

# PEAK WHEN IT COUNTS

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JESSE COY



# JESSE COY

RC Stevens High School, SD  
Coaching Distance



## Experience

- 20 years @ schools with 200-1500 kids
- Boys & Girls State Champions in the 400-5k
- Boys & Girls Team XC Champions
- Male & Female NXN/Footlocker Finalists

## Education

- M. Ed w/ Physical Ed.
- USATF
- USTFCCCA
- ALTIS
- CoachingDistance.com

GIRLS	BOYS
'12: 3RD	'12: 4TH
'13: 1ST	'13: 3RD
'14: 1ST	'14: 3RD
'15: 3RD	'15: *5TH
'16: 6TH	'16: 3RD
'17: 5TH	'17: 4TH
'18: 6TH	'18: 2ND
'19: 3RD	'19: 3RD
'20: 4TH	'20: 2ND
'21: 3RD	'21: 1ST
'22: 1ST	'22: 1ST
'23: 4TH	'23: 3RD
'24: 6TH	'24: 2ND

**PODIUM STREAK**





## **MAIN GOAL**

**Provide Real Life Training Samples to Help Your Kids Run Their Best When it Counts:**

- Periodization & Progressions
- The Workouts & Setting up Training

# PERIODIZATION

How you plan on getting from the beginning to the end.

SEASON / CAREER



**MILEAGE**  
**HILLS**  
**ANAEROBIC**  
**SHARPENING**

Arthur Lydiard / New Zealand







**"Building a base of what?"**

Dan Pfaff

## **PREPARATION PHASE**

**If it's an important training tool, it makes sense to start **building** or **preparing** for that type of training or intensity right away.**



## **COMPETITION PHASE**

**1st Part: Adding  
more specific Race  
Pace Work**

**2nd Part: “...mix  
speed and strength  
into the bowl”**

**Frank Gragliano**



# PRE-SEASON

# IN-SEASON

**6 weeks**

**6 weeks**

**6 weeks**

**6 weeks**

**early prep**

**late prep**

**early comp**

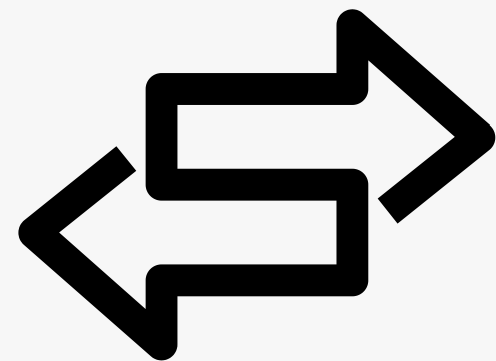
**late comp**



# PROGRESSION

How workouts evolve  
over a Season &  
Career

**12X400**  
**16X400**



**3X1600**  
**4X1600**

Renato Canova



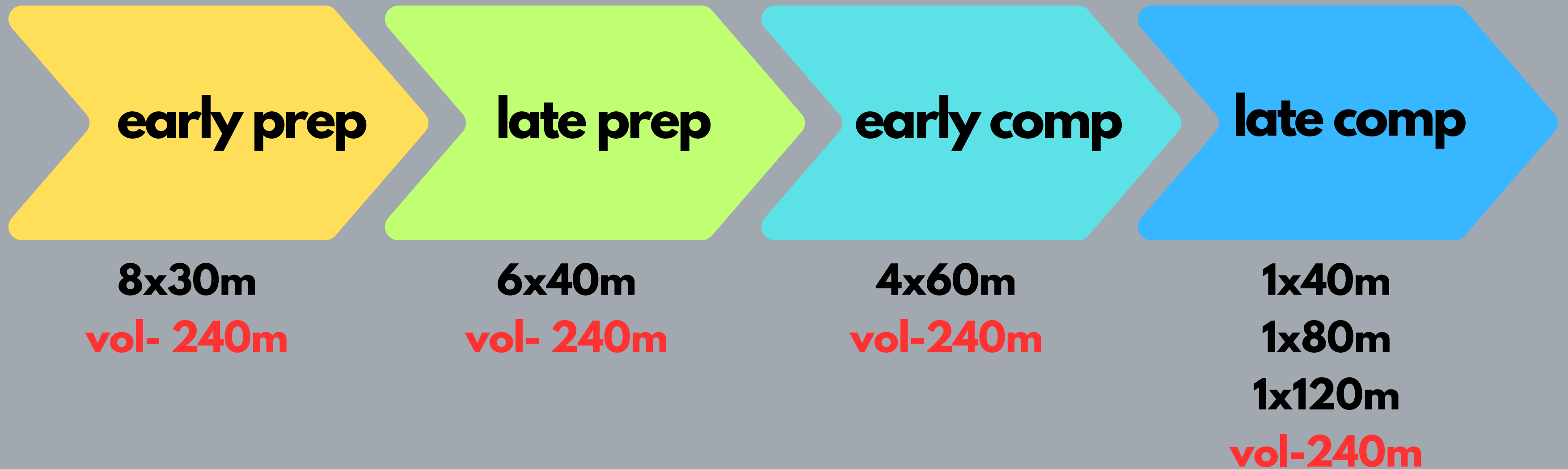
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# **THE WORKOUTS**



# SPEED DEVELOPMENT



**ACCELERATION › SPEED › SPEED ENDURANCE**



# ***MONDAY & THURSDAY-SPEED & MODERATE RUNNING***

## **AM Session**

- DynaMob
- 20-30' Easy
- Sprint Drills
- Sprints / Hill Sprints (Thurs)
  - 4x50m Sprints / 6x10-15s
- Plyo (Bounds)

## **PM Session**

**40-50' Moderate  
General Strength**

# THRESHOLD TRAINING



**EXTENDS & BECOMES "MIXED"**



# ***TUESDAY- THRESHOLD OR TEMPO RUNNING***

**DynaMob**

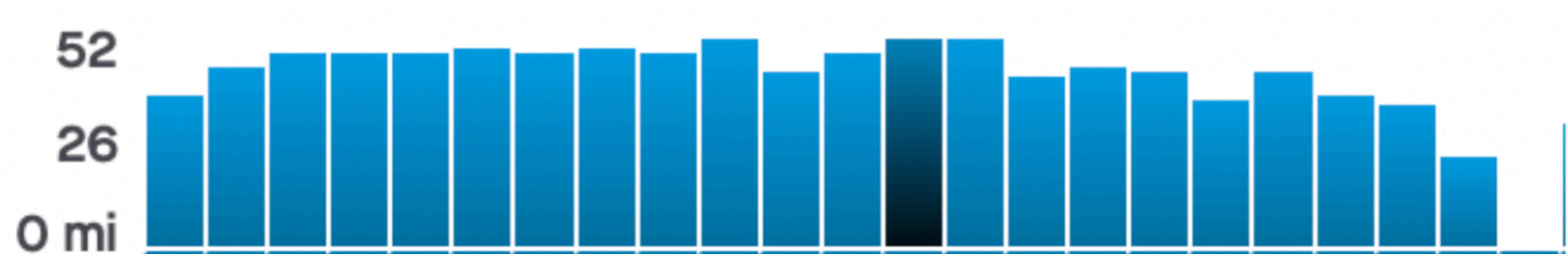
**20' E**

**4-6x (4:1) @ LT**

**3-4x 150m Hills @ 800 Effort**

**Strength**

# ENDURANCE RUNNING



**BUILD UP & THEN BE VERY CONSISTENT**

# **WEDNESDAY & SATURDAY- EASY RUNNING**

**DynaMob**

**Wed- Medium Long Run (50-60)**

**Sat- Long Run (70-90)**

**Mobility**



# RACE PACE, RHYTHM & EFFORT TRAINING



**SHORT TO LONG / HILLS TO FLAT**

# ***THURSDAY- RACE PACE***

**DynaMob**

**Tempo Warm-Up**

- **10-15' out/ Tempo or Fartlek back**

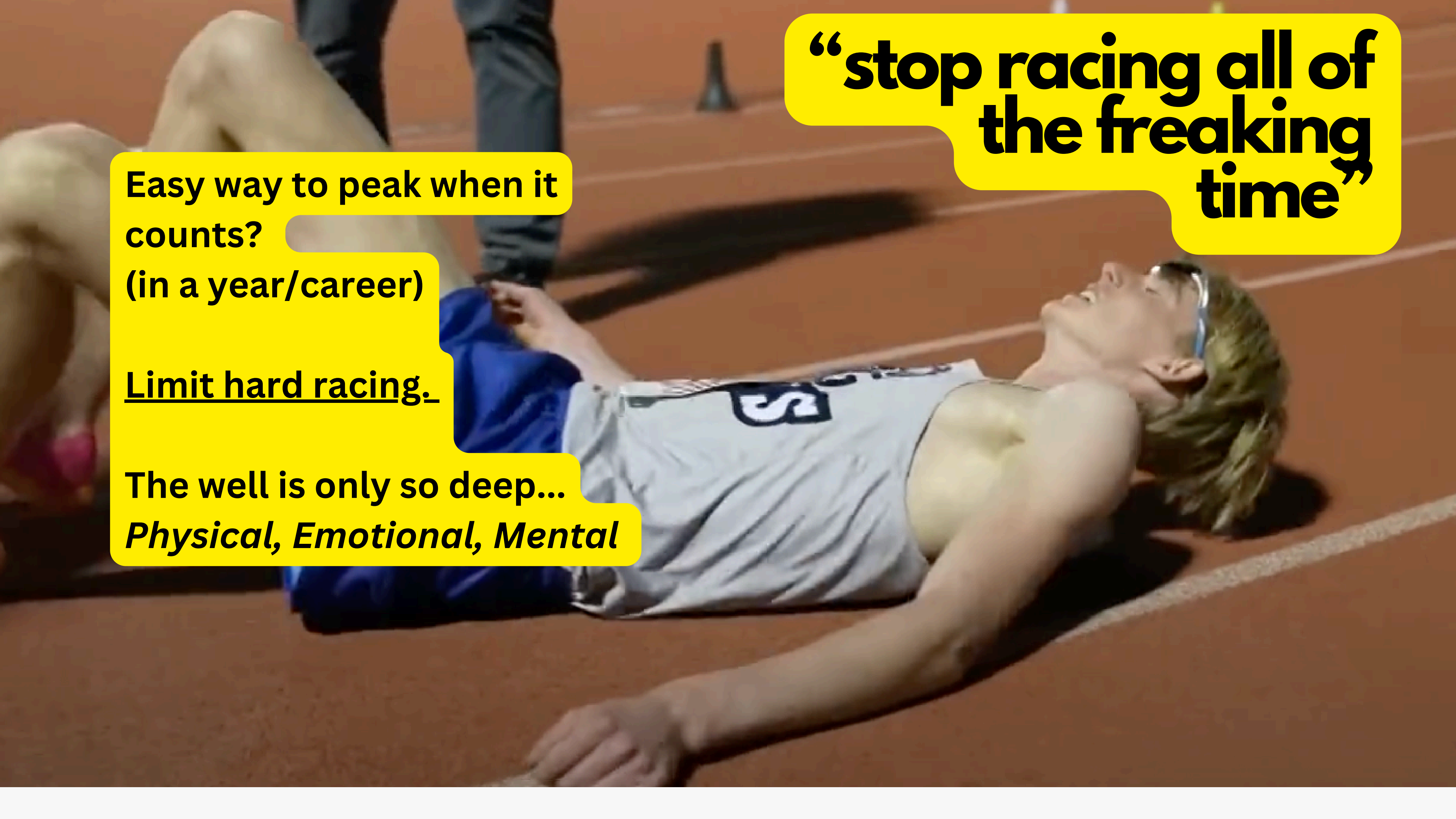
**Race Speed, Rhythms or Efforts**

- **Hills or Flat**
- **TOTAL volume ~10% of weekly mileage  
including Tempo/LT work**

# THE RACING



DOOR NATIONALS



**“stop racing all of  
the freaking  
time”**

**Easy way to peak when it  
counts?  
(in a year/career)**

**Limit hard racing.**

**The well is only so deep...  
*Physical, Emotional, Mental***



# ARCADIA (4/8)



**3200 Meters: 8:34.10**  
**NFHS Record**

## Monday (3/28)

- 5mi Tempo Run @ 5:28
- 4x120m Hills @ 400/800

## Wednesday (3/30)

- Long Run 80' @ 7:20 Pace

## Saturday (4/2)

- 2mi Tempo @ 5:20 pace
- 10x300 w/ 100m in 30s
  - Averaged 47s
  - Last one 43s

## Tuesday (4/5 & on Treadmill)

- 4x(3:1) @ 5:10 pace + 4x30s @ Mile Effort

# ***DRAKE (4/28)***



**Mile: 4:02**

**Drake HS Mile Champion**

## **Tuesday (4/18)**

- 2mi Tempo @ 5:20
- 4x400 (60,61,59,59) w/400j rec
- 4x300 (42,43,42,42) w/300j rec
- 4x200 (27,27,27,25 )w/200j rec

## **Friday (4/21)**

- 6x800 @ 5k XC (~2:20) w/200j
- 6x200 @ Mile-800 (32-26) w/200j

## **Saturday (4/22)**

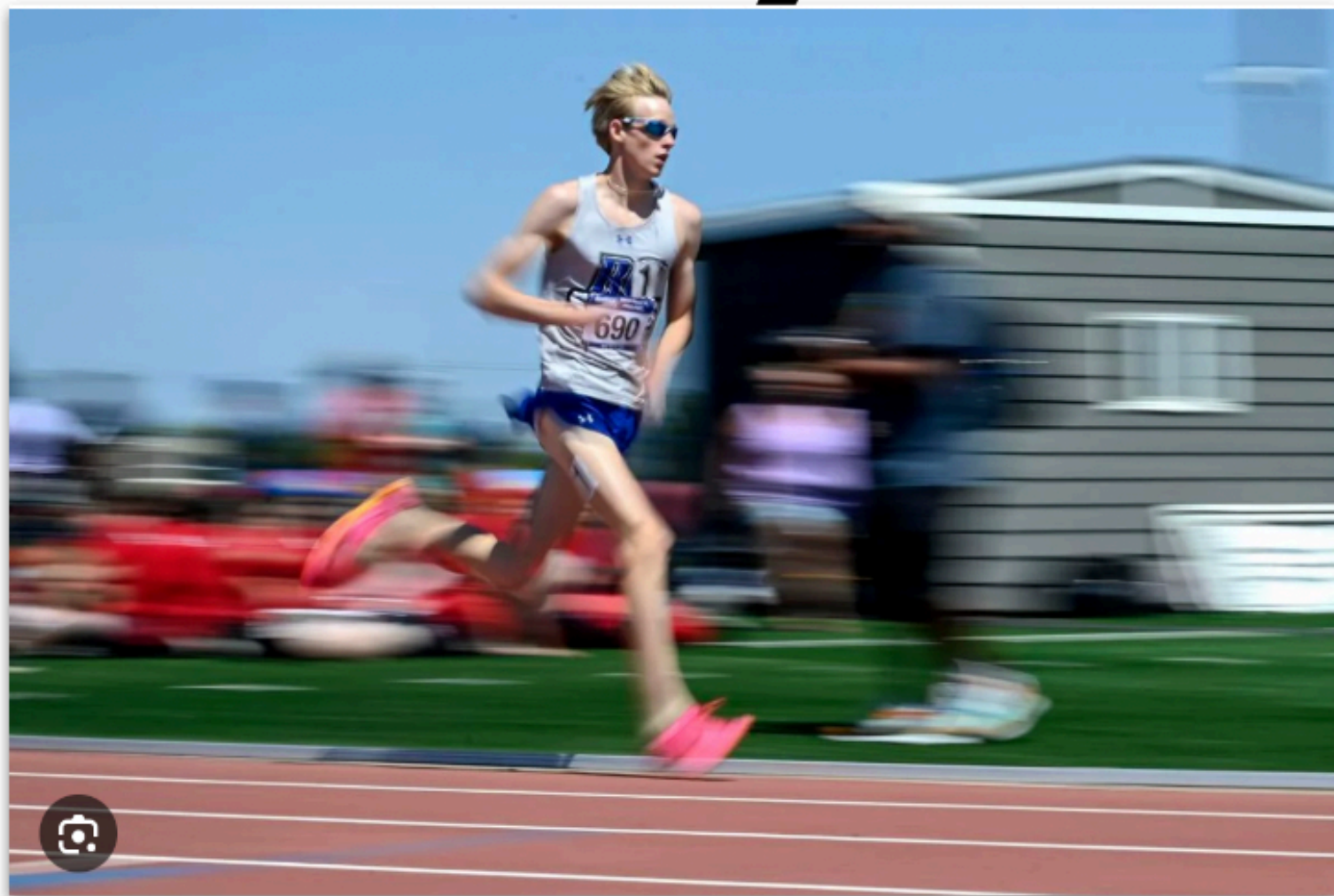
- 80' Long Run - Easy

## **Monday (4/24)**

- AM: 20' Tempo Run (5:30 pace)
- PM: 300 (37) 250 (31) 200 (25) 150 (19) w/  
3' recovery



# STATE 5/25-27 & HOKA 6/2



**5/10**

6x1k @ 3:00, 3:01, 2:58, 2:59, 2:58, 2:51 w/  
200m jog + 4x150m @ 400/800

**5/13**

4mi out/ Tempo Back @ 5:22/:10/:09/:02

**5/16**

15x (1:1) Fartlek @ 5K Effort

**5/19** (59 miles this week/ his highest ever)

15x200m w/ 150 jog @ ~30s average

**5/22**

AM: 6x (3:1) @ 4:35 average

PM: 2mi Tempo @ 5:20 + 100-120-140-160 @  
800-ish



**Medley Relay (1:55)**

**3200m: 9:22**

**800m: 1:53**

**1600m: 4:02 / HOKA: 3:57.53 #4 HS**





# ***BROOKS (6/14) & NIKE (6/16 & 18)***



**6/3**

11 miles w/ Hills & Progression

**6/5**

2k-1600-1200-800-400 w/400j rec  
(6:14/ 4:58/ 3:39/ 2:19/ 60)

**6/8**

2mi Tempo @ 5:20  
10x200m @ Mile/800 + 6x80m @ 400

**6/11**

2mi Tempo @ 5:20  
300-200-150-100  
(41-26-19-12)



**Brooks PR 2 Mile: 8:34.10 (#2 HS)**



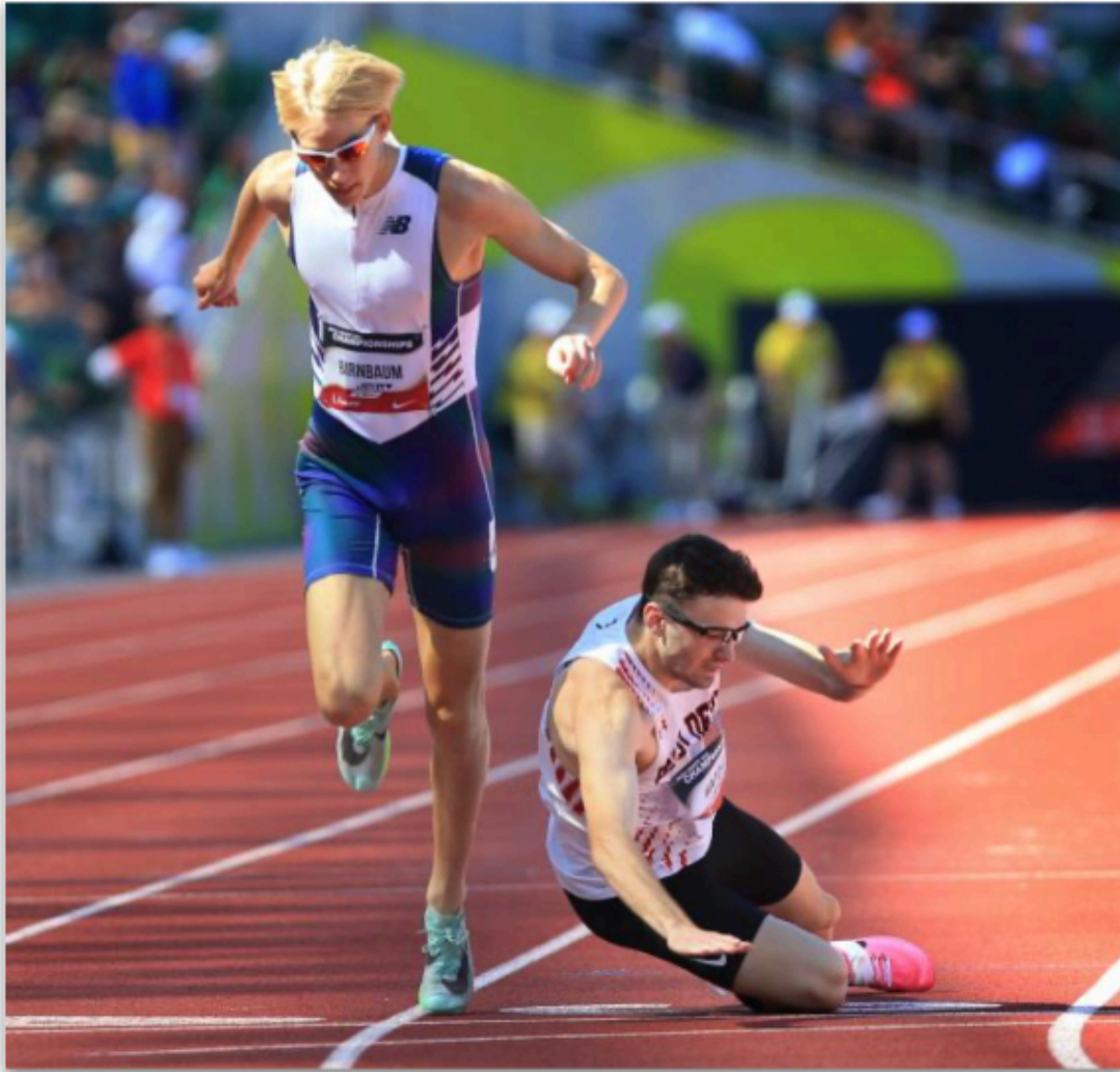
**Nike Pro 1500 3:37.93 (#2 HS)**

**Nike HS Mile 4:02**





# USA'S 7/6-8



**USA 1500m (3:44 w/ 1:52 last 800)**

**U20 800m Prelim (1:50)**



**U20 800m Final (1:47.93)**

**6/21**

11 miles w/ Hills

**6/23**

1600/800/1600/800/1600/800 + 3x150 (FFF)  
(4:50/2:15/4:43/2:12/4:36/2:02) w/2' jog

**6/26**

2mi Tempo @ 5:20

4x (400,200)

(59,29), (58,28), (56,27), (55,26)

**6/30**

2mi Tempo @ 5:20

8x200 @ 1~500m (28.5 average)

3x150m Fast

**7/3**

4' @ LT + 300-200-150-100







[coachingdistance.com/d-crew](https://coachingdistance.com/d-crew)



# QUESTIONS?

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