

Stratford Boys XC Program

Head Coach- Joseph Brillon

Develop a philosophy for coaching the team and yourself.

- *What do you want to accomplish for the team?
- *What do you want to accomplish for the individual?
- *What do you want to accomplish for yourself?
- *How do you plan to accomplish these objectives?
- *What is....
 - >>your given time frame to yourself to reach your accomplishments? Are you in it for the duration?
 - >>your training philosophy for the athletes physical conditioning?
 - >>your training philosophy for the athletes mental conditioning?
- *What administrative duties do you need to accomplish?

Is coaching a science, an art or both?

Science

Science research based information is available to support the coach and athlete in all areas of training and development. This includes: nutrition, biomechanics, psychology, physiology & medicine. Various methods to measure and analyze the athlete's performance e.g. computer aided analysis of VO₂ max, lactate levels, running technique, pace charts, etc. just to name a few.

Art

The **art of coaching** comes when the coach has to analyze the scientific data and convert it into coaching and training programs to help develop the athlete. This analysis process relies **heavily** on the coach's experience and knowledge of the sport and the athlete. New coaches...give yourself **ten years** to fully grasp the ideas you have learned.

Therefore, understanding the **science**, a well designed training program **can** be developed over time that will help an athlete reach their full potential.

So coaching is the art of understanding the science and then applying it!

Why do I coach?

- 1. Passion for the sport and want to give back to the sport.**
- 2. Instill important values such as loyalty, commitment, dedication, teamwork, humility and hard work... characteristics that are missing in today's society.**
- 3. Give the athletes an opportunity to WIN and do something they might not have had a chance to do otherwise. Don't be afraid to train them.**
- 4. Teach them about "life's hard knocks". Sometimes things in life just don't work out the way we plan.**
- 5. Do coaches have egos? Having a sense of your "self-worth" as a coach correlates to how you will prepare yourself to work with athletes. Your ego is not about you...it is what you can do for your athlete.**

YOU ARE the COACH...BE THE COACH!

Prepare yourself and your athletes to compete.

Stress Teamwork...a team can accomplish a lot more than an individual.

Set high Expectations...standards...for the team.

Stand by your Principles...these reflect who you are.

Consistency develops mental toughness...demand it.

Set High Goals for the runners to work towards over time.

Be Flexible...be willing to change to fit the situation.

Be Positive...tell them what they can do...not what they can't do.

There is NO “magic bullet” or substitute for success..it takes WORK!



Coaching Traits

- > **Event Knowledge**- books, other coaches, observe, etc.
- > **Motivation and Communication**- effective manner
- > **Athlete Development**-introduce “stress” accordingly.
- > **Quality Sessions**- practice effectively.

Impact Person

Be a **MOTIVATOR**...not a **MANIPULATOR**!

Certain individuals can destroy the integrity of a team

.

It is our job to not allow this to take place.

Again, you are the coach. Help them become a **MOTIVATOR**.

Planning

- > Training Plans should be drawn up to identify long term (4 years) objectives as well as short term plans for the upcoming season.
- > Always assume you will have the athlete for the duration of their entry into your program.
 - freshman- 4 years
 - sophomore-3 years
 - junior –2 years
 - senior – 1 year
- > More often than not, the number of freshman you start with will decrease by the time they are seniors.

What kind of program do you want to offer?

“Running takes time, and eventually the motivated one is contributing to the team.” – Joe Vigil

- * Developmental Program

 - Accept all runners regardless of ability.

 - Adaptation is key.

 - Be patient but consistent.

 - Set up positive environment

It only takes five runners!

With proper training and motivation, you only need five runners to win state!

“Too much mileage will burn out the athlete and they won’t want to run in college.”

If they have expressed interest in continuing to run at the next level, have you as a coach:

- * **Realistically** analyzed their performance, physically, mechanically and mentally to see where they might could compete: D I, DII, DIII, NAIA and truthfully informed them of their options?
- * **Trained** the individual according to their potential....proper mileage, etc?
- * Remember: Race distance doubles from 5k to 10k. Will they be prepared for a huge increase in training and racing, physically and mentally?

Don’t be afraid to run high mileage (within each athletes capability) as long as you have gradually introduced it over time.

Give them a chance to succeed.

“When collages start recruiting 5 minute milers, then I will lower the miles they run.”

Training Plan

Summer - XC - Winter - Track

Summer: begins 24 to 25 weeks out from the State Meet (late May to Mid August)

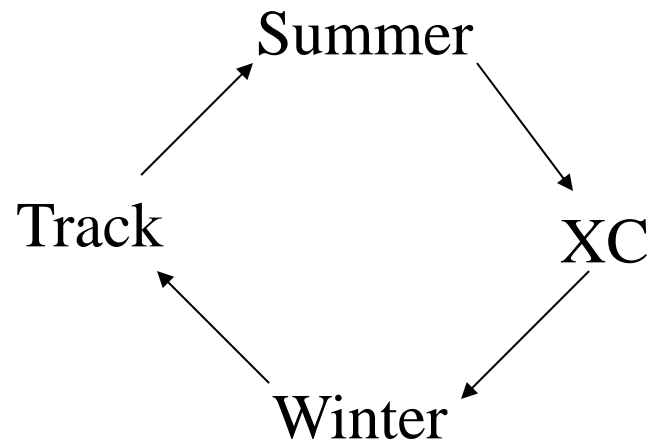
XC: (Mid August to State Meet...or post State Meet competitions.)

BREAK: two weeks (active 2-3 miles/day)

Winter: (mid December to Late January) Shorter buildup but higher increase due to residual from XC).

Track: (Late January till State)

BREAK: two weeks (active 2-3 miles/day)



I have a great freshman group!!

“A really good freshman is simply a really good freshman.” – Dan Green

Focus on your Varsity that you have NOW!

Freshman are “**red shirted**”...it takes about one year of aerobic training on their legs just so that you can start “**training**” them.

Training Principles

1. Body will React to Stress- consistent training produces changes throughout the body.
2. Specificity of Training – system that is stressed will benefit from the stress.
3. Specificity of Over Training – over trained body system will reactively negatively due to over stress
4. Specific Stress produces Specific Result – a specific work load will result in a specific performance time and will be stable.
5. Personal Limits- genetics does limit our ability...but few people realize their potential.

Training Principles cont'

6. Diminishing Returns – as training occurs, RATE of improvement decreases.
7. Setbacks – low level training produces lower number of setbacks while high level of training produces a higher number of POTENTIAL setbacks.

Training Systems

VO₂ submax – steady state run in which the amount of oxygen consumed, the heart rate and amount of lactate accumulating in the blood is basically linear when graphed. If the pace increases (but still at submax), the intensity at which this gradual accumulation of blood lactate occurs is called “lactate threshold intensity”.

VO₂ max – steady increase in pace to which the runner will eventually have to stop. The amount of blood lactate at this time is the “maximum lactate”

Goals of Training

1. Improve the body's ability to transport blood and oxygen,
2. Increase the ability of the running muscles to effectively utilize their available oxygen (to convert carbohydrate and fat fuel into useful energy)
3. Increase $\dot{V}O_2\text{max}$...# 1 and #2 together.
4. Shift lactate threshold to correspond to a faster running speed
5. Improve speed,
6. Lower the energy demand of running (improve economy).

Training Session Types

Easy (E) and Long Runs (L)

- > (E) used for recovery runs or a second run during for the day
- > pace very close to about **75% HR max.**
- >(L) running should NOT be demanding in terms of intensity.
- >E and L running are more a function of *time* spent exercising than intensity of running.

BENEFITS: cell adaptations, fluid loss, focus, glycogen depletion.

Threshold Runs (T)

- > **90%** of VO₂max or of HRmax).
- > about 25 per mile slower than current 5K race pace for a 20 min T run.
***add about 4-7 seconds per mile as spent at T pace increases.
- > Stay as CLOSE as possible to the pace.

BENEFITS: improves lactate threshold.

Interval Pace (I)

- > **98% to 100%** HR max...optimum results with least stress.
- > Demanding but NOT All Out. Going faster will give no better results.

BENEFITS: stresses and improves V02max

Repetition Pace (R)

- >velocity is faster than I pace, but is based the race for which you are training...shorter the race...faster the pace.

BENEFITS: designed for good mechanics at a pretty firm pace (economy, relaxation and speed).

MOTIVATION

“When excellence is in sight...good is not enough” - Joe Vigil

Goal Setting

Visual Charts

Positive Reinforcement