

Distance Training Seminar

with: Ashley Higginson

Ashley Higginson is a New Jersey native who has spent her life training here, from middle school to the professional ranks. A national champion at Colts Neck High School, she went on to be a 3 time All American for Princeton University and now runs for Saucony and the NJ*NY Track Club specializing in the steeplechase. She is a 2013 World Team Member and Pan-American Games Gold Medalist with her sights on making the 2016 Olympic Team this year in Rio. Ashley's personal bests include a 4:30 mile, 8:56 3,000 meters, 9:27 steeplechase, and 15:18 5,000 meters.



Schedule

11:45-12:00: Introduction and Welcome to Distance Running

12:00-12:15 Dynamic Warm-Up Routine Tutorial

Athletes will walk through a typical warm-up routine. This includes a variety of dynamic stretches, focusing on proper form and understanding why these movements are so critical to running success!

12:15-12:30 Stride Technique Clinic and Preparing for a Workout

Upon a warm-up, athletes will be taught various static stretching, in anticipation of a harder workout. Then, athletes will practice proper form technique doing individual striders and getting feedback as to foot placement and strike as well as maintaining relaxed and proper running form for distance runners.

12:30-1:15 Distance Runner's Speed Agility Workout: Mile Specific Work

Distance Runners will experience a modified version of a typical workout that Ashley's professional team does to prepare for the mile. The workout includes surprise gear changes which helps an athlete learn the importance of maintaining patience and calm and being prepared to react to race tactics. The workout will be modified based on athlete's comfort level and ability, but will be a total of about 1 to 1.5 miles of running, with breaks. The workout will end with a variety of plyometric drills that cater to the muscle development and explosiveness needed in distance running.

1:15 – 1:30 Cool Down and Core Routine

Athletes will be introduced to a variety of important core drills that help prevent injuries

1:30-2:00 Q and A with Ashley

Ashley will open the floor to individualized questions as well as a discussion as to growing into distance running and goal setting at any age.