

Program	BS Physical Education	Course Code	PE-154	Credit Hours	02
Course Title	Athletics II: Middle and Long-Distance Races (Practical)				
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	Basics of Middle and Long-Distance Running <ul style="list-style-type: none"> • Lecture on the history, rules, and significance of middle and long-distance running. • Demonstration of warm-up exercises and dynamic stretching. • Hands-on practice of warm-up routines focusing on injury prevention. 				From Books and Class Lectures
Week 2	Running Form and Mechanics <ul style="list-style-type: none"> • Lecture and video analysis on proper running form. • Drills focus on posture, arm action, and leg movement. • Individualized feedback on running form. 				From Books and Class Lectures
Week 3	Understanding Pacing <ul style="list-style-type: none"> • Lecture on the importance of pacing and how to determine the right pace. • Practical session on running at different paces. • Drills to practice pacing over varying distances. 				From Books and Class Lectures

Week 4	<p>Race Strategy for Middle-Distance</p> <ul style="list-style-type: none"> • Lecture on race strategies and pacing for middle-distance races. • Simulation of different race scenarios. • Development of individual race plans. 	From Books and Class Lectures
Week 5	<p>Revision of</p> <p>Basics of Middle and Long-Distance Running</p> <ul style="list-style-type: none"> • Lecture on the history, rules, and significance of middle and long-distance running. • Demonstration of warm-up exercises and dynamic stretching. • Hands-on practice of warm-up routines focusing on injury prevention. <p>Running Form and Mechanics</p> <ul style="list-style-type: none"> • Lecture and video analysis on proper running form. • Drills focus on posture, arm action, and leg movement. • Individualized feedback on running form. <p>Understanding Pacing</p> <ul style="list-style-type: none"> • Lecture on the importance of pacing and how to determine the right pace. • Practical session on running at different paces. • Drills to practice pacing over varying distances. <p>Race Strategy for Middle-Distance</p> <ul style="list-style-type: none"> • Lecture on race strategies and pacing for middle-distance races. • Simulation of different race scenarios. • Development of individual race plans. 	From Books and Class Lectures
Week 6	<p>Race Strategy for Long-Distance</p> <ul style="list-style-type: none"> • Lecture on race strategies and pacing for long-distance races. • Simulation of different race scenarios. • Development of individual race plans. 	From Books and Class Lectures
Week 7	<p>Aerobic Training Techniques</p> <ul style="list-style-type: none"> • Lecture on the importance of aerobic training. • Long, slow distance runs. • Tempo runs to enhance aerobic endurance. 	From Books and Class Lectures

Week 8	<p>Anaerobic Training Techniques</p> <ul style="list-style-type: none"> • Lecture on the importance of anaerobic training. • Interval training sessions. • Hill repeats and fartlek training. 	From Books and Class Lectures
Week 9	<p>Strength Training for Runners</p> <ul style="list-style-type: none"> • Lecture on strength training benefits for runners. • Demonstrate strength training exercises focusing on the lower body and core. • Hands-on practice of strength training routines. 	From Books and Class Lectures
Week 10	<p>Revision of</p> <p>Race Strategy for Long-Distance</p> <ul style="list-style-type: none"> • Lecture on race strategies and pacing for long-distance races. • Simulation of different race scenarios. • Development of individual race plans. <p>Aerobic Training Techniques</p> <ul style="list-style-type: none"> • Lecture on the importance of aerobic training. • Long, slow distance runs. • Tempo runs to enhance aerobic endurance. <p>Anaerobic Training Techniques</p> <ul style="list-style-type: none"> • Lecture on the importance of anaerobic training. • Interval training sessions. • Hill repeats and fartlek training. <p>Strength Training for Runners</p> <ul style="list-style-type: none"> • Lecture on strength training benefits for runners. • Demonstrate strength training exercises focusing on the lower body and core. • Hands-on practice of strength training routines. 	From Books and Class Lectures
Week 11	<p>Conditioning and Flexibility</p> <ul style="list-style-type: none"> • Dynamic stretching routines. • Plyometric exercises. • Flexibility drills and yoga for runners. 	From Books and Class Lectures
Week 12	<p>Nutrition for Endurance Athletes</p> <ul style="list-style-type: none"> • Lecture on the importance of nutrition and hydration. • Discussion on pre-race, during-race, and post-race nutrition. • Development of individual nutrition plans. 	From Books and Class Lectures

Week 13	<p>Recovery Techniques</p> <ul style="list-style-type: none"> • Lecture on recovery methods: active recovery, stretching, and massage. • Demonstration of recovery exercises. • Hands-on practice of recovery routines. 	From Books and Class Lectures
Week 14	<p>Performance Analysis</p> <ul style="list-style-type: none"> • Video recording and analysis of running performance. • Group discussion on strengths and weaknesses. • Development of improvement plans based on performance analysis. • Mock races with a focus on technique and strategy. • Peer and instructor feedback on performance. • Discussion on areas for improvement and future training plans. 	From Books and Class Lectures
Week 15	<p>Revision of</p> <p>Conditioning and Flexibility</p> <ul style="list-style-type: none"> • Dynamic stretching routines. • Plyometric exercises. • Flexibility drills and yoga for runners. <p>Nutrition for Endurance Athletes</p> <ul style="list-style-type: none"> • Lecture on the importance of nutrition and hydration. • Discussion on pre-race, during-race, and post-race nutrition. • Development of individual nutrition plans. <p>Recovery Techniques</p> <ul style="list-style-type: none"> • Lecture on recovery methods: active recovery, stretching, and massage. • Demonstration of recovery exercises. • Hands-on practice of recovery routines. <p>Performance Analysis</p> <ul style="list-style-type: none"> • Video recording and analysis of running performance. • Group discussion on strengths and weaknesses. • Development of improvement plans based on performance analysis. • Mock races focus on technique and strategy. • Peer and instructor feedback on performance. • Discussion on areas for improvement and future training plans. 	From Books and Class Lectures

Week 16	Review and Final Assessment <ul style="list-style-type: none"> • Review of key concepts • Final exam preparation 	
Textbooks and Reading Material		
Textbooks <ul style="list-style-type: none"> • Fitzgerald, M. (2016). 80/20 Running: Run Stronger and Race Faster By Training Slower. Penguin Random House. • Glover, B., & Glover, S. (2019). The Competitive Runner's Handbook. Penguin Random House. • Hudson, B., & Fitzgerald, M. (2018). Run Faster from the 5K to the Marathon. Random House. • Noakes, T. (2015). The Lore of Running. Human Kinetics. • Pfitzinger, P., & Latter, A. (2019). Advanced Marathonning. Human Kinetics. 		