

## COACHING SUGGESTIONS FOR THE 2000M & 3000M STEEPLECHASE

Phase (One)	Base or Foundation Period (Building the Foundation of the House)
<b>Mon</b>	Strength/CT (1) + 45'e
<b>Tues</b>	Week (1) : 10'e + Stretching/Striding + <b>5 x 1000m/2'rec</b> + 15'e Week (2) : 10'e + Stretching/Striding + <b>5 x 800m/2'rec</b> + 15'e Week (3) : 10'e + Stretching/Striding + <b>3 x 1500m/2'rec</b> + 15'e Week (4) : 10'e + Stretching/Striding + <b>12 x 400m/3'rec</b> + 15'e
	<b>The above 4 sessions should preferably be done in a measured, undulating park or on a cross country course</b>
<b>Wed</b>	1hr:00'e
<b>Thu</b>	Strength/CT(2) + 40'med
<b>Fri</b>	No training
<b>Sat</b>	Week (1) : 10'e + Stretching/Striding + <b>8 x Sprint Hurdles then practice the following drills : lead leg; trail leg; hurdle walking; running over the hurdles, all with appropriate spacing + 15'e</b> Week (2) : 10'e + Stretching/Striding + <b>8-12 x 400m/4'rec with a full clearance of the steeplechase hurdle and then 'sighting' the waterjump, strongest leg take-off, foot placement on the barrier and take-off, staying low over the barrier, reaching towards the end of the water, one foot in water, the other back on the actual track and then regaining original speed + 10'e</b> Week (3) : 10'e + Stretching/Striding + <b>8 x Sprint Hurdles then practice the following drills : lead leg; trail leg; hurdle walking; running over the hurdles, all with appropriate spacing + 10'e</b> Week (4) : 10'e + Stretching/Striding + <b>10 x 200m fast uphill strides / 200m slow jog down rec + 15'e</b>
<b>Sun</b>	1hr:20'e/med over a Hilly Route
<b>Total Mileage</b>	<b>Kms</b>

Phase (Two)	Pre-Season Period (Build the walls of the House)
<b>Mon</b>	Strength/CT(1) or CT(2) + 35'e
<b>Tue</b>	Week (1) : 10'e + Stretching/Striding + <b>6-8 x 400m/4'rec with a full clearance of the steeplechase hurdle and then 'sighting' the</b>

	<p><b>waterjump, strongest leg take-off, foot placement on the barrier and take-off, staying low over the barrier, reaching towards the end of the water, one foot in water, the other back on the actual track and then regaining original speed + 10'e</b></p> <p>Week (2) : 10'e + Stretching/Striding + <b>3 x (4 x 200m)/100m slow walk between reps and 6' walk rec between sets + 15'e</b></p> <p>Week (3) : 10'e + Stretching/Striding + <b>3 x 1000m/6' walk rec between reps + 10'e + 6 x 100m very fast/100m (50m walk/50m slow jog) rec + 5'e</b></p> <p>Week (4) : 10'e + Stretching/Striding + <b>8 x 400m/3' walk rec + 15'e</b></p>
<b>Wed</b>	45'e
<b>Thu</b>	1hr:00'e/med
<b>Fri</b>	No training
<b>Sat</b>	<p>Week (1) : 10'e + Stretching/Striding + <b>15 x 150m fast uphill strides/ 150m slow jog down rec + 15'e</b></p> <p>Week (2) : 10'e + Stretching/Striding + <b>5 x 400m over barriers and the waterjump/3'rec between reps + 15'e</b></p> <p>Week (3) : 10'e + Stretching/Striding + <b>1 x 1000m fast + 10'+ 3 x 200m fast/200m slow jog rec + 5'e</b></p> <p>Week (4) : 10'e + Stretching/Striding + <b>15 x 100m fast/100m (50m walk/ 50m slow jog) rec + 15'e</b></p>
<b>Sun</b>	1hr:10'e
<b>Total Mileage</b>	<b>Kms</b>

<b>Period (Three)</b>	<b>Competition Period (Placing the Roof on the House)</b>
<b>Mon</b>	40'e
<b>Tue</b>	<p>Week (1) : 10'e + Stretching/Striding + <b>5 x 400m/3' walk rec over barriers and the waterjump + 15'e</b></p> <p>Week (2) : 10'e + Stretching/Striding + <b>3 x (3 x 200m)/100m slow walk between reps and 6' walk rec between sets + 15'e</b></p> <p>Week (3) : 10'e + Stretching/Striding + <b>5 x 400m/3' walk rec over barriers and the waterjump + 15'e</b> and this</p> <p>Week (4) : 10'e + Stretching/Striding + <b>2 x (3 x 500m)/150m slow walk rec and and 20'e between sets + 5'e</b></p>
<b>Wed</b>	40'e
<b>Thu</b>	30'e

<b>Fri</b>	No training
<b>Sat</b>	<b>Race over 400m/800m/1500m or 3000m (the Steeplechase being the No. 1 event). They must be equally competent cross country runners 'Trio Training' : The Steeplechaser must know his/her 400m/800m/1500m speed and equally their 3000m/5000m speed ie speed/strength endurance and aerobic endurance</b>
<b>Sun</b>	1hr:00'e
<b>Total Mileage</b>	<b>Kms</b>

<b>Period (Four)</b>	<b>Recovery Period (Planning and Designing the next House)</b>
	<b>Post competition recovery is essential.</b> Reclaiming the desire to train and race. This can be made up of slow runs, swimming, cycling, hiking, another type of sport but with adequate days of complete rest ie recharging the batteries. This recovery period can last between 2 to 3 to 4 weeks. 3 weeks is preferable.
<b>Mon</b>	
<b>Tue</b>	
<b>Wed</b>	
<b>Thu</b>	
<b>Fri</b>	
<b>Sat</b>	
<b>Sun</b>	
<b>Total Mileage</b>	<b>Kms</b>

### Strength Training Component

<b>Strength/Circuit Training (1)</b>		
<b>8 Exercises</b>		
Squats		
Bench Press		
Leg Extension		
Sit-ups		
Leg Curl		
Back Raise		

Leg Raise		
Alt Leg Thrusts		

<b>Strength/Circuit Training (2)</b>		
<b>8 Exercises</b>		
Leg Press		
Press-ups		
Alt Dumb Bell Press		
Step-ups		
Lat Pull Down		
Sit-ups		
Back Raise		
Double Leg Thrusts		

<b>Technical/Speed/Strength/Plyometrics Training (3)</b>		
<b>3 Exercises</b>		
High Knees x 30m		
Butt Kicks x 30m		
High Knee Jumps x 30m		
Hopping R & L x 30m		
Hurdle Jumps x 8H's		
Standing Long Jump		
Standing Triple Jump		
Running Drills 30/30/30m		

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