

Cross Country Team Organization & Training

Lyles Lashley
Ellinwood High School

Background

- Grew up in Monroe, La.
 - Ran on State Champion and 2 State Runners up Teams
- Ran Track/Cross Country Louisiana Tech
- Coaching Experience
 - Ruston, LA
 - Hitchcock, TX (2 Years)
 - Barton County Community College (9 Years)
 - Larned, KS (Football- 2 Years)
 - Ellinwood (6th Track/ 5th Cross Country)

Planning - Overview

1. Summer Training
 - Don't expect High School kids to get anything done on their own.
 - Make it fun - running LSD is boring to kids these days.
 - Do team bonding activities.
2. Plan
 - Season Overall
 - Cycles
 - Weekly
 - Daily - Warm up, Workout, Core Training, Alternative Training
 - Don't just go to practice/conditioning with no clue what your are going to do. But remember you live in Kansas, so the weather changes things

Planning-Summer Training

Ellinwood Off Season Training	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Low mileage	2-3mi	3-4mi	3-4mi	3-4mi	3-4mi	3-4mi	3-4mi
Workout of Champs	5-6mi	6-7mi	6-7mi	6-7mi	6-7mi	6-7mi	6-7mi
Mid Week	3-4mi	4-5mi	4-5mi	4-5mi	4-5mi	4-5mi	4-5mi
High Mileage	8-10mi	9-11mi	9-11mi	9-11mi	9-11mi	9-11mi	9-11mi

Planning-Season Overview

26-Aug	27-Aug	28-Aug	29-Aug	30-Aug	31-Aug	1-Sep
Workout of Champs 5mi	5mi	5mi	5mi	5mi	5mi	5mi
5 Min Tag Along	5mi	5mi	5mi	5mi	5mi	5mi
5 Min Tag Along	5mi	5mi	5mi	5mi	5mi	5mi
5mi	5mi	5mi	5mi	5mi	5mi	5mi
5mi	5mi	5mi	5mi	5mi	5mi	5mi

Planning - Weekly

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Group 1	Group 1	Everybody	Pre-Meet	Track Meet	Track Meet	Track Meet
4 x 50m Block Starts	4 x 50m Block Starts	4 x 50m Block Starts	4 x 50m Block Starts	4 x 50m Block Starts	4 x 50m Block Starts	4 x 50m Block Starts
2 x 7.5 Block Starts	2 x 7.5 Block Starts	2 x 7.5 Block Starts	2 x 7.5 Block Starts	2 x 7.5 Block Starts	2 x 7.5 Block Starts	2 x 7.5 Block Starts
400 the hardway	400 the hardway	400 the hardway	400 the hardway	400 the hardway	400 the hardway	400 the hardway
Groups 2-3	Groups 2-3	Groups 2-3	Groups 2-3	Groups 2-3	Groups 2-3	Groups 2-3
4 x 1 Hurdle	4 x 1 Hurdle	4 x 1 Hurdle	4 x 1 Hurdle	4 x 1 Hurdle	4 x 1 Hurdle	4 x 1 Hurdle
2 x 3 Hurdle	2 x 3 Hurdle	2 x 3 Hurdle	2 x 3 Hurdle	2 x 3 Hurdle	2 x 3 Hurdle	2 x 3 Hurdle
1 x 7 Hurdle	1 x 7 Hurdle	1 x 7 Hurdle	1 x 7 Hurdle	1 x 7 Hurdle	1 x 7 Hurdle	1 x 7 Hurdle

Planning - Daily

Exercise	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50
Cardio	100	200	300	400	500	600	700	800	900	1000	1100	1200	1300	1400	1500	1600	1700	1800	1900	2000	2100	2200	2300	2400	2500	2600	2700	2800	2900	3000	3100	3200	3300	3400	3500	3600	3700	3800	3900	4000	4100	4200	4300	4400	4500	4600	4700	4800	4900	5000

Planning-Warm up

Alternative Warm-up	A. Leg Swims	B. Push Leg Swims	C. Walk/Run	D. Side Swims	E. Side Swims	F. Side Swims	G. Side Swims	H. Side Swims	I. Side Swims	J. Side Swims	K. Side Swims	L. Side Swims	M. Side Swims	N. Side Swims	O. Side Swims	P. Side Swims	Q. Side Swims	R. Side Swims	S. Side Swims	T. Side Swims	U. Side Swims
1. Side Swims																					
2. Side Swims																					

Planning-Core Strength

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Abs Circuit	Timed Abs Circuit	Med Ball Abs	Each Exercise for 30 Seconds	Abs Circuit	General Strength
Each Exercise x 20	Each Exercise for 30 Seconds	Each Exercise x 25	30 Seconds	Each Exercise x 20	Each Exercise x 20
Med Ball Circuit 1	Timed Abs Circuit	General Strength 1	Abs Circuit	Med Ball Abs	Abs Circuit
Overhead Squat	Six Inches	Single Leg Squats	Knees to chest	All one done w/ Med Ball	
Seated Hip	Little Circles	Crunches w/ Twist	Crunches w/ twist		
Good Morning	Up and Down Scissors	Decline Push Ups	L-Overs	Crunches	
Partner Exchange	Side to Side Scissors	Side Ups	Back Hypers	Side Sips	
V-Sit	Hypers	Lunge Walks	Cross Overs	Hypers(Ball above head)	
Lug Golf	Wig Reasons	Dark Walks	Beet knee crunches	V-Ups	
Reach and Hike	Superman Hypers	Prisoner Squats	Hypers w/ twist	Cross Overs	
Seated Side	Partner Up	V-Sits	Crunches	Superman Hypers	
Hypertoss	Throw Downs	Reverse Leg Lifts	Iltycs	Partners	
Overhead Back	Hand Kicks	Rocket Jumps	Side Ups	3 sets of each	
Overhead Forward	Toe Touches	Push Ups w/ Cup	Superman Hypers	Med Ball Sit Ups	
Between The Legs	Partner Up	Gossack Extensions	Frog Leg Crunches	Med Ball w/ Twist	
Overhead Back	Wrestlers Bridge	L-Overs	Low Scissors		
Overhead Forward	Hypers w/ Flutter				
Between The Legs	Partner Up				
Overhead Back	Throw Downs				
Overhead Forward	Hand Kicks				
Between The Legs	Toe Touches				

Planning-Alternative Workouts

Alternative Warm-up	Biking	Mile Pace	400m Pac	MPH	Incline
Elliptical or Tread Mill					
Shoulder to knee straight up	1 mile equals 1 mile running	8:00			6.8
Shoulder to knee straight up	of the following	8:30			7.1
30 min = 2 miles		8:00			7.5
30 min = 3 miles		7:45			7.7
40 min = 4 miles		7:30			8
		7:15			8.3
		7:00	1:45		8.6
		6:45	1:41		8.9
		6:30	57	9.2	
		6:15	50	9.6	
		6:00	50	10	
		5:45	86	10	2.8
		5:30	82	10	3.2
		5:15	78	10	3.6
		5:00	76	10	4.0
		4:45	71	10	5.4
		4:30	67	10	6.4
		4:15	63	10	7.4
		4:00	60	10	8.6

Goals - Overview

- Team Goals
 - Summer
 - Season
 - Workouts
- Individual
 - Running Logs
 - Mileage Chart
 - Summer Goal
 - Workouts

Goals-Workout Progression

Team	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	11th	12th	13th	14th	15th	16th	17th	18th	19th	20th	21st	22nd	23rd	24th	25th	26th	27th	28th	29th	30th	31st	32nd	33rd	34th	35th	36th	37th	38th	39th	40th	41st	42nd	43rd	44th	45th	46th	47th	48th	49th	50th
Team 1	100	200	300	400	500	600	700	800	900	1000	1100	1200	1300	1400	1500	1600	1700	1800	1900	2000	2100	2200	2300	2400	2500	2600	2700	2800	2900	3000	3100	3200	3300	3400	3500	3600	3700	3800	3900	4000	4100	4200	4300	4400	4500	4600	4700	4800	4900	5000

Goals- Summary Sheets

Week of _____	Mileage Goal		
Mileage	Cross-Training	Swimming	Total Mile Goal
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
Total Miles			
<u>Weekly Summary</u>			

Workouts – Overview

- **Summer**
 - Build mileage gradually over the summer
 - Fartlicks, General Strength, 5 Alive, Long Runs
 - Make it Fun!
- **Pre-Season**
 - Mileage is still high
 - Threshold Runs, Hills, General Strength, 5 Alive, Long Run
- **Season**
 - Mileage is cut back, mainly due to racing
 - Intervals, Repeats, Hills, 5 Alive, Long Run
- **Regionals/State**
 - Mileage is low
 - Intervals/Repeats volume is low, Intensity very
 - Race Simulation

Workouts - Summer

- Big believer in Volume/Intensity Ratio
- **Summer**
 - Long Runs
 - Gradually build up in the summer
 - 5 Alive on easy run
 - General Strength
 - Abs, Med Ball,
 - 400m of Hell Build up
 - Games
 - Capture the Flag
 - Ultimate Frisbee
 - Fartlicks
 - 1 x 6,5,4,3,2,1 min @ Tempo Pace w/ half time jog rec
 - 6 x 3 min @ Tempo Pace (up one) w/ half time jog rec

Workouts – Pre-Season

- **Pre – Season**
 - Threshold runs
 - 6 mile cutdown (7:00-6:45-6:30-6:15-6:00-5:45)
 - 6 mile alternate pace (7:00 – 6:00)
 - Hills
 - Untimed, in groups, working on form, strength development
 - Long Run
 - Long run, 5 Alive on easy runs
 - General Strength
 - Abs
 - Final 400m of Hell

Workouts - Season

- **Intervals/Repeats**
 - Mile Repeats
 - 1000's or 800 repeats
 - Ladders
 - Repeat 300's or 400's
- **Hills**
 - Timed reps
- **Long run/Easy run**
 - Long run is not quite as long
 - Still do 5 alive on easy run days

Workouts - State

- **Race Simulation**
 - Mile Hard – mile at Race Pace – Mile at Race Pace
 - 2000 Hard – 1 ½ mile at Race Pace
- **Easy run/ Mileage Shorten**
- **Reps (Volume Low/Intensity High)**
 - 8 x 300
 - 6 x 400
 - Your work has been done at this point. You are fine tuning. Do what you need to do to get your team confident.

Review

- Plan
 - Workouts
 - Keep good records
- Research
 - Read
 - Daniels' Running Formula or many others
 - Clinics
 - Never stop learning
- Effort
 - Be there. Don't expect things to get done
 - Be positive (even if they are bad!)
- Questions????