

Olympian Erin Donohue – Track Clinic Presentation Outline

1. Background

- Started running early, emphasize easy miles; played other sports
- High School, still emphasize easy miles, racing enough for hard speed workouts
- College, concentrate on track, teammates to push in practice
- Post-Collegiate
 - Nike/John Cook, reintroduce strength and athleticism
 - Gags, strength and speed endurance
 - Injury, patience and re-building

2. Strength is Key

- Mileage and Building an Aerobic Base
 - Start with easy running
 - Fartlek Runs
 - speed play, incorporating games
 - pace runs
 - Intervals – reduce rest before increasing pace
 - Speed
 - Incorporate through drills, strides and weights
 - Needs specific focus, full rest
 - Acceleration drills
- **General Strength and Fitness**
 - Bodyweight Strength, Flexibility
 - Dynamic Warm-up, Sprint Drills – transition slow to fast
 - Hurdle Drills – hip mobility and core strength
 - Med Ball Rotations and Throws
 - Basic Strength Movements – squats, lunges, push-ups, pull-ups, hangs
 - Weightroom
 - Women vs. Men

3. Train to Race

- Be Specific – What are you trying to become?
 - Physically
 - Demands of Event
 - Tactics and Change of Speed
 - Mentally
 - Begin with a warm-up
 - Race strategies, being prepared and alert
- Don't Leave Your Race in Practice
 - Hard Days / Easy Days
 - Pay Attention to Needs of Individual

4. Running as a Lifestyle – “Little Things Make Big Things”

- Nutrition
- Rest
- Equipment
- Mentality
 - Competitiveness
 - Confidence
 - Learning