

Haverford Township HS Track and Field Program

Coaches

Gregory Meyers Boys Head Coach

Harry Green Distance Coach

Josh Fidler Throws Coach

My Athletic/Competitive Career

- Graduated St. Peters Boys HS where I earned 3 state titles, All American Honors, and several school records and a hall of fame inductee.
- Attended Rutgers Univ. on a full athletic scholarship to run the 800/Mile. Prior to injury in my sophomore year my individual PR's were 48.9 1:51.2 4:09 Mile
- I Have competed/coached Internationally for Belize
- Currently competing nationally on the masters level 400/800

Professional

- After College I was a series7 Licensed Stock Broker in NY until the events of 9/11.
- Joined the US Army initially as a mechanic, eventually transitioned to Fire Rescue. I attained the rank of Sargent served 6 years with over 30 months overseas have been decorated many times in combat to include the Bronze Star.
- Retied December 17 2007

Personal

- Originally from NY born to immigrant parents.
- Due to my military service I have lived in Ft. Leonard Wood MO, Ft. Hood TX, Ft. Campbell KY and after retirement Belize Central America where my family is from.
- I am husband to my wife Monica and father to 6 wonderful Kids Daniel 12, Demetrie 10, Mallory 9, Miah Lee 8, Londyn 4, and Maslynn 3 all of which run as well.

Coaching

Belize National Team 3 years

U20 3:13 4x400 Carifta 4th place 2008

St. Peters Boys HS 2 ½ years

5th NYS XC 2016

7th 2017 NB Indoor National's DMR 10:12

9th 2017 NB Indoor National's 4X800 7:52

Annual participants in The Championship Of America At the Penn Relays

8 Boys in 2 ½ years full or partial athletic scholarship to D1 schools.

No stream rises higher
than its source. What ever
man might build could
never express or reflect
more than he was. Frank Lloyd Wright

Two types of 400 meter runner

200/400 (Sprinter Type) Strength: Speed (Fast 100 & 200 times)
Weakness: Endurance Our approach: focus primarily on increasing endurance, while accenting their speed. They are already fast enough to run a great 400, they just lack the endurance to do so.

400/800 (Distance Type) Strength: Endurance (Fast 800 & 1600 times) Weakness: Raw speed Our approach: Keep training their aerobic strength, while adding some 400-specific speed late in the season (April /May). We still keep these guys mostly within our 800 training program.

400m Group

- We start our 400 boys training in November and we put in a full winter of aerobic base work. You will be the most fit 400m sprinters in PA.
- And if you are really fit, THEN you are ready to really maximize your natural speed.

November / December

pre race season

- Running 5 days a week
- 1 day is a fartlek or tempo run Fartlek: 20-25 minutes continuous, changing paces

Ex: 25 minutes: 5 sets of 2:00 hard / 3:00 easy

Ex: 24 minutes: 8 sets of 1:00 hard / 2:00 easy

Tempo: 1-2 miles pretty hard (even splits)

- 1 day is over distance intervals 4x600 & 3x800 are staple workouts for us in the winter months (6-10 minutes rest in between intervals)
- 3 days of easy aerobic running (2-3 miles)
- Strides once a week at 800 race pace (4-6 x 100)

November / December pre race season

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Recovery Off/Easy activity	Fartlek or Tempo Core work	Easy Run Weight Room Lower Body	Intervals 500s/800s Core work	Easy Run Weight Room Upper Body	Easy Run (Long) + Strides	Recovery Off or Easy

Every Day We Will Warm Up Together As A TEAM (dynamic and static) To Build Unity

January / February

Running 6 days a week

3 easy days (2-4 miles at easy pace) 1 day of either a “long run” or a tempo

Long Run is 30-40 minutes at a conversational pace

Tempo just like in Nov/Dec, just faster

1 day of over distance intervals or fartlek

1 day of 200s (Clyde Hart style)

We start with 10 x 200 in January and increase volume up to 16 x 200

by end of February. Key is not how fast they’re doing them, but rather volume. NOT a “speed” workout – this is a conditioning workout.

If we race we simply remove one of these workouts.

Strides 1 day per week at 800 race pace (6 x 100 meters)

Short strides 1 day every other week (6 x 50 meters FAST)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Recovery Off/Easy activity	Long Run (30-40 min) or Tempo (2 miles) Core work	Easy Run +strides Weight Room Lower Body	Intervals 500s/800s Core work	Easy Run + Strides Weight Room Upper Body	Volume 200s or Easy (if we're racing)	We race every week weather for workout or for time

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Recovery Off/Easy activity	Strength Day (Tempo, fartlek, intervals, long run)	Easy Run +strides Weight Room Lower Body	Speed Day (Volume 200s, speed, Block work)	Easy Run + Strides Weight Room Upper Body	Easy Run + 100 flys off turn	We race every week weather for workout or for time

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May/June

- Running 6-7 days a week
- 3-4 easy days (2-4 miles at easy pace)
- 1 day of speed - 3 x 350, 2 x 450, etc. (6-10 mins rest)
- 1 day of 200s or ladder (changing gears/in and outs) 200s - Instead of 16x200 averaging 32 seconds (from Feb/Mar),

now we're down to 8x200 in 28 or 6x200 in 27 – less, but faster

1 day of racing (and REALLY BIG races at this point)

- Strides 1 day per week at 800 race pace (6 x 100 meters)
- Short strides 1 day per week (6 x 50 meters FAST)

Strength = speed. Even in May we don't really do many workouts faster than 400 race pace. The high school 400 runner's biggest weakness is their strength, most have plenty of raw speed. Thus, it makes sense for us to focus on endurance at every stage of our season

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Recovery Off/Easy activity	400-down ladder (4-3-2- 2-1-1) Or 3x350 all out, 10 min rest Or 10x200 in 26-27, 4:00 rest Or 5x300 cut downs (1/1/1)	Easy Run +strides Easy Core	3x500, 2x200 Or 10x200 in 26-27, 4:00 rest or 2 x 450 all out, 15 minutes rest Block/Tech Work	Easy Run + Strides Easy Core Block Work	Easy Run + 100 flys off turn	We race every week weather for workout or for time

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800 Meter Down Training Theory

- In 400 training our main goal is to train the body to deal with the lactic acid accumulation that hits around 40 seconds in to the race.
- 800 training: Our goal is to train the body to run at 15+ mph without accumulating large amounts of lactic acid.
- With 800 training we work a lot on the aerobic aspects of training and on anaerobic threshold training before we ever do anything that you would consider “speed”.
- Our 800 group does a lot of training that cross

Two types of 800 meter runner

800 Down (Long Sprinters)

- Strength: Speed (Faster 400 times than most other 800 runners)
- Weakness: Endurance
- Our approach: Focus primarily on increasing endurance, while accenting their speed.
- They are already fast enough run a great 800, they just lack the endurance to do so.

800 UP(Mid Distance)

- Strength: Endurance (Fast 800 & 1600 times)
- Weakness: Raw speed
- My approach: Keep training their aerobic strength, while adding some 800-specific speed late in the season (April /May).
- have a specific 800/1600 training group, they're here all season.

November / December

pre race season

- After cross country, we take a 2 week break and then we start rebuilding mileage and getting back to this aerobic conditioning & anaerobic threshold phase of training. Running 5-6 days a week
- 1 day is a long run (easy pace, picking up harder at the end)
- Boys start around 5-7 miles and by January are up to about 8-10 miles
- 1 day is a fartlek run (30-40 minutes)
- 6 sets of 3:00 hard / 2:00 easy
- 15 sets of 60 seconds hard / 60 seconds easy
- Fartlek ladder (1-2-3-4-4-3-2-1)
- 1 day is a tempo run or a split tempo run
- Timed split tempo - 2 x 10:00 hard with 5:00 jog in the middle
- Structured tempos (3-4 miles at given pace)
- Structured split tempos (2 miles, rest 5 min, 1 mile)
- 2-3 days of easy aerobic running (4-5 miles)

November / December pre race season

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Recovery Off/Easy activity	Fartlek or Tempo Core work	Easy Run Weight Room Lower Body	Fartlek (3/2 or 60/60 or Ladder) Core work	Easy Run Weight Room Upper Body	Easy Run (Long) + Strides	Recovery Off or Easy

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January / February

Running 6 days a week

- 1 day is usually a long run (boys 8-10 miles)
- 1 day is usually an anaerobic threshold workout
- 3-4 mile tempo or 30-40 minute fartlek (we use several different fartleks)
- In February our varsity 800 guys will typically do 4 mile tempos in the 5:30-5:45 range
- 1 day is usually an interval day
- VO2 intervals (1000s slightly faster than 5k RP, Mile repeats at 5k RP)
- In February we'll start to do some faster intervals (600s slightly slower than mile RP, 400s at mile RP, 300s faster than mile RP, 200s at 800 RP)
- 3 days are normal recovery runs (4-6 miles)
- 1 day a week we run strides at 800 race pace (6x100 or 4x150)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Recovery long run Off/Easy activity	Long Run (30-40 min) or Tempo 5k pace (2 miles) Core work	Easy Run +strides Weight Room Lower Body	Intervals mile pace / Fartlek Core work	Easy Run + Strides Weight Room Upper Body	Interval/ Volume 200s or Easy (if we're racing)	We race every week weather for workout or for time

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March

- Running 6 days a week
- 3 days are normal recovery runs (4-6 miles)
- 1 day is usually a long run or a threshold workout (similar to Jan/Feb, just getting faster)
- 1 day is usually an interval day
- The two weeks leading up to Nationals we will usually “cheat” a little bit in our training and do some intervals pretty fast. We want to have our kids ready for good performances during the championships.
- We race every week in March Saturdays and then our first outdoor meet is the last week of March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Recovery long run Off/Easy activity	Strength Day (Tempo, fartlek, intervals, long run)	Easy Run +strides	Speed Day (200s, 300s	Easy Run + Strides	Easy Run + 100 flys off turn	We race every week weather for workout or for time

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April

- Running 6 days a week
- 3 days are normal recovery runs (4-6 miles)
- 1 day is usually a long run, a threshold workout, or longer intervals (800s, 1000s, or miles)
- 1 day usually includes shorter intervals (12-16x200, 8-10x300, 8-10x400, 6x600)
- 1 day includes strides at 800 race pace (6x100 or 4x150)
- April is important and tricky for us because we have the Penn Relays, and the “championship” races all come in May/June
- Really in April we’re trying to keep our kids healthy,
- get in some good races, and keep their training
- progressing toward May We are conscious to not over-race our kids in April

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Recovery Off/Easy activity	Easy Run + Strides	Strength (Long Run, Threshold, VO2 Intervals)	Shorter interals	Easy Run + Strides Easy Core	Easy Run + 100 flys off turn	We race every week weather for workout or for time

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May/June

- Running 6 days a week
- 3 days are normal recovery runs (4-5 miles)
- On days before our big races, we'll back down to 3 mile
- easy run + strides
- 1 day is a race
- These are the “money” races – Conference, Sectional, districts, State (we run hard in all 4 meets)
- 1 day is pace intervals (emphasis is on volume –16x200, 10x300, 8x400, etc.)
- 1 day is fast intervals (600-down ladder, Seb Coe accelerations workouts, Split 800s, fast 300s) We only do one really fast workout each week because these really fast intervals require a longer time for the muscles to repair themselves. You can't go all out all the time.
- 1 day includes strides + baton exchanges

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Recovery Off/Easy activity	10x300 in 43-45, 2:15 rest 600-down ladder (6-5-4- 3-3-2-2) Split 800s (1:20 & 44)	Easy Run +strides Easy Core	16x200 in 28-29 200-300 Acceleration s workout 6x300 in 40- 42 (5:00 rest) 12x200 (in 30, 29, 28)	Easy Run + Strides Easy Core	Easy Run + 100 flys off turn	race

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