

Middle & Long Distance

What Is Middle & Long Distance?

Middle and long distance running is much different running compared to your sprints. Obviously the main difference being distance as sprints are nice fast quick runs and middle & long distance are much longer but paced out runs.

The 5 S's (Stamina, Strength, Speed, Suppleness, Skill)

When running middle and long distance the athlete and more important the coach should be aware of the 5 S's and there relevance to middle and long distance running.

1. **Stamina** - Stamina: The capability of sustaining prolonged effort. It is the foundation for good successful distance runners. It is the ability of continuous running and later intermittent running.
2. **Strength** - Relevant to endurance running as it is closely related to **stamina and conditioning**. Enhances your local muscular endurance. Quite related to speed endurance.
3. **Speed** - Usually neglected out of the 5 S's. It limits tactical options as it gives the complete package of running. I.E You need speed in order to win the race. It can be developed using drills.
4. **Suppleness** - Can be referred to as the flexibility in the body. It is essential for the range of motion in running. **Poor Flexibility** = A major factor in muscular injuries. **ALL ATHLETES** must develop some sort of flexibility.
5. **Skill** - This is your running style and how you run. It is improved by drills and gives optimal flexibility which gives good posture and therefore core stability which is key in running skilfully. Having the skill is essentially important but so is your **tactics**. This is utilizing your strengths, developing your weaknesses, correct pace judgement and also changing of speed.

Periodization

When running middle and long distance the athlete and more important the coach should be aware of the 5 S's and there relevance to middle and long distance running. Never neglect any component of athletics for as you might not know you might have an athlete that is good at something you never coached.

Types Of Breathing (Terms)

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1. **Aerobic Exercise** - Exercise with a low enough intensity to facilitate adequate oxygen transfer to the muscle cells so that no build-up of lactic acid is observed.
2. **Anaerobic Exercise** - Exercise at an intensity that exceeds the ability to supply oxygen to the muscle cells leading to the build-up of lactic acid.

Distances For Middle & Long Distance Runners

- 800 Metres
- 1,500 Metres
- 5,000 Metres
- 10,000 Metres
- 3,000 Metres Steeple Chase - Completed In A New Section!

Recommended Volume

Age	Days Per Week	Kilometre's Per Day	Kilometre's Per Week
Under 13	2 - 3	2 - 4	6 - 10
Under 15	3 - 4	3 - 5	8 - 20
Under 17	4 - 5	3 - 9	15 - 25
Under 19	5 - 6	3 - 20	30 - 60

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Recommended Quality

Age	Days Per Week
Under 13	0 - 1 Sessions (Occasionally)
Under 15	1 - 2 Sessions
Under 17	2 - 3 Sessions (Occasionally 1)
Under 19	3 Sessions (Occasionally 2)

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Drills + Tips In Relation To Running

When running drills are very important to boost everything especially your fitness, speed, skill, strength, agility, balance, co-ordination and so much more. Drills can be found on the website under resources. Don't forget warming up is hugely important in any sport or physical activity. Hurdles are also great for middle and long distance runners to do.

Planning A Running Session

Planning a running session isn't actually too hard if you do it properly. I recommend splitting the session up into 3 phases, your warm - up, main body and you're cool down. By having these 3 properly planned out in your session then you will have a more successful planned out training.

1. **Warm-Up** - Jogging, stretching, drills & strides. (Dynamic Stretching Too!)
2. **Main Body** - Develop stamina, strength, speed, suppleness, skill (5 S's) and also endurance.
3. **Cool Down** - Gentle jogging + stretching (static).

Planning A Running Session

Interval training is very useful in coaching middle & long distance runners. The reason being it prevents them from running say 5KM over a period of time instead by breaking it up for example 10 500 Metre runs with a 20 second break in between. This puts more structure into the session and overall improves the athlete's **performance** and also boosts **motivation** to be quicker and to go faster.

Variables To Be Considered:

- Age of athletes.
- Ability of athletes.
- Number of reps.
- Intensity of reps.
- Length of recovery (interval).

Be Creative In The Training!

Instead of making athletes just run and run until they are so bored they want to go home. Why not introduce some creative things into the session.

For Example:

- Continuous Relays
- Whistle Bursts
- Follow The Leader
- Break A Records
- Line Running
- Interval.
- Fartlek

General Notes

- There is a very slight "rolling" of the shoulders as the arms keep the body balanced with a pumping action
- The shoulder joint should be very supple so that as the arm swings through it do not pull them up too much
- The shoulder girdle and the hip girdle twist slightly in opposite directions, counter balancing each other
- The arms do not work too hard and work with the diagonally opposite leg
- The arm should swing loosely by the side and should be bent at around 90 degrees. As the arm swings back, there is little or no straightening
- Hands are held in a very relaxed "fist" with the thumb resting on the forefinger
- The thumb should be uppermost and the elbows hang close but comfortably into the side of the body
- The body is held upright with the back relaxed but straight with minimal forward lean

Videos

Men's 800M



Women's 800M



More Resources

International Association of Athletics Federation - 800M - [Click Here!](#)

- 1,500M - [Click Here!](#)

- 5,000M - [Click Here!](#)

- 10,000M - [Click Here!](#)

Wikipedia - Medium & Long Distance Running - [Click Here!](#)

Brian Mac Website - Medium Distance Running - [Click Here!](#)

- Long Distance Running - [Click Here!](#)