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## Training plan for long distance runner

Sunil Kumar, Malkhan Singh and Kashi Nath Yadav

### Abstract

Athletics is the world's oldest sports and it has been universally popular. The majority of the school and colleges fielded track teams long before they did any other athletic teams. At present in schools and colleges more students compete in athletics than in any other sport. There is more knowledge of technique and greater opportunity to compete. This issue was to greater interest in athletics. There are three common long distance running events in track and field competitions: 3000 metres, 5000 metres and 10,000 metres. The latter two races are both Olympic and World Championship events outdoors, while the 3000 m is held at the IAAF World Indoor Championships. The 5000 m and 10,000 m events have their historical roots in the 3-mile and 6-mile races

In terms of competition rules and physical demands, long distance track races have much in common with middle-distance races, except that pacing, stamina, and race tactics become much greater factors in performances.

**Keywords:** Track & field, athlete, long distance runner

### Introduction

Athletics is the world's oldest sports and it has been universally popular. The majority of the school and colleges fielded track teams long before they did any other athletic teams. At present in schools and colleges more students compete in athletics than in any other sport. There is more knowledge of technique and greater opportunity to compete. This issue was to greater interest in athletics.

From the starting in 776 BC, these affairs-for men only – were enormously popular event. The history of track & field event was started way back in 776 BC. The first foot race was held at the first olympic festival in ancient greece. The walking, running, and throwing things is a natural process in man from his birth. This process gave birth to track & field events. There are three common long distance running events in track and field competitions: 3000 metres, 5000 metres and 10,000 metres. The latter two races are both Olympic and World Championship events outdoors, while the 3000 m is held at the IAAF World Indoor Championships

In terms of competition rules and physical demands, long distance track races have much in common with middle-distance races, except that pacing, stamina, and race tactics become much greater factors in performances. The use of pace-setters in long distance events is very common at the elite level, although they are not present at championship level competitions as all qualified competitors want to win.

### Age of starting, Specializing, and reaching high performance in Long Distance Running

- Age to begin training : 14-16
- Age to start spealization : 17-20
- Age when highest performance is achieved : 25-28

### Training Methods for Long Distance Runners

In long distance running economy of energy is most important consideration. All wasteful hindering movements must be excluded by the use of a rational technique. They are physically mature runners for whom training has developed the characteristics required for a race of this type namely technical and muscular efficiency, aerobic endurance, lung capacity, lactic acid resistance and speed endurance.

For the development of the all these factors some methods are used;

- Continuous Method
- Slow Continuous Method
- Fast Continuous Method
- Variable Pace Method
- Fartlek Method
- ❖ Interval Method
- ❖ Repetition Method
- ❖ Resistance Training

- ❖ Uphill Running
- ❖ Endurance Circuit Training
- ❖ Competition Method

**Essential training exercises of different method for long distance runner**  
**Sample Training Schedule**  
**General Preparation Phase Seven- day micro cycle**  
**(Intermediate and cross- country level)**

<b>Monday</b>	<b>Unit #1</b> General Aerobic Endurance Continuous running, cycling or swimming 35 to 40 mins. Of running @ 65 to 75% of HRmx <b>Unit#2</b> Mobility Flag football, ultimate Frisbee, keep- away etc. 10 to 20 mins.
<b>Tuesday</b>	<b>Unit #1 warm-up/ flexibility</b> 10min. of jogging and complete stretching routine <b>Unit #2 Technique</b> Drills or strides <b>Unit #3 Strength endurance</b> Circuit training 1 x3 station circuit
<b>Wednesday</b>	<b>Unit #1 warm-up/ flexibility</b> 10min. of jogging and complete stretching routine <b>Unit #2 Lactate/ventilator threshold</b> Interval tempo running 4 x 3 mins. @80 to 85% of HRmax W/60 secs. recovery
<b>Thursday</b>	<b>Unit #1 General aerobic endurance</b> Continuous running, cycling or swimming 35 to 40 mins. Of running @ 65 to 75% of HRmx <b>Unit #2 Mobility</b> Flag football, ultimate Frisbee, keep- away etc. 10 to 20 mins
<b>Friday</b>	<b>Unit #1 warm-up/ flexibility</b> 10min. of jogging and complete stretching routine <b>Unit #2 Technique</b> Drills or strides <b>Unit #3 Strength endurance</b> Circuit training 1 x3 station circuit
<b>Saturday</b>	<b>Unit #1 Recovery</b> 20 to 30 mins. of easy jogging, swimming, or cycling
<b>Sunday</b>	Rest

**Specific preparation phase 12-day micro cycle**  
**(Intermediate level, cross country)**

<b>Monday</b>	<b>Unit #1 general aerobic endurance</b> Continuous running, cycling or swimming 35 to 40 mins. Of running @ 65 to 75% of HRmx <b>Unit#2 mobility</b> Flag football, ultimate Frisbee, keep- away etc. 10 to 20 mins.
<b>Tuesday</b>	<b>Unit #1 warm-up/ flexibility</b> 10min. of jogging and complete stretching routine <b>Unit #2 Lactate/ventilator threshold</b> Interval tempo running 4 x 3 mins. @80 to 85% of HRmax W/60 secs. recovery
<b>Wednesday</b>	<b>Unit #1 Recovery</b> 20 to 30 mins of easy jogging, swimming or cycling.
<b>Thursday</b>	<b>Unit #1 Warm-up/ flexibility</b> 10min. of jogging and complete stretching routine. <b>Unit #2 Technique</b> Drills or stride 5 x 30 meters of high knee 5 x 30 meters of skipping 5 x 30 meters of butt kicks 5 x 20 meter of fast kick <b>Unit #3 strength endurance</b> Circuit training, weight training or hills 2 sets of weight training routine.
<b>Friday</b>	<b>Unit #1 Recovery</b> 20 to 30 mins of easy jogging, swimming or cycling.

<b>Saturday</b>	<b>Unit #1 Recovery</b> 20 to 30 mins of easy jogging, swimming or cycling. <b>Unit #2 Specialized and anaerobic endurance</b> Interval running at race pace and faster 3 x 800 meters@ race pace w / 1:1 recovery 3 x200 meters@10 to 15% faster than race pace w/ 2 mins recovery.
<b>Sunday</b>	<b>Rest</b>
<b>Monday</b>	<b>Unit #1 GENERAL AEROBIC ENDURANCE</b> Continuous running, cycling or swimming 35 to 40 mins. Of running @ 65 to 75% of HRmx <b>Unit#2 MOBILITY</b> Flag football, ultimate Frisbee, keep- away etc. 10 to 20 mins.
<b>Tuesday</b>	<b>Unit #1 warm-up/ flexibility</b> 10min. of jogging and complete stretching routine <b>Unit #2 Technique</b> Drills or strides 8 x 150 meters (stride) <b>Unit #3 Strength endurance</b> Circuit training 2 x3 station circuit
<b>Wednesday</b>	<b>Unit #1 Recovery</b> 20 to 30 mins of easy jogging, swimming or cycling.
<b>Thursday</b>	<b>Unit #1 warm-up/ flexibility</b> 10min. of jogging and complete stretching routine <b>Unit #2 Lactate/ventilator threshold</b> Interval or continuous tempo running 4 x 5 mins. @80 to 85% of HRmax W/60 secs. recovery
<b>Friday</b>	<b>Unit #1 Recovery</b> 20 to 30 mins of easy jogging, swimming or cycling.

### Conclusion

- It would highlight on the benefits of training schedule for long distance runners.
- It will be a very good source of help for long distance runners.
- It also emphasizes upon the details of the training schedule which can be a guideline for any institute or organization for preparing their athletes.
- It will also be an eye opener for those who train the long distance runners.

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