

Program	BS Physical Education	Course Code	PE-153	Credit Hours	01
Course Title	Athletics II: Middle and Long-Distance Races (Theory)				
Course Introduction					
This course focuses on the principles and practices of middle and long-distance running in athletics. Students will learn about training methodologies, biomechanics, physiological adaptations, race strategies, and coaching techniques specific to distance races.					
Learning Outcomes					
On the completion of the course, the students will:					
<ul style="list-style-type: none"> • Explain the biomechanics and physiological demands of middle and long-distance running. • Demonstrate proper running techniques for middle and long-distance races, including stride mechanics, pacing strategies, and race tactics. • Design and implement training programs for distance runners, focusing on endurance development, speed endurance, and mental conditioning. • Analyze race strategies and tactical approaches for middle and long-distance events. • Utilize technology for performance analysis and feedback in distance running. • Evaluate and assess distance running performance through practical sessions and simulations. • Demonstrate teamwork, leadership, and communication skills in coaching distance runners. 					
Course Content					Assignments/Readings
Week 1-4	Introduction to Distance Running <ul style="list-style-type: none"> • History, rules, and principles of middle and long-distance running • Biomechanical analysis of running techniques • Endurance physiology: VO₂ max, lactate threshold, and aerobic capacity • Practical sessions: Video analysis of running mechanics 				From Books and Class Lectures
Week 5-8	Middle Distance Technique and Training <ul style="list-style-type: none"> • Running form and efficiency for middle-distance races (800m to 3000m) • Pace judgment, interval training, and tempo runs • Speed development for middle-distance runners • Practical sessions: Technique drills and interval workouts 				From Books and Class Lectures
Week 9-12	Long Distance Training Methods				From Books and Class Lectures

	<ul style="list-style-type: none"> • Endurance training for long-distance races (5000m and above) • Long-run principles, progressive runs, and recovery techniques • Strength training for distance runners: Core stability and flexibility • Practical sessions: Long runs, hill repeats, and endurance assessments 	
Week 13-16	<p>Race Strategy and Evaluation</p> <ul style="list-style-type: none"> • Race tactics and strategies for different distances and course conditions • Competition preparation and mental conditioning for distance events • Performance assessment and feedback using technology • Practical sessions: Mock races, time trials, and final assessments 	From Books and Class Lectures
Textbooks and Reading Material		
<p>Textbooks</p> <ul style="list-style-type: none"> • Daniels, J. (2013). Daniels' running formula (3rd ed.). Human Kinetics. • Eberle, S. G. (2013). Endurance sports nutrition (3rd ed.). Human Kinetics. • Magness, S. (2014). The science of running: How to find your limit and train to maximize your performance (2nd ed.). Victory Belt Publishing. • Pfitzinger, P., & Douglas, S. (2019). Advanced marathoning (4th ed.). Human Kinetics. • Puleo, J., & Milroy, P. (2014). Running anatomy (2nd ed.). Human Kinetics. <p>Suggested Readings</p> <ul style="list-style-type: none"> • Journals: Journal of Sports Sciences, International Journal of Sports Physiology and Performance • Websites: World Athletics (formerly IAAF), USATF, European Athletics • Videos: Distance running drills, race analysis, coaching clinics 		