



Extraordinary Performances from Ordinary Athletes

(a cross country / distance perspective)

Jamin Swift & Alan Shields

Raymore-Peculiar High School



Guiding Principles of our Program

- Surround your program with good people
- Promote a growth mindset
- Create AND revisit SMART goals
- Make your program a BIG deal
- Design a training plan that incorporates the above

Quality Staff

- **Jamin Swift - Head Boys Coach**
- **Jay Johnson - Head Girls Coach**
 - **Makes sure everyone has fun!**
- **Alan Shields - Assistant to both**
 - **All of our data entry, workouts, and daily routines**
- **Niki Eve - Assistant to both**
 - **Certified athletic trainer and “mom” to our athletes**

Growth Mindset

- **Fake it till you make it (train like a champion)**
- **Ordinary people have ordinary dreams. Think BIG!**
- **Write AND revisit individual and team goals**
- **Immediate, intermediate, and long range goals**
- **Training plans designed for 4 years and beyond**
- **C-Team (preparing for when you're varsity next year)**

C - Team Standouts

- **Brock Ternes (20 years of continuous days of running)**
 - 28:00 to 15:50 (ran 31:00 for 10K in college)
- **Kiley Deain (3 time all state in xc/track)**
 - 35:39 to 18:36
- **Courage Davis (2 time state qualifier)**
 - 22:26 to 16:22 (9:55 for 3200)
- **Tyler Swift (40th at state, team state champions)**
 - 20:28 to 16:17
- **Haiden Fuller (last place in a C Team middle school race)**
 - 16:00 min for 1.5 miles to 16:38 for 5k
- **Rydan Deckard (from freshman c-team to sophomore state qualifier)**
 - 20:16 to 16:48
- **Alexis Borum (21st at state this year)**
 - 23:29 to 18:49
- **Khuram Choudhry (could barely run 1 minute when he joined us)**
 - 34:26 to 20:00

Make it a BIG Deal!

(otherwise you'll never compete with the "1st tier" sports at your school)

- Be inclusive, coach EVERYONE like a champion
- Assign A, B, and C Team Captains (or more)
- Drop off runs, scavenger hunts, 6/12/24 hour relays, summer camps, day trips, etc...
- Weekly awards (PR, runner of the week, cheerleader, etc...)
- School announcements, put up banners, trophy case
- Host big events (HS and MS)
- Pasta parties, fruit stands, family BBQ's, alumni functions
- Travel meets if your school allows it

Setting/Achieving Goals

- Individual and team oriented
- Running and school oriented
- Immediate, intermediate, long-range
- Progress tracking / run logs (Garmin, Strava, etc...)
- Write your goals the SMART way
 - Specific
 - Measureable
 - Attainable
 - Realistic
 - Time-Sensitive

Setting/Achieving Goals

What assets can you offer to benefit the team?

- Can you run 17:00 or faster?
- Can you help motivate others to reach their potential?
- Can you lead team routines and exercises?
- Can you positively affect our team culture/climate?
- Can you lead team communications / send reminders?
- Can you provide transportation for underclassmen?
- Can you tutor those who need academic support?
- Can you assist with stats, photos, social media, equipment, etc...?

Training Philosophy

- **Consistency and Patience.**
- **Start with what you are able to do and gradually build to where you want to be.**
- **Be patient and progress gradually. Don't be too greedy!**
- **Would like 3rd/4th year runners to be able to run 50-60 minutes on most days with Long runs of 65-90 minutes**
- **1st year runners usually will have a goal to get to 30-40 minute runs with 45-55 minute long runs. Some may not get there. Most can.**



Training Philosophy

Three main categories of workouts

- Endurance (slower than race pace)
- Speed / Economy (faster than race pace)
- Race Pace

Training Philosophy

Endurance (slower than race pace)

- **Steady state (slower than tempo pace):**
 - 25-30 min continuous run
- **Tempo/Threshold Run/Cruise Intervals:**
 - 20-25 min continuous
 - 4 to 5 x 6 min intervals (60-90 sec jog recovery)
- **Fartlek (various intervals):**
 - 1 min on, 1 min off (personal favorite)
 - 30 sec on, 90 sec off
 - On's at medium-hard effort, off's at normal run pace.

Training Philosophy

Speed/Economy (faster than race pace)

- Strides (after most easy and long runs)
- Hill repeats (run hard up, jog back down, long recovery)
- 200's, 300's, 400's at approximately mile pace with equal distance jogging recovery

Training Philosophy

Race Pace/Specific

- **XC Races!! Don't forget that races are the most race-specific workout you do!!**
- **6-7 x 3 min (2 min jog)**
- **5-6 x 1km (3 min jog)**
- **Sometimes last rep of a cruise interval workout is run at race pace**



Training Philosophy

Ancillary Exercises/Routines

- Lunge Matrix
- Resistance Bands
- Abs/Core Routine
- Rollers
- Push Up Routine
- Barefoot Running
- Stretching



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