

# WINNEBAGO CROSS COUNTRY

## Program Foundation

- Hard work
- Consistency
- Honesty
  - No Excuses

## Evaluate Your Team

- Don't be afraid of what you have. It will make a great story.
- Learn the strengths and weaknesses of both your runners and the teams as a whole.
- Set goals appropriate for your team!!!

## Who do you have

- Nick – Shot Put – 15:40 Sr.
- Sean – 6:10 in 8<sup>th</sup> – 4:36 So.
- Betsy – 6:27 in 8<sup>th</sup> – 19:07 Fr.
- Sean – 5:13 in 8<sup>th</sup> – 15:01 Sr.
- Jeremy – 5:15 in 8<sup>th</sup> – 14:18 Sr.
- Gene – 18:19 Jr. – 16:18 Sr.

# Goal Setting

**"It is the nature of man  
to rise to greatness  
if greatness is expected  
of him."  
--- John Steinbeck  
(1902-1968)**



## Sell Yourself

- Meet with CAPTAINS
- Meet with Parents



## BELIEVE IN YOUR PLAN

If you don't believe in what you are doing, why should your team!

## Sell yourself

- 2<sup>nd</sup> to 4<sup>th</sup>
- State Champ to 2<sup>nd</sup>

## Team Meetings

- The Plan
- Educate them about running
- Motivate – Motivate - Motivate

## Make a Training Plan

- **DO NOT** just copy someone else's training program. Each program must be made to fit your needs.
- Copying a champion's workouts will not necessarily make you a champion.
- Your training should be fluid, always changing to meet the needs of your team. If you do the same workouts for 30 years in a row, you won't have 30 different experiences. You will have the same experience 30 times.

## Finding a Mentor

- Find someone that you respect before, during, and after competition.
- Pick someone that has consistently had their kids running their best at the end of the season.
- No matter how good of a coach you are, you always need someone to bounce new ideas off of.

## THE PLAN

How are we going to get better?

## Motivate Your Athletes

- I believe I do my best coaching in between intervals, during intervals as they go by me, and on long runs when I run with them.
- Runners want to be motivated. They will love to feel the hurt, if you tell them why they are hurting---for the MEET!

## Getting Better

- Make a plan to get better with the kids you have. Let them know what you expect from them. They will meet your expectations!
- Make the kids part of your plan. They will hold each other accountable. Praise those that meet your expectations.
- Talk with kids in the halls and get help from the P.E. department.

## Pick Your Captains

- I pick my own captains. They answer to me and represent me when I am not there.
- Set up a meeting with your captains. Sell your plan to them. They need to know how you are going to make the team better and that they are a part of that process.

## Sell Your Program

- Sell your plan!
- Tell them they are going to improve. My best coaching happens during rest intervals.
- Consistently reassure them that everything is going to plan!

## ADVERTISE

If you don't tell everyone about the great things you are doing, who is going to do it!

# Winnebago's Training Program

## 4 Phases

- Base Phase (6 weeks)
- Rep Phase (6 weeks)
- Interval Phase (7 weeks)
- Championship Phase (3 weeks)

## Base Phase (weeks 1-3)

- 4-5 days a week of easy running for new runners
- 5-6 days a week of easy running for experienced runners
- **Keep track of weekly mileage**

## Base Phase (weeks 4-6)

- 5-6 days a week for new runners
- 6-7 days a week for veterans
- **Long run on Wednesdays!**
- Easy runs the rest of the week with strides mixed in twice a week
- Mileage should be building

### Reps Phase (weeks 7-12)

- Long Runs on Wednesdays
- Keep mileage up
- Add quick stuff in
  - The kids love running fast again!
  - Start doing Tempos

### Intervals (weeks 13-19)

- Continue Long runs
- Intervals, or race on Tuesdays and Saturdays
- Tempos on Wednesdays
- Mileage should remain consistent

### Championship Phase (Regional Week)

- Drop mileage slightly
- Tempos on Wednesday
  - 3 x 1 mile tempo
  - 1200 time trial girls
  - 1600 time trial boys
- Pre-meet on Friday
- Regionals on Saturday

### Championship Phase (Sectional Week)

- Tuesday – 2 mile time trial
- Tempos on Wednesday
  - 3 x 1 mile tempo
- Pre-meet on Friday
- Sectionals on Saturday

### Championship Phase (State Week)

- Easy Running
- Tempos on Tuesday
  - 3 x 1 mile tempo
  - 800 time trial
- Pre-meet on Friday
- State on Saturday

### Tips for Success

- Summer/Winter running
- Long runs
- Consistent mileage
- 5 minute long intervals
- Long tempo runs

### Little Things Make a BIG Difference

- Mind can overtake the body, you need to train it to be strong.
- Keeping your body healthy allows your muscles to work most efficiently
- Build the Core of your body

Mind can overtake the body, you need to train it to be strong.

- An athlete needs to believe in what **he/she** is doing.
- An athlete needs to believe in his/her **teammates**.

## Summer Running



- Meet 4-5 days a week at 6:30 P.M.
- Run first
- Run with people of your ability
- Team bonding

## Eating the Right Foods

- Pasta Dinners
- No Carbonation
- Stay Hydrated
  - Being dehydrated by as little as 2% can cause endurance to drop by up to 7%
  - Reduces chance of getting muscle cramps

## The Core of the Body

- Sit ups
- Push ups
- Weights