



Welcome Maize South Cross-Country/ Track
I CAN! I WILL!


Philippians 2:3-4 -
Do nothing from rivalry or conceit, but in humility count others more significant than yourselves. Let each of you look not only to his own interests, but also to the interests of others.

Team Building
Maize South High School Cross-Country

RULES:

1. Smelly Shoes Relay:
2. Team Building Relay- Must have a freshman, Sophomore, Junior, & Senior in your group.
3. 120 TAG
4. 3 facts and 1 lie;
5. Name Game
6. Questionnaire
7. 2-Index Cards- Goal Setting
8. Shoe Lacing Activity



Once your team is picked please line in order you will running in. Will take place on Friday August 26th at the Track.
The winning team will earn dinner on Coach PARR!! Remember the Coaches will be involved in the Relay. NO PRESSURE!!! WE DON'T LIKE TO LOSE!!

CHAMPION

Remember when you are not training...
That somewhere, someone is training...
And when you meet them...
They will beat you.




Remember when you are partying...
That somewhere, someone is not partying...
And when you meet them...
They will beat you.



Team Rules:

- Must be on Time:
- We will practice Monday-Friday @ 3pm Warm-up will be done Together.
- Conduct yourselves in a respectful manner.
- If you signed up to be here you must be here.
- No Smoking, No Drinking, No Drugs-A real Athlete does not want to put these thing into their body.
- Must dress for the right weather. (Never Take your warm-ups off until I have given you permission to do so.
- Don't Be afraid to Fail! Finish What You Start!
- Get Out of your Comfort Zones.

Coach Parr Training Philosophy and Expectations
Early Season Preparation Phase

- Improving weakness
- Core Strength-3 times a week!!
- Stride Length,
- Stride Frequency
- And have balance of aerobic and anaerobic thresholds
- Focus on Speed/ Power, Lactate Threshold, **Recovery/** Endurance and Vo2 Development

Expectations for Practice are as followed:

- Warm-up and cool down like professionals.
- Take care of your business before hand.
- We will take care of each other.
- We will prepare ourselves to focus on racing.
- When we attend Track meets, it's a **BUSINESS TRIP PERIOD!!**

Qualities of the mind-

- Most athletes will make an effort in a race. But few are ready to carry their efforts through months or years of training and racing.
- Athletes need to understand that their can be no hurry when it comes to training. The condition of the human body cannot change overnight, but can be changed over a period of months and years.
- Athletes need to listen, learn, persevere and perform. Perseverance has to be part of the mind and character of the athlete. Never give up on the spirit to succeed. As an runner we must teach ourselves not to worry about the mistakes you make, but develop the courage to hang in there five minutes longer.

-Qualities of the Mind-

- Psychologically you must prepare yourself to train over the long haul weeks, months and years. Sometimes injuries may slow your training down. This doesn't mean the end of the road for you.
- As athletes we need to take a hard long look at what we wish to achieve each day. We need to survey our ambitions on a daily bases. As athletes we need to be supported, but in the end, you will train and race successfully because you want to, not because somebody else wants you to.

-Characteristics Athletes must Possess-

- Never lose the desire to achieve excellence. Athletes must learn to sleep, rest, and eat proper foods. If athletes are not doing these things a load of chemical fatigue will settle in. As an athletes we must learn to understand slight signs of discomfort and learn to judge when you have started to breakdown.
 - Training cannot be hurried; there are not shortcuts to training. Great runners have the mind sets that years of training are necessary for athletic greatness to emerge.
 - Pride is a great part of an athletes character. **Pride is what allows you to want to beat others athletes.**
- Four things athletes need to consider when dealing with life. 1. **Be passionate involved in the activity and exert yourself to succeed.** 2. **Be Well Rounded.** 3. **Be Sensitive and care about the world and your education.** 4. **Display a winning attitude each day.** 4. **Be willing to go the extra mile.**
- By Joe Vigil

- You need to put your self out there(Every Time)
- Do not develop a losing Mentality EVER.
- Don't go into a race and thinking you are not going to win.
- Your attitude will make the difference in how you race.
- Don't EVER GIVE UP in a race.** How you finish determines your Heart.
- We don't go to track meets to lose.
- If you are going to pass some body in a race mean it.
- The ability to initiate or respond to change in pace in the middle of the race.
- Have FUN!!!

Macro-cycle-48 weeks-Training Periodization

- Freshman Mesocycle-2 weeks, JV-8 weeks, Varsity 6-11weeks
- Macro Cycle 1- 12 weeks of Summer Strength Training-Aerobic
- The focus for these first 12 weeks are to run lost of mileage. Infancies needs to be put on hard-easy days of training.
- 50-60 miles will need to be run for the elite High School male runners.
- 20-30 miles needs to be done for the young inexperienced male runners.
- 35-45 miles for the elite High School runners
- 15-25 miles for the inexperienced female runners.
- Summer Mileage card are to be turned in to the coach each week. No excuses!!!
- Incorporate two-tempo runs a week,
- Rest & Recovery days need to be put into the weekly training schedule
- Set small goals for summer miles
- Chart Mileage for each runner summer miles.
- Three times a week need to focus on strength training (circuit for 30 sec each), Bench Press, Light Squats, Core Work, Push-ups, Pull-Ups
- Summer work out need to go from simple (EASY) to complex (HARD).
- This is all preparation for Cross-Country
- You are either go to get better or you've not. Make a decision.

Phase 2-

- Macro Cycle 2- 12 weeks of Cross-Country Training-Anaerobic
- Now the distances runners must transition form the long miles to speed-Endurance phase. Mileage needs to be cut down so we can focus on intensity of longer intervals.
- Example workout- 5-6 800meters ran between 2:15- 2:25 with 1:30 rest in-between. Recover time needs to remain short.
- Runners will start to notice a transition from strength work over the summer to speed endurance.
- 3-5 miles cut down 15 sec cut off each mile.
- Hill repetitions- 600-1000meter in length.
- Fartlek runs: Example 14 minutes and 4 rest 10 minutes.
- Design all works outs around the ability of the runners and meet schedule.
- Make sure that easy day is used to allow muscle repairs and chance for the lactic area to deplete.
- During the later part of cross-country speed will need to be implemented into a weekly schedule.
- Example 200,300,400,500. This is very important for race days. This type of work will allow the runners to feel comfortable with the anaerobic pace.

Transition from XC to Indoor-Track and Outdoor-Track

Season ends for us on Oct 31st .

INDOOR PHASE:

Usually we have a few runners that will take a few days off and then start preparing for National Cross-Country. Everyone else will take about 4 weeks off.

I really encourage our runners to do something for the month of November. Giving them an options to cross-train. During this 4 weeks off-Runners may choose to do low impact workouts! Examples: Swimming, Biking, Elliptical, Stair Master, & ALTER G TREDMILL!

This is a time for coaches to spend time with family and have some down time before winter training.

Pre-Track Goal Setting:

Usually on Dec 1st we will start our winter training plan. I usually take first 4 weeks of December with easy running 4-6 miles per day.

In the early weeks of December we will stay out side as long as the weather permits.

Transitioning from XC to Track

Winter Training:
 Cross country is over, you are well rested, and ready to start training for track. Now what? The best way to approach winter training is generally the same as summer training, **base building**. The only catch is that winter training is much shorter. If you are lucky, you can get in **six to eight weeks** of base before the indoor track season starts and you have to get on the oval and run speed sessions.

- Workouts and mileage should always be tailored to the athlete's experience, durability and commitment. **GOAL SETTING!!**
- A week typically consists of: After the 4 weeks of base building.
 - 2 hard workouts (counting a competition as a hard workout) Tuesday & Thursday
 - 2 easy/recovery days + core-Monday and Wednesday
 - Friday-OFF
 - 1 medium day-Saturday
 - 1 long run day-Sunday
 - 1 day off or very easy recovery day
 - Always include stretching after each run
 - Core and running drills are important throughout the year
 - Athletes should be encouraged to "listen to their body"
 - and let the coach know if more recovery is needed.

Transition from XC to Track

Periodization --The amount of miles used are just numbers, not a strict schedule that must be followed. If you have done nothing since the end of cross country, start with a 25 per week for young pups, 30 for advanced runners per week (assuming you averaged more than this during cross) is a good place to start.

Enjoy your break from racing and be smart in building your base for track. The key for off-season is for athletes to develop **strength, flexibility, and speed**. PLEASE REMEMBER to not run all of your days hard. You will only burn out by May when you should be peaking. Keep the majority of your runs easy to **Steady State**

One to two times a week a Tempo run or Fartlek can be added to keep some of the speed you developed in cross country, as well as prepare you for upcoming track sessions. Tempo runs can be between one and three miles at a pace that is controlled and comfortable, yet 10 - 15 seconds per mile slower than cross country race pace. Good fartleks are 1 minute hard by 1 minute easy, or 20 seconds hard by 40 seconds easy.

Strength Training: Winter Plan

See Maize South XC/Track Strength Plan

The reference to strength is not just running strength but also body strength. The athlete should be in the weight room at least twice a week --A basic upper body regimen for runners should include bench press, sitting military press, lat pulls, curls, front and reverse, triceps lifts, pull ups, dips and some light leg presses. We also do a core strength routine.

Aerobic/Threshold Approach: Macrocycle Critical Months of peak performance:
 Nov Dec Jan Feb March April May
 June July Aug Sept Oct

Phase 3

- **Macro Cycle 3-12 weeks of Indoor-Track Training-Critical Zone**
- These next 12 weeks runners need focus on transition from XC to Indoor and the intensive of speed that is needed.
- Those that are participated indoor will need to focus on tight packs, setting paces and understanding tactics of a good race plan.
- Doing Shorter Intensive speed work will improve efficiency of leg speed.
- Longer intervals can also be done. Continue to maintain speed endurances through the season.
- Each Macro cycle needs to be implement 3 hard-intensity weeks and one recovery week. This will allow for the body to build adaptations for the training that was just accomplished.
- Examples work outs: 5x800- Speed Endurance.
- 4x200 @, 4x400 @, 4x200@ all needs to be done at race pace-Short Speed.
- Keep recovery short and Sweet.

4-Week Cycle:

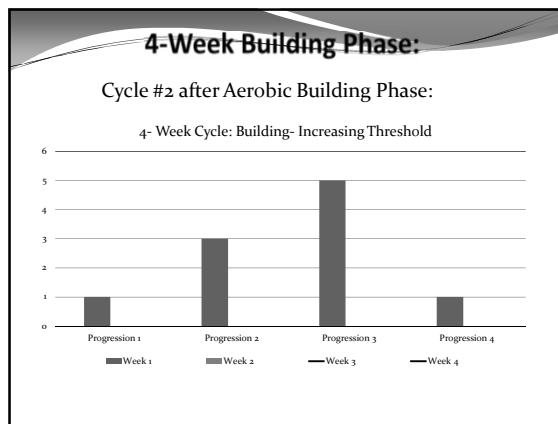
- Week #1- Example Workouts:

12x400@ Effort	Recovery
72-76	3 min
- Week #2--13x400@ Effort

70-74	Recovery
	2 min
- Week # 3--14x400@ Effort

68-72	Recovery
	1 min
- Week # 4--12x400@Effort

64-68	Recovery
	2min



Phase 4

- **Macro Cycle 4-12 weeks of Outdoor-Track Training-Vo2 Max Training**
- Now it's time to take the last 3 cycle that were done and put into all out Competition. During the last phase of this macro cycle I will need to focus on specialized, Individuals, and speed workouts for each runner. Since there are so many track meets during outdoor season. I will need to be careful that I do not overload my runner's into burnout stage.
- Work outs need to be personalized depending on what kind of athletes I have.
- Limit how many meets a week I let my runners' participant in.
- For qualifying meets have runners & elite runners run one meet that week, but keep the intensity up during the training week.
- Example of outdoor work outs: For leg speed 16x100 @ 14-15.5 Get a half second fast each week.
- 20x200@ 30-32 sec with a jog across the field.
- 16x400@ 68-72sec. with a minute recovery.
- As the end of the season draws near runners will need to focus on running intervals that are fast then race pace with lots of recover in-between.
- For example; for 800 meter runner; they might run a broken 800. They will run the first 600meters faster than race pace then allow 30 sec recovery in-between the run, than 200 meters all out.

Video's

https://www.youtube.com/watch?v=UsGRo_mnAA74

<https://www.youtube.com/watch?v=ZFsUdoOaqlw>



<http://www.bing.com/videos/search?q=Parrstory&view=detail&mid=1AA2C2C94E45AF328CFF1AA2C2C94E45AF328CFF&FORM=VIRE>

<https://www.youtube.com/watch?v=BGOTxPi6uol#t=53.331031>

It's about How you Struggle!



Team Hoyt - Dick and Rick Hoyt.url

Wamego State Cross-Country Meet 2:45-11:00min mark.

https://www.youtube.com/watch?v=J8XShYiMY_o

2. <https://www.youtube.com/watch?v=STC79n5okIE>