

Cross Country Training

Cross Country is to Track
As Track is to Cross Country

In other words.....there is NO off season

How'd I Get Going In This Direction

My personal background and coaching achievements/failures have provided me with knowledge to which I can provide you some insight into what I do.

By NO means is this the BEST program, there are many roads to success, and each year I might take a different route depending on what vehicle I have to work with AND the condition of the vehicle determines a lot.

My Coaching Philosophies biggest influences

Brad Peterson-mentor/personal friend coached at Friends U

Joe Vigil-world class coach/speaker (Road to the Top)

Scott Simmons-ADP Director (Take the Lead)

Jim Helmer-college coach at Southwestern (foundation started)

Tony Davis-former Allen sprint coach/current Barton sprint

My Training Philosophy

- Short amount of time with athletes. My job is to develop my runners. XC is individual sport within a team environment
- Have clear understanding of exercise physiology principles

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- What times are WINNING the meets, need to get to that level
 - Adapt your runners to run the times that are normally winning

Training Philosophy Continued

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Information Need To Know

- Law of Adaptation – 21-28days to adapt
 - So I like 7 to 10 day cycles of training or 20-24days/3-4wk
 - How many hard/moderate/easy workouts during within the cycles
- Do they run an 8-10 week or 12-16 summer program?
 - When is the last track meet of the season
 - What type of any injuries does the athlete currently have
- Do I already have a meet schedule or an good idea already?
 - What regular season meets are important?
 - Determine the 'stepping stone' meets?
- When is my MOST Important race?
 - (league/regional/state/post HS races) *my case is Nationals

Phases Cross Country Training

- Transition Phase
 - Access where your athletes are after season along with newcomers
- Preparatory Phase
 - Summer Training Starts General to Specific Period
- Pre-Competition Phase
 - Mine usually last 8 weeks and I split them into 4 weeks where I'm working on elements athletes will encounter during XC race
- Competition Phase
 - Mine usually last 4 weeks, which gives me 2 – 10 day cycles or 4 – 7 day cycles

Transition Phase

- Mentally Burned Out versus Physically Burned Out
 - Is there a difference and what would I look for
- What injuries or complications do I have currently
 - If there is none, its easy to start the Transition Period
- Do they run an 8-10 or 12-16 week summer program?
- How many runners will I have and what types are they?
 - Determine what type of runner you have
 - Newcomers / Fun Runners / Just Out Because
 - Intermediate Runners
 - Veteran Runners

Summer Training-Prep Phase

- What are my rules, limitations, work schedules, dedication?
 - First is find out each of these about your athletes
- Do I run an 8-10 or 12-16 week summer program?
 - If KS State is last race I'd start June 7th, 2015 with 5-7day AYF plan
 - If KS Regional's is last race I'd start May 2015 with 5-7day AYF plan
- What type of mileage would I like to start my runners at?
 - [Newcomers / Fun Runners / Just Out Because](#)
 - [Intermediates](#): starting to improve and figuring things out
 - [Veterans](#): Has been training and ready to really amp things up
- MOST IMPORTANT thing to consider is Aerobic Development?
 - Many ways to go about doing this, NOT just about raising mileage
 - Whatever current fitness, I'd start & progress to XC peak mileage by the end of the summer training program
 - Using Race Distances 4k and 5k in mind when training

Newcomers / Fun & Just B/C

- I would run an 8 week summer program for Beginners
 - 4 to 5 days of week
 - As you feel runs everyday until you can handle running singles
 - Progressing them to be able to run 3-4miles w/ out stopping
 - 3-4 x 1mile or 6-8x800m w/ 30-2min rest
 - 2 x 1.5mi to 2mi w/ 30-2min rest
 - Once they can handle running singles start progressing the pace of runs
- I would run an 4-6 week summer program for the Rest
 - 4 to 5 days of week to see how serious they are before moving them up
 - As you feel runs everyday for 4-6weeks
 - The key is you want to make sure the fun runners and just because types don't bring down anybody you believe could develop and actually enjoy this.
 - If they want to run any summer running because they're getting in shape for another sport, just train them when they arrive

Intermediates

- Evaluate where your athlete is at and where can you develop?
 - How did they handle running when they first got started
 - How many miles per week are they running
- I would run an 10-12 week summer program for Intermediates
 - 6 to 7 days of week
 - As you feel runs everyday for 4-6weeks
 - After 4 to 6 weeks, a typical 7 day training cycle
 - 1 x Long Run(20%)
 - 1 x hard workout
 - 2 x As You Feel Days
 - 2-3 x recovery days
 - 0-1 x days off

Veterans

- Evaluate where your athlete is at and where can you develop?
 - They running all singles, if not how many doubles
 - How many miles per week are they running
- Early Season Meets, Do you have to race them??
 - First thing is find out how important the early season races are to your program
- I would run an 12-16 week summer program for Experts
 - Start with 6 days a week, then add in 7 days and find what cycle works best
 - As you feel runs everyday for 4-6weeks
 - After 4 to 6 weeks, a typical 7 day training cycle
 - 1 x Long Run(20%)
 - 1-2 x hard workout
 - 2 x As You Feel Days
 - 2-3 x recovery days

Pre-Competition Phase

- **IMPORTANT to STILL develop Aerobic System**
 - Its very easy to get lost in the whirlpool effect around you
- Determine the mid season important races
 - *"Don't go chasing waterfalls - Michael Keaton"*
- What Attributes of XC will I stress
- Any VO2 max

Competition Phase

- **IMPORTANT to MAINTAIN develop Aerobic System**
 - Don't take away the MOST important block of your foundation
- **League – Regional – State**
 - Determine which one is the most important. Are you a "lock" for state or is your regional as tough as state
- Keep notes to what worked during the season

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"My" Training Definitions

- Recovery Days –
- Steady State or AYF –

Training Definitions Continued

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Training Definitions Continued

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Individualized Training

- No day is the same, might of mowed the lawn in October last year, then this October you were shoveling snow

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“My” Training Theory**

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“My” Training Theory

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K.I.S.S.

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Recommended Reading

These are some books that I would strongly recommend reading

Road To The Top, by coach Joe I. Vigil, Ph.D.

Take the Lead, by Scott Simmons & Will Freeman

Science of Running, by Steve Magness
