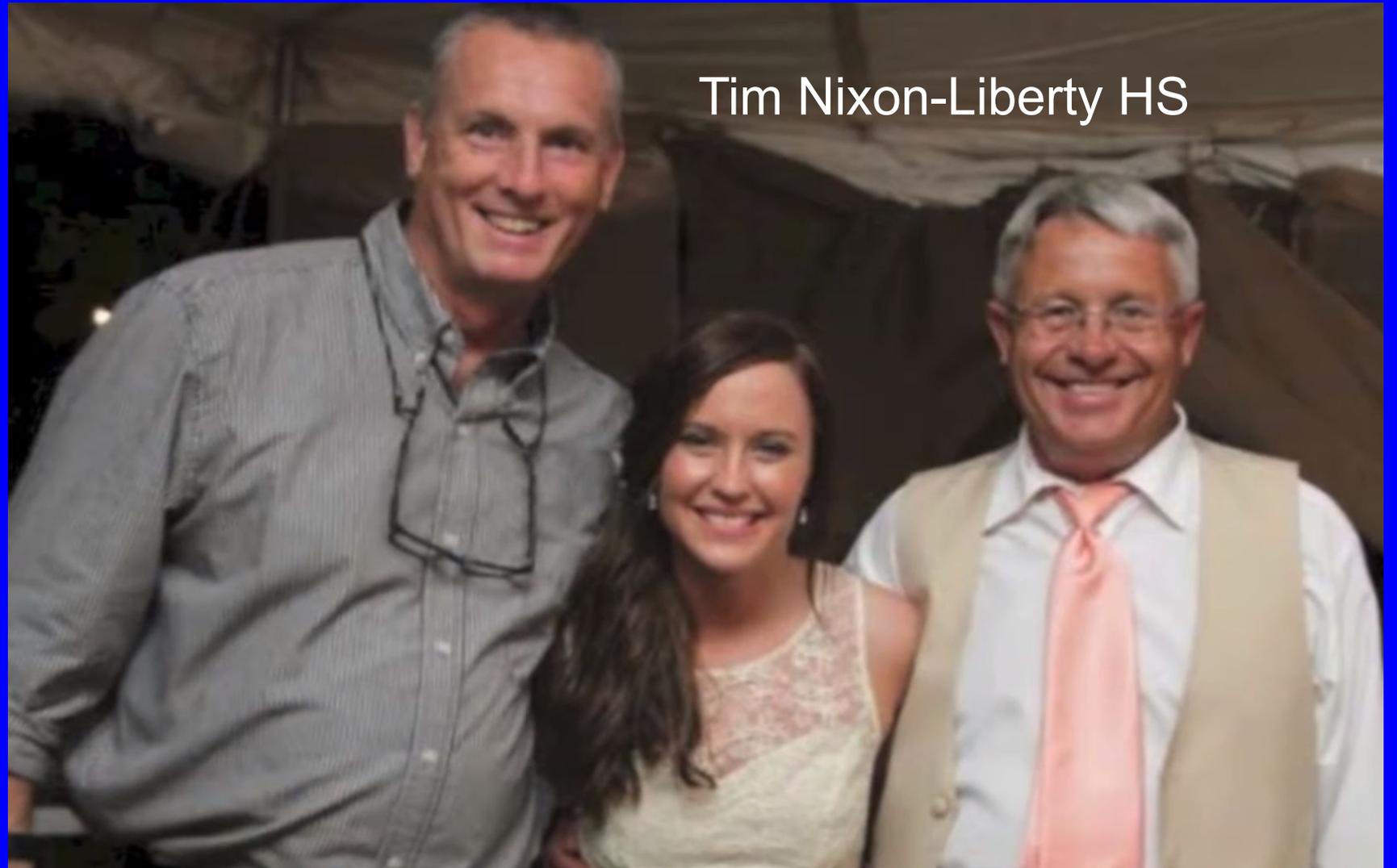
Carl Youngworth
Yankton College-1965



Joe Bill Dixon-2006



Tim Nixon-Liberty HS



JBD Wilderness Running Camp-200???-Jorts were in style!



Coaching Journey

- Made a decision early to teach and coach-FB/BKB/TF
- Early success as a sprint/sprint relay coach
- 1994 chance to coach Cross Country
 - Patty Vavra Carthage to MSSU
 - Carthage TF Ed Streich-take the CC job???
 - No clue how to coach distance kids
 - called JBD-the rest is history

Journey to the Why???

- Obvious when young.....winning reflects on me
- Over time-relationships with kids, parents, coaches etc & still win! Can't both things be the true?

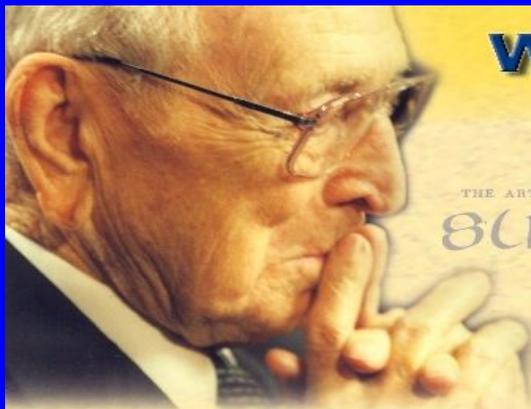
I. General Philosophy of training distance runners

Main mentor-Joe Bill Dixon (Arthur Lydiard)

- Understanding the importance of off season training
- Pyramid of distance running-nutrition, rest and training
- Hard work pays off
- Team first then the individual
- Realistic goal setting-individual and team
- Easy streets lead to a dead end, the tough road leads to the best destination-Canadian PM candidate
- Patience in training-Inch by Inch it will be a cinch
- Attitude of Gratitude, Attitude of Servitude-Joe Bill Dixon
- Injury prevention-shoes, soft surfaces, core work, stretching etc.
- The Journey of one thousand miles begins with the first step-JBD Wilderness Running Camp quote

- The Wider the Base, the Higher the Peak-JBD
- Train the athlete with a 4 year view (7 years????)
- John Wooden's Pyramid of Success
- Hard hat and Lunch Pail Monday's
- Get away Friday's
- TF-LD & Sprint kids together-Dirty Dozen; Rabbit 200's
- Continuous Relays
- Scavenger Hunt/Braum's Run etc
- TF-Run different events each meet, especially young kids
- Focus on character-Times change, but right & wrong don't....JBD

WOODEN ON LEADERSHIP™



THE ART OF
80000000

PYRAMID OF SUCCESS

“Success is peace of mind which is a direct result of self-satisfaction in knowing you made the effort to become the best of which you are capable.”

John Wooden, Head Coach

SUCCESS

Success is not a destination, it is a journey.

*“Failure to prepare is preparing to fail.”
“Don’t mistake activity for achievement.”*

ACHIEVEMENT

True success comes only to an individual by self-satisfaction in knowing that you gave everything to become the very best that you are capable of.



12 LESSONS IN LEADERSHIP

1. Good Values Attract Good People
2. Love Is The Most Powerful Four-Letter Word
3. Call Yourself A Teacher
4. Emotion Is Your Enemy

5. It Takes 10 Hands To Make A Basket
6. Little Things Make Big Things Happen
7. Make Each Day Your Masterpiece
8. The Carrot Is Mightier Than A Stick

9. Make Greatness Attainable By All
10. Seek Significant Change
11. Don't Look At The Scoreboard
12. Adversity Is Your Asset

II. 2023 Pre-Season Cross Country 5 groups-age & experience

Group 1	M	T	W	T	F	S	S	Total
Aug 7	7 T. Trial	8	7	7 6x2 Hills	6	9	Off	44
Aug 14	7 6x1k	8	6/4	7 Notheis	7	9	Off	48
Aug 21*	6 6x800	7/5	7/4	7 5x2:30 Hills	7	10	Off	53
Aug 28	7 4x800 4x400	6/5	7	6/4 6x2	5	8 SWCCCA	Off	48

*Temps over 100...morning practice before school...lower mileage

Competitive Season

	M	T	W	T	F	S	S	Total
Sep 4	7	6/5 5x3	6	6	4	7	4	45
				Carthage		Tolton		
Sep 11	9	6/5 Notheis	7	5/6	4	8	Off	50
						MSSU		
Sep 18	8	7 6x2	7 6x1k	6/6	4	7	Off	45
						Rim Rock		

Competitive Season

	M	T	W	T	F	S	S	Total
Sep 25	8	7	7	6/6	4	7	Off	45
		Lamar				Nixa		
Oct 2	6/5	6/5	7	8	6	8	Off	51
	Hills	10x1	5-7x800			Tempo		
Oct 9	6	6/7	4	7	6	10	Off	46
	1x16			Clever				
	2x8							
	4x400							

Championship Season

	M	T	W	T	F	S	S	Total
Oct 16	6/7 10x5 Hills	6 12x1	6	4	7	6	Off	42
Oct 23	6/6	7 12x400	6 10x1	6	4 Ozark 7	6	(5)	41
Oct 30	7 8x-10x400	6	5 6x1	4	6 State	Off	Off	33
						District		

8th Grade-Cassville Middle School Meet

	2021	2022	2023		
#1	11:03	9:45	9:30		
#2	11:18	10:53	9:45		
#3	12:54	11:38	10:37		
#4	DNR	11:45	10:46		
#5	13:06	13:17	11:09		
#6	12:28	12:35	11:17		
#7	12:20	12:04	11:20		
#8	12:26	11:55	11:23		
#9	DNR	11:32	11:38	Soccer	
#10	12:35	12:04	13:08	Injured	

Boys	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023
1st	18:24*	17:30*	18:07*	18:23*	18:18*	19:19*	20:47	20:31	18:31*	18:21*	16:35*
2nd	22:03	20:41	22:35	19:49	19:49	20:23	21:06	21:36	18:45*	18:50*	17:45*
3rd	22:11	21:05	23:48	21:11	20:03	21:10	21:45	22:08	20:00	18:55*	18:03*
4th		21:42		22:09	20:41	22:02	23:06	23:12	20:36	19:35	19:17
5th				23:06	20:45	22:44	23:29	23:19	20:36	19:36	19:17
6th					23:54	23:36	24:35:	24.44	20:54	20:32	20:33
7th						24.12.			21:29	21:18	21:00
	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023
Finish	NA	NA	NA	3/6	6/8	6/8	5/5	7/7	7/12**	2/11**	2/11**
	Bolivar	Spfld	SW W	SW W	Clever	Lamar	Lamar	Lamar	Clever	Herm.	Lamar
Girls	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023
1st	NA	24:14*	25:36.	24:26*	22:00*	24:15*	23:41*	23:12*	22:21*	22:49*	21:00*
2nd		31:38.	26.38.	25:13*	24.39	24.54.	25:48.	27:46.		24:49*	21:12*
3rd		32:15.				25:22.				28.17.	23:30*
4th										28:32.	25:10:
5th										28.38	26:08:
6th											45:23:
7th											
*State Qualifier		**Double District-2021-2023								3/7	3/7

Cross Country Race Strategies-simulate in practice

- Get off the line and settle use the adrenaline rush to your advantage
- Maintain contact with key opponent-Be the Hunter
- Surge turns and settle-5 steps
- Run point to point-tangents
- Use blind spots to your advantage-
- Run as a pack if possible-talk and encourage each other!
No one is allowed in the pack!
- Maintain uphill pace, surge at the crest and use the downhill
- Against the wind run a half man outside
- Don't get separated against the wind-don't be a wind block!
- Pass aggressively but don't pass back and forth

Winter Training

Nov 13-19 15-25 Miles

Nov 20-26 17-28 Miles

Nov 27-Dec 3 19-31 Miles

Dec 4-Dec 10 17-28 Miles

Dec 11-Dec 17 19-31 Miles

Dec 18-Dec 24 21-34 Miles

Dec 25-Dec 31 23-37 Miles

Jan 1-Jan 7 21-34 Miles

Official Contact Days Begin

Jan 8-Jan 14 23-37 Miles

Jan 15-Jan 21 25-40 Miles

Jan 22-Jan 28	23-37 Miles
Jan 29-Feb 4	25-40 Miles
Feb 5-Feb 11	28-44 Miles
Feb 12-Feb 18	25-40 Miles
Feb 19-Feb 25	15-25 Miles

Fartlek; Tempo; Hilly Run; Long Run; General Strength & Mobility;
Hurdle Mobilities; Wickets; Plios

Pre-Season

	M	T	W	T	F	S	S	Total
Feb 26	5	5	5	5	4	6		30

Four
Corners

16 TT

Dirty
Dozen

Mar 4	5	6	6	5	5	7	Off	34
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400 TT
4-6x200

2x800
2x400
2x200

Mar 11	6	7	6	5	6	8	Off	38
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1x1600
2x800
2x400

Notheis

OYO

Competitive Season

	M	T	W	T	F	S	S	Total
Mar 18	6	6	5	4	6	7	Off	34
	OYO	3x8-3200 3x4-1600 2x2-800			Catholic			
Mar 25	4	6	6	6	7	8	Off	37
		Diamond	D Dozen	Easter Break	-----			
	OYO	OYO						
Apr 1	4/6	6	6	4	6	7	Off	39
	8x600		6x200	Aurora?	Pitt St			

April 8 4 6 5 4 6 7 Off 32
P. City Sarcoxie

April 15 6 4 6 6 5 8 Off 35
8x400 Ozark 7 Lamar??

Apr 22 4/4 6 5 4 6 7 3 39
SBU Girard OYO

April 29	6	5	6	5	4	6	Off	32
800	12x200		3x300			Districts		
			3x150					
16/32	2x8//2x4		8x200					

May 6	6	6	5	5	4	6	Off	32
800		2x3/3/2	150's			Sectionals		
		4x150						
1600		1x800	150's					
		2x400						
		2x200						
3200		1x1600	150's					
		1x800						
		2x400						

May 13 6 5 5 4 4 4 Off 28
State State

800 2x4x200

1600 2x2x400

3200 4x800

***Striders or relay exchanges after every road run followed by Jay Johnson GSM

Etc...

- Mileage chart is a just a guideline-vacations, injuries etc.
- Workouts

Fartleks

Gorilla Run-1/2/3/3/2/1

Dirty Dozen-14 minutes of fun

5x3 minutes

6x2 minutes

3x5 minutes

10-12x1 minute

Notheis's-1/2/4/8/4/2/1...2 minutes in between or

1/2/3/4/3/2/1

7x100 jog back 50

8x 200 walk back 100

Volume 400's in lane 8, walk stagger for recovery

- Steady State-warm-up/15-20 steady state/cool down
 - Tempo Runs-warm-up/25-40 minute tempo/cool down
 - Hills
 - Long Runs-Out & Back followed by striders
- Intervals
 - Negative Splits
 - Pace/Kick (300 at pace, 100 kick)
 - 600/500/400/300

Race Specific Workouts

○ 800

Early Season

- 5 x 400 @ a little slower than pace-3 min recovery
- 4 x 400 at goal pace-5 minutes recovery
- 6 x 200 @ date pace w/ 3 minute recovery

Mid Season

- 3-4 x 300 @ date pace w/ 2 minute recovery
- 2 x 100/200/300/400 @ date pace 1 to 1 recovery

Late Season

- 2 x 300/300/200-3 minute recovery/5 between sets
- 2 x 500/300-same recovery
- 2 x 4 x 200's race simulations-10 minute break

- Sample 1600 Workouts

- Early Season

- 4 x 600 at date pace w/ 2-3 minute recovery
- 3 x 800 at date pace w/ 400 walk recovery

- Mid to late season

- 600/500/400/300 @ pace w/ 400 walk recovery
- 4 x 400 race simulation w/ 400 walk recovery
- 2x2 x 800 at date pace w/ 3 minute recovery
5 minutes between sets

- Sample 3200 Workouts

Early Season

- 2-3 x 1600 @ date pace w/ 400 walk recovery
- 800/1200/800 @ pace w/ 400 walk recovery//fast 400
- 3 x 1200 @ pace w/ 3 minute recovery

Mid Season to late season

- 1x2400 @ goal pace w/ 10-15 minute recovery
- 2x2000 @ goal pace w/ 10-15 recovery
- 1x1600 @ date pace w/ 10-15 recovery//1 x 800 goal pace
- 4x800 race simulation

II. 2024-Summer Training-5 groups based on age & experience

Group 1	Mon	Tues	Wed	Thu	Fri	Sat	Sun	Total	
June 3	6	6	7	7	(6)	8	Off	40	
June 10	7	7	8	7	(6)	9	Off	44	
June 17	8	8	6/3	7	(6)	10	Off	48	
June 24	7	7	8	7	(6)	9	Off	44	
July 1	8	6/3	(8)	(7)	(6)	10	Off	48	
July 8	8	6/4	8	8	(7)	11	Off	52	
July 15	8	6/4	9	9	(8)	12	Off	56	
July 22	8	6/4	8	8	(7)	11	Off	52	
July 29	8	6/4	9	9	8	(12)	Off	56	
Aug 5	Dead Week-OYO								40

II. 2024-Summer Training-5 groups based on age & experience

Group 3	Mon	Tues	Wed	Thu	Fri	Sat	Sun	Total	
June 3	5	5	5	5	(4)	6	Off	30	
June 10	6	5	5	5	(5)	7	Off	33	
June 17	7	5	5	6	(5)	8	Off	36	
June 24	6	5	5	5	(5)	7	Off	33	
July 1	7	5	(5)	(6)	(5)	8	Off	36	
July 8	7	6	6	6	(6)	9	Off	40	
July 15	7	5	5	6	(5)	8	Off	36	
July 22	7	6	6	6	(6)	9	Off	40	
July 29	8	7	7	7	6	9	Off	44	
Aug 5	Dead Week-OYO								33

II. 2024-Summer Training-5 groups based on age & experience

Group 4	Mon	Tues	Wed	Thu	Fri	Sat	Sun	Total
June 3	(4)	3	4	4	(3)	5	Off	23
June 10	4	4	4	4	(3)	6	Off	25
June 17	5	3	4	4	(4)	7	Off	27
June 24	4	4	4	4	(3)	6	Off	25
July 1	4	4	(4)	(4)	(4)	7	Off	27
July 8	5	4	5	4	(5)	7	Off	30
July 15	4	4	4	4	(4)	7	Off	27
July 22	5	4	5	4	(5)	7	Off	30
July 29	6	5	5	5	(4)	8	Off	33
Aug 5	Dead Week-OYO							25

- Striders
- Tasty Treat Tuesdays and Thirsty Thursdays
- Missouri Southern CC course and the Frisco Trail
- Core workouts and GSM-Jay Johnson
- Watches
- Workout Log Book-Track year to year progress
- Things to consider
 - Age
 - Years of experience
 - Dual Sport same season athlete
 - Multi Sport athlete who misses a training period
 - Practice Locations
 - Middle School/High School program together

Mile	100m	200m	300m	400m	500m	600m	800m	1000m	1200m	1600m	2000m	2400m	3000m	3200m	5000m	10000m
4:00	00:14.9	00:29.8	00:44.7	00:59.7	01:14.5	01:29.5	01:59.3	02:29.1	02:59.0	03:58.6	04:58.3	05:57.9	07:27.4	07:57.2	12:25.7	24:51.3
4:10	00:15.5	00:31.1	00:46.6	01:02.1	01:17.6	01:33.2	02:04.3	02:35.3	03:06.4	04:08.6	05:10.7	06:12.8	07:46.0	08:17.1	12:56.7	25:53.5
4:20	00:16.1	00:32.3	00:48.5	01:04.6	01:20.8	01:36.9	02:09.2	02:41.6	03:13.9	04:18.5	05:23.1	06:27.7	08:04.7	08:37.0	13:27.8	26:55.6
4:30	00:16.8	00:33.6	00:50.3	01:07.1	01:23.9	01:40.7	02:14.2	02:47.8	03:21.3	04:28.4	05:35.5	06:42.7	08:23.3	08:56.9	13:58.9	27:57.7
4:40	00:17.4	00:34.8	00:52.2	01:09.6	01:27.0	01:44.4	02:19.2	02:54.0	03:28.8	04:38.4	05:48.0	06:57.6	08:42.0	09:16.8	14:29.9	28:59.9
4:50	00:18.0	00:36.0	00:54.0	01:12.1	01:30.1	01:48.1	02:24.2	03:00.2	03:36.2	04:48.3	06:00.4	07:12.5	09:00.6	09:36.6	15:01.0	30:02.0
5:00	00:18.6	00:37.3	00:55.9	01:14.6	01:33.2	01:51.8	02:29.1	03:06.4	03:43.7	04:58.3	06:12.8	07:27.4	09:19.2	09:56.5	15:32.1	31:04.2
5:10	00:19.2	00:38.5	00:57.8	01:17.1	01:36.3	01:55.6	02:34.1	03:12.6	03:51.2	05:08.2	06:25.3	07:42.3	09:37.9	10:16.4	16:03.2	32:06.3
5:20	00:19.9	00:39.8	00:59.6	01:19.5	01:39.4	01:59.3	02:39.1	03:18.8	03:58.6	05:18.2	06:37.7	07:57.2	09:56.5	10:36.3	16:34.2	33:08.4
5:30	00:20.5	00:41.0	01:05.1	01:22.0	01:42.5	02:03.0	02:44.0	03:25.1	04:06.1	05:28.1	06:50.1	08:12.1	10:15.2	10:56.2	17:05.3	34:10.6
5:40	00:21.1	00:42.3	01:03.4	01:24.5	01:45.6	02:06.8	02:49.0	03:31.3	04:13.5	05:38.0	07:02.5	08:27.1	10:33.8	11:16.1	17:36.4	35:12.7
5:50	00:21.7	00:43.5	01:05.2	01:27.0	01:48.7	02:10.5	02:54.0	03:37.5	04:21.0	05:48.0	07:15.0	08:42.0	10:52.5	11:36.0	18:07.4	36:14.9
6:00	00:22.3	00:44.7	01:07.1	01:29.5	01:51.8	02:14.2	02:59.0	03:43.7	04:28.4	05:57.9	07:27.4	08:56.9	11:11.1	11:55.8	18:38.5	37:17.0
6:10	00:23.0	00:46.0	01:08.9	01:32.0	01:54.9	02:17.9	03:03.9	03:49.9	04:35.9	06:07.9	07:39.8	09:11.8	11:29.7	12:15.7	19:09.6	38:19.1
6:20	00:23.6	00:47.2	01:10.8	01:34.5	01:58.0	02:21.7	03:08.9	03:56.1	04:43.4	06:17.8	07:52.3	09:26.7	11:48.4	12:35.6	19:40.6	39:21.3
6:30	00:24.2	00:48.5	01:12.7	01:36.9	02:01.1	02:25.4	03:13.9	04:02.3	04:50.8	06:27.7	08:04.7	09:41.6	12:07.0	12:55.5	20:11.7	40:23.4
6:40	00:24.8	00:49.7	01:14.5	01:39.4	02:04.3	02:29.1	03:18.8	04:08.6	04:58.3	06:37.7	08:17.1	09:56.5	12:25.7	13:15.4	20:42.8	41:25.6
6:50	00:25.5	00:51.0	01:16.4	01:41.9	02:07.4	02:32.9	03:23.8	04:14.8	05:05.7	06:47.6	08:29.5	10:11.4	12:44.3	13:35.3	21:13.8	42:27.7
7:00	00:26.1	00:52.2	01:18.3	01:44.4	02:10.5	02:36.6	03:28.8	04:21.0	05:13.2	06:57.6	08:42.0	10:26.4	13:02.9	13:55.1	21:44.9	43:29.8
7:10	00:26.7	00:53.4	01:20.1	01:46.9	02:13.6	02:40.3	03:33.8	04:27.2	05:20.6	07:07.5	08:54.4	10:41.3	13:21.6	14:15.0	22:16.0	44:32.0
7:20	00:27.3	00:54.7	01:22.0	01:49.4	02:16.7	02:44.0	03:38.7	04:33.4	05:28.1	07:17.5	09:06.8	10:56.2	13:40.2	14:34.9	22:47.1	45:34.1
7:30	00:27.9	00:55.9	01:23.9	01:51.8	02:19.8	02:47.8	03:43.7	04:39.6	05:35.5	07:27.4	09:19.2	11:11.1	13:58.9	14:54.8	23:18.1	46:36.2
7:40	00:28.6	00:57.2	01:25.7	01:54.3	02:22.9	02:51.5	03:48.7	04:45.8	05:43.0	07:37.3	09:31.7	11:26.0	14:17.5	15:14.7	23:49.2	47:38.4
7:50	00:29.2	00:58.4	01:27.6	01:56.8	02:26.5	02:55.2	03:53.6	04:52.1	05:50.5	07:47.3	09:44.1	11:40.9	14:36.2	15:34.6	24:20.3	48:40.5
8:00	00:29.8	00:59.7	01:29.5	01:59.3	02:29.1	02:59.0	03:58.6	04:58.3	05:57.9	07:57.2	09:56.5	11:55.8	14:54.8	15:54.5	24:51.3	49:42.7
8:10	00:30.4	01:00.9	01:31.3	02:01.8	02:32.2	03:02.7	04:03.6	05:04.5	06:05.4	08:07.2	10:09.0	12:10.8	15:13.4	16:14.3	25:22.4	50:44.8
8:20	00:31.0	01:02.1	01:33.2	02:04.3	02:35.3	03:06.4	04:08.6	05:10.7	06:12.8	08:17.1	10:21.4	12:25.7	15:32.1	16:34.2	25:53.5	51:46.9
8:30	00:31.7	01:03.4	01:35.0	02:06.8	02:38.5	03:10.1	04:13.5	05:16.9	06:20.3	08:27.1	10:33.8	12:40.6	15:50.7	16:54.1	26:24.5	52:49.1
8:40	00:32.3	01:04.6	01:36.9	02:09.2	02:41.5	03:13.9	04:18.5	05:23.1	06:27.7	08:37.0	10:46.2	12:55.5	16:09.4	17:14.0	26:55.6	53:51.2
8:50	00:32.9	01:05.9	01:38.8	02:11.7	02:44.6	03:17.6	04:23.5	05:29.3	06:35.2	08:46.9	10:58.7	13:10.4	16:28.0	17:33.9	27:26.7	54:53.4
9:00	00:33.5	01:07.1	01:40.6	02:14.2	02:47.7	03:21.3	04:28.4	05:35.5	06:42.7	08:56.9	11:11.1	13:25.3	16:46.6	17:53.8	27:57.7	55:55.5
9:10	00:34.2	01:08.4	01:42.5	02:16.7	02:50.9	03:25.1	04:33.4	05:41.8	06:50.1	09:06.8	11:23.5	13:40.2	17:05.3	18:13.6	28:28.8	56:57.6
9:20	00:34.8	01:09.6	01:44.4	02:19.2	02:54.0	03:28.8	04:38.4	05:48.0	06:57.6	09:16.8	11:36.0	13:55.1	17:23.9	18:33.5	28:59.9	57:59.8
9:30	00:35.4	01:10.8	01:46.2	02:21.7	02:57.1	03:32.5	04:43.4	05:54.2	07:05.0	09:26.7	11:48.4	14:10.1	17:42.6	18:53.4	29:31.0	59:01.9
9:40	00:36.0	01:12.1	01:48.1	02:24.2	03:00.2	03:36.2	04:48.3	06:00.4	07:12.5	09:36.6	12:00.8	14:25.0	18:01.2	19:13.3	30:02.0	00:04.1
9:50	00:36.6	01:13.3	01:50.0	02:26.6	03:03.3	03:40.0	04:53.3	06:06.6	07:19.9	09:46.6	12:13.2	14:39.9	18:19.9	19:33.2	30:33.1	01:06.2
10:00	00:37.3	01:14.6	01:51.8	02:29.1	03:06.4	03:43.7	04:58.3	06:12.8	07:27.4	09:56.5	12:25.7	14:54.8	18:38.5	19:53.1	31:04.2	02:08.3

Carthage Distance Running Pace Chart

Vdot	Current Fitness			Easy/Long Runs	Threshold/Tempo		Interval	Repetition		
	1600	3200	5K	Mile Pace	400	Mile Pace	Per 400	200	300	400
30	9:11	19:19	30:40	12:00 - 13:16	2:33	10:18	2:22	67	1:41	2:14
31	8:55	18:48	29:51	11:41 - 12:57	2:30	10:02	2:18	65	98	2:10
32	8:41	18:18	29:05	11:24 - 12:39	2:26	9:47	2:14	63	95	2:06
33	8:27	17:50	28:21	11:07 - 12:21	2:23	9:33	2:11	61	92	2:03
34	8:14	17:24	27:39	10:52 - 12:05	2:19	9:20	2:08	60	90	2:00
35	8:01	16:58	27:00	10:37 - 11:49	2:16	9:07	2:05	58	87	1:57
36	7:49	16:34	26:22	10:23 - 11:34	2:13	8:55	2:02	57	85	1:54
37	7:38	16:11	25:45	10:09 - 11:20	2:10	8:44	1:59	55	83	1:51
38	7:27	15:49	25:12	9:56 - 11:06	2:07	8:33	1:56	54	81	1:48
39	7:17	15:29	24:39	9:44 - 10:53	2:05	8:22	1:54	53	80	1:46
40	7:07	15:08	24:08	9:32 - 10:41	2:02	8:12	1:52	52	78	1:44
41	6:58	14:49	23:38	9:21 - 10:28	2:00	8:02	1:50	51	77	1:42
42	6:49	14:31	23:09	9:10 - 10:17	1:57	7:52	1:48	50	75	1:40
43	6:41	14:13	22:41	9:00 - 10:05	1:55	7:42	1:46	49	74	98
44	6:32	13:56	22:15	8:50 - 9:55	1:53	7:33	1:44	48	72	96
45	6:25	13:40	21:50	8:40 - 9:44	1:51	7:25	1:42	47	71	94
46	6:17	13:25	21:25	8:21 - 9:34	1:49	7:17	1:40	46	69	92
47	6:10	13:13	21:02	8:22 - 9:25	1:47	7:10	98	45	68	90
48	6:03	12:55	20:39	8:13 - 9:15	1:45	7:02	96	44	67	89
49	5:56	12:41	20:18	8:05 - 9:06	1:43	6:55	95	44	66	88
50	5:50	12:28	19:57	7:57 - 8:56	1:42	6:51	93	43	65	87
51	5:44	12:15	19:36	7:49 - 8:49	1:40	6:44	92	42	64	86
52	5:38	12:02	19:17	7:42 - 8:41	98	6:38	91	42	64	85
53	5:32	11:50	18:58	7:35 - 8:33	97	6:32	90	41	63	84
54	5:27	11:39	18:40	7:28 - 8:26	95	6:26	88	40	62	82
55	5:21	11:28	18:22	7:21 - 8:18	94	6:20	87	40	61	81
56	5:16	11:17	18:05	7:15 - 8:11	93	6:15	86	39	60	80
57	5:11	11:06	17:49	7:08 - 8:04	91	6:09	85	39	59	79
58	5:06	10:56	17:33	7:02 - 7:58	90	6:04	83	38	58	77
59	5:02	10:46	17:17	6:56 - 7:51	89	5:59	82	37	57	76
60	4:57	10:37	17:03	6:50 - 7:45	83	5:54	81	37	56	75
61	4:53	10:27	16:48	6:45 - 7:45	86	5:50	80	36	55	74
62	4:49	10:18	16:34	6:39 - 7:33	85	5:45	79	36	54	73
63	4:45	10:10	16:20	6:34 - 7:27	84	5:41	78	35	53	72
64	4:41	10:01	16:07	6:29 - 7:21	83	5:36	77	35	52	71
65	4:37	9:53	15:54	6:24 - 7:16	82	5:32	76	34	52	70
66	4:33	9:45	15:42	6:19 - 7:10	81	5:28	75	34	51	69
67	4:30	9:37	15:29	6:15 - 7:05	80	5:24	74	33	51	68
68	4:26	9:30	15:18	6:10 - 7:00	79	5:20	73	33	50	67
69	4:23	9:23	15:06	6:06 - 6:55	78	5:16	72	32	49	66
70	4:19	9:16	14:55	6:01 - 6:50	77	5:13	71	32	48	65

Carthage Middle Distance Pace Chart

800 Time	Easy	Threshold	Intervals	Economy Reps				Fast Reps				
	Per Mile	Mile Pace	Per 400	200	300	400	600	200	300	400	600	800
1:50	6:14 - 6:44	5:16	71	31	47	63	1:34	27	41	55	1:22	2:06
1:52	6:18 - 6:48	5:20	72	32	48	64	1:36	28	42	56	1:24	2:08
1:54	6:22 - 6:52	5:24	73	32	48	65	1:37	28	42	57	1:25	2:10
1:56	6:26 - 6:56	5:28	74	33	49	66	1:39	29	43	58	1:27	2:12
1:58	6:30 - 7:00	5:32	75	33	50	67	1:40	29	44	59	1:28	2:14
2:00	6:34 - 7:04	5:36	76	34	51	68	1:42	30	45	60	1:30	2:16
2:02	6:38 - 7:08	5:40	77	34	51	69	1:43	30	45	61	1:31	2:18
2:04	6:42 - 7:12	5:44	78	35	52	70	1:45	31	46	62	1:33	2:20
2:06	6:46 - 7:16	5:48	79	35	53	71	1:46	31	47	63	1:34	2:22
2:08	6:50 - 7:20	5:52	80	36	54	72	1:48	32	48	64	1:36	2:24
2:10	6:54 - 7:24	5:56	81	36	54	73	1:49	32	48	65	1:37	2:26
2:12	6:58 - 7:28	6:00	82	37	55	74	1:51	33	49	66	1:39	2:28
2:14	7:02 - 7:32	6:04	83	37	56	75	1:52	33	50	67	1:40	2:30
2:16	7:06 - 7:36	6:08	84	38	57	76	1:54	34	51	68	1:42	2:32
2:18	7:10 - 7:40	6:12	85	38	57	77	1:55	34	51	69	1:43	2:34
2:20	7:14 - 7:44	6:16	86	39	58	78	1:57	35	52	70	1:45	2:36
2:22	7:18 - 7:48	6:20	87	39	59	79	1:58	35	53	71	1:46	2:38
2:24	7:22 - 7:52	6:24	88	40	60	80	2:00	36	54	72	1:48	2:40
2:26	7:26 - 7:56	6:28	89	40	61	81	2:02	36	55	73	1:50	2:42
2:28	7:30 - 8:00	6:32	90	41	62	82	2:04	37	56	74	1:52	2:44
2:30	7:34 - 8:04	6:36	91	41	62	83	2:05	37	56	75	1:53	2:46
2:32	7:38 - 8:08	6:40	92	42	63	84	2:06	38	57	76	1:54	2:48
2:34	7:42 - 8:12	6:44	93	42	63	85	2:07	38	58	77	1:56	2:50
2:36	7:46 - 8:16	6:48	94	43	64	86	2:09	39	59	78	1:58	2:52
2:38	7:50 - 8:20	6:52	95	43	65	87	2:10	39	59	79	1:59	2:54
2:40	7:54 - 8:24	6:56	96	44	66	88	2:12	40	60	80	2:00	2:56
2:42	7:58 - 8:28	7:00	97	44	67	89	2:14	40	61	81	2:02	2:58
2:44	8:02 - 8:32	7:04	98	45	68	90	2:16	41	62	82	2:04	3:00
2:46	8:06 - 8:36	7:08	99	45	68	91	2:17	41	62	83	2:05	3:02
2:48	8:10 - 8:40	7:12	1:40	46	69	92	2:18	42	63	84	2:06	3:04
2:50	8:14 - 8:44	7:16	1:41	46	70	93	2:20	42	64	85	2:08	3:06
2:52	8:18 - 8:48	7:20	1:42	47	71	94	2:22	43	65	86	2:10	3:08
2:54	8:22 - 8:52	7:24	1:43	47	72	95	2:24	43	65	87	2:11	3:10
2:56	8:26 - 8:56	7:28	1:44	48	72	96	2:25	44	66	88	2:12	3:12
2:58	8:30 - 9:00	7:32	1:45	48	73	97	2:26	44	67	89	2:14	3:14
3:00	8:34 - 9:04	7:36	1:46	49	74	98	2:28	45	68	90	2:16	3:16
3:02	8:38 - 9:08	7:40	1:47	49	74	99	2:29	45	68	91	2:17	3:18
3:04	8:42 - 9:12	7:44	1:48	50	75	1:40	2:30	46	69	92	2:18	3:20
3:06	8:46 - 9:16	7:48	1:49	50	76	1:41	2:32	46	70	93	2:20	3:22
3:08	8:50 - 9:20	7:52	1:50	51	77	1:42	2:34	47	71	94	2:22	3:24
3:10	8:54 - 9:25	7:56	1:51	51	77	1:43	2:35	47	71	95	2:23	3:26

Jay Johnson, Dr. Richard Hansen SAM Routines

SAM stands for Strength and Mobility

Here are the first two phases of the Jay Johnson with Dr. Richard Hansen Strength And Mobility (SAM) routines as examples:

[Here is a youtube playlist that includes all the phases, as well as several other drills.](#)

SAM Phase 1 Easy Day

Core Strength

- Prone Plank x 10 Seconds
- Side Plank x 10 seconds each side
- Prone Plank x 10 Seconds

Hip Strength

- Double Hip Bridge x 6
- Clams x 6
- Reverse Clams x 6
- Lateral Leg Raise x 6 : toe in, toe neutral,

toe out

Hip Mobility

- Donkey Kicks x 8
- Donkey Whips x 8
- Fire Hydrants x 8
- Knee Circles Forward x 8
- Knee Circles Backward x 8
- Cat-Cow x 5 Cycles

SAM Phase 1 Hard Day

Core Strength

- Prone Plank x 20 Seconds
- Side Plank x 20 seconds each side
- Supine Plank x 10 Seconds
- Side Plank x 20 Seconds
- Prone Plank x 20 Seconds

Hip Strength

- Split Squat x 5 Each Leg
- Side Walk Squat x 5 Each Leg
- Good Morning x 8
- Bird Dog x 5
- Clams x 8
- Reverse Clams x 8
- Reverse Air Clams x 8
- Lateral Leg Raise x 6 : toe in, toe neutral, toe

out

Hip Mobility

- Donkey Kicks x 8
- Donkey Whips x 8
- Fire Hydrants x 8
- Knee Circles Forward x 8
- Knee Circles Backward x 8
- Cat-Cow x 5 Cycles

Jay Johnson, Dr. Richard Hansen SAM Routines

SAM stands for Strength and Mobility

Here are the first two phases of the Jay Johnson with Dr. Richard Hansen Strength And Mobility (SAM) routines as examples:

[Here is a youtube playlist that includes all the phases, as well as several other drills.](#)

SAM Phase 2 Easy Day

Core Strength

- Prone Plank x 20 Seconds
- Side Plank x 20 Seconds
- Supine Plank x 10 Seconds
- Side Plank x 20 Seconds
- Prone Plank x 20 Seconds

Hip Strength

- Single Leg Bridge x 8
- Clams x 8
- Reverse Clams x 8
- Lateral Leg Raise x 8 : toe in, toe neutral, toe out

Hip Mobility

- Donkey Kicks x 8
- Donkey Whips x 8
- Fire Hydrants x 8
- Knee Circles Forward x 8
- Knee Circles Backward x 8
- Lower Body Crawl x 10
- Iron Cross x 10
- Australian Craw x 10
- Iron Cross x 10
- Groiners x 10
- Cat-Cow x 5 Cycles

SAM Phase 2 Hard Day

Skipping and Dynamics

- Skip Forward for 30 meters
- Skip Side to Side for 30 meters
- Lateral Shuffle x 10 each direction
- Forward Walking Lunge x5 Each Side
- Wide Outs x 10
- Mountain Climbers Singles In x 10
- Lateral Lunge x 10
- Wave Lunge x 10

Core Strength

- Prone Plank x 25 Seconds
- Supine Plank x 25 Seconds
- Prone Plank x 25 Seconds
- V-Sit x 10 Seconds
- Superman x 10
- V-Sit x 10 Seconds

Hip Strength

- Split Squat x 5 Each Leg
- Side Walk Squat x 5 Each Leg
- Good Morning x 8
- Bird Dog x 5
- Clams x 8
- Reverse Clams x 8
- Reverse Air Clams x 8
- Lateral Leg Raise x 8 : toe in, toe neutral, toe out

Hip Mobility

- Donkey Kicks x 8
- Donkey Whips x 8
- Fire Hydrants x 8
- Knee Circles Forward x 8
- Knee Circles Backward x 8
- Lower Body Crawl x 10
- Iron Cross x 10
- Australian Craw x 10
- Iron Cross x 10
- Groiners x 10
- Cat-Cow x 5 Cycles

Circuit Workout #1

Run

1. Lateral Lunge: X 10 Both Ways
2. Body Squats x 10
3. Lateral Leg Lift: 8 x toe in, 8 x toe neutral, 8 x toe out (both sides)
4. Groaners x 10

Run

1. Front Lunge x 10
2. Wide Outs x 10
3. Prone Pedestal x 30 seconds
4. Supine Pedestal x 30 seconds



Run

1. Backwards Lunge x 10 reps (5 per leg and ideally feet on a line)
2. Back and to the Side Lunge x 10
3. Prone Pedestal Leg Raise x 5 on each leg (10 total)
4. Supine Pedestal Leg Raise x 5 on each leg (10 total)

Run

1. Burpies x 10 (don't jump)
2. Push-ups x 5
3. Iron Cross x 10
4. Groiners x 10

Repeat!

Circuits - Running Times Videos

These circuits can be used in a variety of ways, but are primarily used when you want a low volume of running but a longer aerobic stimulus. You get both the metabolic stimulus and you get a musculoskeletal benefit - it's both "engine building" and "chassis strengthening."

The distances prescribed are 300m or 700m, those are used because this is done on a track - you could use any distance over 200m. All of this said, I think 300m runs are ideal for both high school athletes and adults/college athletes.

www.CoachJayJohnson.com

Search for "Jay Johnson Circuit Workout" on Youtube and videos examples will be shown of several different circuit workout options.

5k Interval Workouts

Mileage	400	800	1200	1600
20	6	3	2	0
22	6	3	2	0
24	7	3	2	2
26	7	4	2	2
28	8	4	2	2
30	8	4	3	2
32	9	4	3	2
34	10	5	3	2
36	10	5	3	3
38	11	5	3	3
40	11	6	4	3
42	12	6	4	3

5k Interval Workouts

Mileage	400	800	1200	1600
44	12	6	4	3
46	13	6	4	3
48	13	7	4	3
50	14	7	4	4
52	15	7	5	4
54	15	8	5	4
56	16	8	5	4
58	16	8	5	4
60	17	8	5	4
64	18	9	6	4
68	19	10	6	5
72	20	10	6	5

What's Next?!!!

