

## Hugoton Cross Country

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Hugoton High school

## My Coaching Background

- Coaching Duties: HS/JH XC, HS/JR Track & Field, MS Girls BB  
23 years in Hugoton 22 yrs as XC/track coach
- What makes a good Coach/team
  - We all have unique situations

## Building a Program

- Hugoton HS 4A/3A school- 230 students
- 30 students out for XC this season
- Named Head Coach in Fall of 1995-22 years as head coach of the program. 1 assistant in the HS and 1 assistant in the MS.
- Always have had decent kids out here but was a matter of developing them

## Building a program

- I consider us to be a low mileage program
- Motivation is the key to success
- I want to build numbers and increase participation. Not Easy with Running!
- How To recruit kids
  - Your Athletes will sell the program to others
  - Build Relationships with kids

## Other Keys to Program

- We have MS XC program
- Have about 10-15 kids a year
- Parent involvement in the program
  - Meals, gatorade, snacks after meets
  - Team dinners
  - Organized t-shirts at home meet

## Other Keys to Program

- Alumni involvement-have had 2 HS assistants that were former runners on the team. Help at home meet.
- Team Aspects of Cross Country
  - Team placing in meets-its not about 1 individual
  - Build relationships with teammates
  - Help others become better
  - Strong leadership in and out of classroom and in Cross Country/Track

### Cross Country

- Summer running is key to success in the fall
- What we do
  - Starting mid June meet 3 x a week, Monday, Wednesday, Friday @ 7:00 am
  - Everything we run is easy miles but it all is based on time. 20, 30, 40, 50, 60 minute runs
  - 1 week in late June team running camp
    - Run this like normal practice but all distance runs
    - We do not do tempo runs in the summer

### Cross Country

- Summer road races are raced on occasion but not many of my runners race much
- Summer running goals
  - Girls run from 100-150 miles
  - Boys run from 150-200 miles
  - I don't ask them to see any type of running log
  - I know when the season starts what that have done or not done

### Cross Country

- The start of the fall season- We are limited to where we workout-try to be creative with this but not easy to do.
- Streets/Country/park/softball fields/track
- We race our varsity team only on Saturdays (except 1<sup>st</sup> meet)so we get 5 days of practice and than the meet
- We practice early in the season 2 times a day about 5-8 days. Some kids do this for 4-5 weeks

### Cross Country

- Early Season
  - 1<sup>st</sup> 3-4 weeks
    - Check out what type of condition team is in
    - Lots of base building most likely 60% of my team has done little running to this point.
    - Add some tempo runs in 3<sup>rd</sup>-4<sup>th</sup> weeks
    - Begin splitting team into 3-4 different workout groups
    - Add some strength building ideas into workouts

### Cross Country

- Early season workouts includes easy distance runs-(timed or distance)
- Some hill runs (mondays), combination (stairs, Hurdles, Med ball drills, Jump ropes, running)
- Steady state runs, repeats based on time
- Try to run 1000's, 1200m repeats
- Cut down miles or mile repeats
- Key to early season workouts is rest period

### Cross Country

- Mid-season workouts-move into 800m repeats
- Short tempo runs-10-12 minutes
- Continue some hill runs
- Fartleks based on time
- Will use some 1000 meter runs but like to move into the 800 m distance.
- Will rest runner if needed/skip race to workout

### Cross Country

- Last 3 weeks of the season
- Try to focus on quality runs/workouts which we come in and get the work done.
- Mileage will decrease
- Focus on being prepared to race
- Focus on the league and regional meets

### Cross Country

- Typical Weekly workout plan
  - Mon-Hill/strength workout
  - Tue-Long Run (45 minutes-hour)
  - Wed-Repeats(long/Short)
  - Thur-(tempo run/fartleks)
  - Fri-Pre Meet
  - Sat-Race
  - Sun- On Your own (Rest)

### Cross Country

- Weekly Plan with Race during week
  - Mon-Long run/Repeats
  - Tue-Fartleks
  - Weds-Pre-Meet
  - Thur-Race
  - Fri-Recovery Run-Stretching/foam rollers/ice
  - Sat-Long Run
  - Sun-Own your own (Rest)

### Cross Country the other things We do

- Weights
  - Do these on Mon-Weds
  - 4-6 exercises-kettle bells, Med balls, pull ups
  - Lunge and squat routines
  - Body Weight exercises
  - Jump rope

### Other things

- Core work-Planks/Med Ball
- Hurdle Work-hip strength and flexibility
- All long runs end at track and we do barefoot running for 50-60 yards working on sprint form and overall running efficiency
- Lunge and reach routine- really like this

### Questions/comments

- Believe in what you do and your kids ability
- Find what works for you
- Talk with other coaches
- Make sure your athletes have fun and like to run
- Stay involved and focused on the kids

### Contact Information

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