

What We Did to Right the Ship After 2019



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Prior to 2019

- Qualified for State every year since 2001
- Top 4 in State 11x since 2003
- State Champions 3x
- NXN Qualifiers 5x (National Champions in 2007)



What Happened in 2019?

Finished:

- 8th at Twilight
- 3rd at Conference
- 7th at Sectional - did not qualify for State



More Importantly:

- Numbers declined - Senior class of 9 guys (usually 25-30)
- Poor leadership
- Attention to little things declined
- We lost sight of fun and selflessness



What Next?

Reflection - what was going wrong?

1. Too focused on results
2. Lost sight of our why
3. Fundamentals put on the back burner
4. Poor discipline
5. **No clear vision from me**



“Where does this bus go?”

One approach, which is tempting in the short run, is to wait until people are on the bus and then ask each person where they want to go. Seek to build consensus. Try not to leave anyone out.



The other approach, which works far better if you have a fleet of available buses, is to announce in advance where the bus is going. That way, anyone who wants to go where you're headed can get onboard.

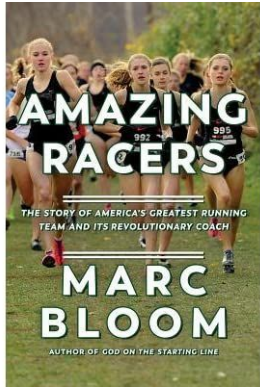
Enrollment is critical. Enrollment allows leaders to lead. Not by endlessly querying those that they seek to serve, but by announcing their destination and then heading there, with all deliberate speed.

- Seth Godin

We had to change our focus

Ronin Philosophy: Ronins were masterless samurai. They were viewed by other samurai as lacking honor. Many were mercenaries, criminals, and cut-throats. However, the greatest ronins were trained by masters to honor a code, and they continued to live by that code once their masters were gone

1. **Focus on things that bring a sense of tranquility.**
2. **Physical development, educated, structured**
3. **Ronin's are self-driven, and are hardened by the rigorous methods of endurance and strength training, as were the ancient Spartans or Immortals. They practice balance, intelligence, patience, self-discipline and self-reflection in all areas of training and life, as did the ancient Stoics and Immortals.**



UBUNTU

I... am what I am because of who we all are.

"It is the essence of being human – you can't exist as a human being in isolation. It speaks about our interconnectedness. You can't be human all by yourself, and when you have this quality – Ubuntu – you are known for your generosity. We think of ourselves far too frequently as just individuals, separated from one another, whereas you are connected and what you do affects the whole world. When you do well, it spreads out; it is for the whole of humanity."

Archbishop Desmond Tutu

#Ubuntu



"The Memo Way"

Are you learning who you are? Why are you doing this?

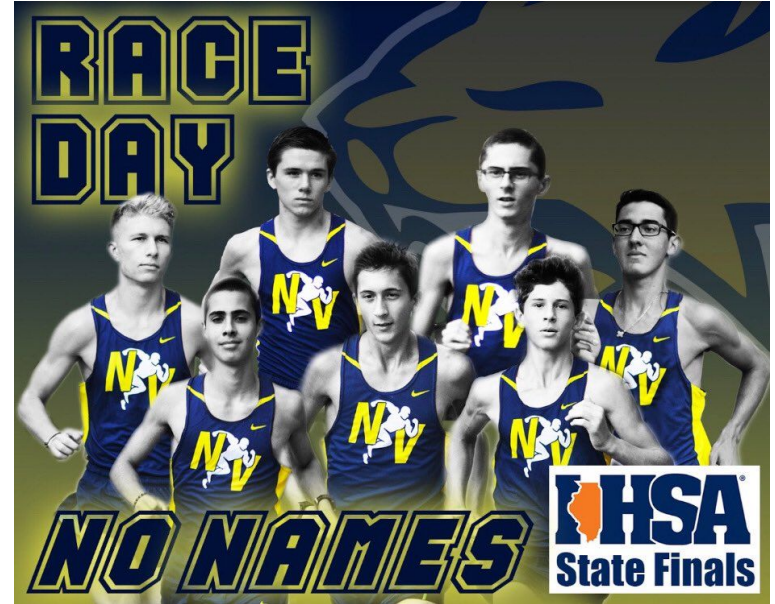
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F. A. M. I. L. Y. (Forget About Me, I Love You)



How does this translate to us? How can we better implement this?

A more disciplined focus on training, sleep, reflection, and nutrition

Sleep

Strength

Training

Nutrition

Mind



Training:

1. More long, sustained efforts at a non-jogging pace - "Big Bluestem"
2. Embrace the winter elements and train harder than anyone else
3. A greater focus on hill and strength work
4. Back to more threshold work - repeat 1000's/1200's with 1 min rest. [BYU](#)

Workout

5. Once mileage hits 55-60 mpw, two-a-days are implemented, with a shake out run on mornings of Q days and maintenance days.
6. [Use time running](#), and the effort levels at those times, as basis for training.
7. More emphasis on speed work. Speed creates endurance.



Strength Training

Bench Press, Curls. Research says that the weights should be heavy and with fewer reps (6-10) x 3. If you can lift a weight more than 10 reps, you need to move up in weight.

Deadlift, One-Legged Squats. We need to be careful with the leg lifts. We can go up to 10-15 reps x 3 on legs to avoid strains.

Pull-up/Push-up Routine: 15 minutes in duration. Start with 3 pull-ups every 45 seconds. Then, 8 push-ups in 45 seconds. Alternate 10x. Increase the number after 3 weeks, but keep the same time frame.

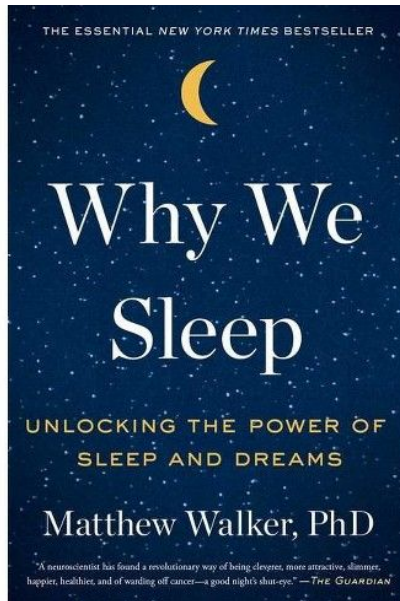
[4 hip exercises](#) (hip abduction, knee drive with band, quadruped series, heel drop). 3 sets of 10 reps each.
Plyometrics/stairs 1x a week or steep hills

Measure max number 4x: Start of summer, the end of summer, start of official season, week of Sectional.

I want the weights to be more intensive and purposeful. Athletes not working out with a sense of urgency asked to leave. It's an honor to be able to lift.

Sleep

A focus on regular sleep of at least 8.5 hours. This means if you are going to run before school, you should go to bed by 9:15 p.m. (ideally, 8:30 and no later than 9:45). [Sleep Chart](#). [Research and Planning](#) [The Power of Sleep](#)



Neuqua Valley Men's Cross Country & Track and Field							
What Time Should You Go to Bed?							
	Wake Up Time						
	5:30 a.m.	6:00 a.m.	6:30 a.m.	7:00 a.m.	7:30 a.m.	8:00 a.m.	8:30 a.m.
	Bed Time						
Awful	10:30 p.m.	11:00 p.m.	11:30 p.m.	12:00 a.m.	12:30 a.m.	1:00 a.m.	1:30 a.m.
Bad	10:00 p.m.	10:30 p.m.	11:00 p.m.	11:30 p.m.	12:00 a.m.	12:30 a.m.	1:00 a.m.
Minimal	9:30 p.m.	10:00 p.m.	10:30 p.m.	11:00 p.m.	11:30 p.m.	12:00 a.m.	12:30 a.m.
Mediocre	9:00 p.m.	9:30 p.m.	10:00 p.m.	10:30 p.m.	11:00 p.m.	11:30 p.m.	12:00 a.m.
Good	8:30 p.m.	9:00 p.m.	9:30 p.m.	10:00 p.m.	10:30 p.m.	11:00 p.m.	11:30 p.m.
Champion	8:15 p.m.	8:45 p.m.	9:15 p.m.	9:45 p.m.	10:15 p.m.	10:45 p.m.	11:15 p.m.

Nutrition

1. Athletes can eat a poor diet and still get stronger and faster. However, you are going to get a lot stronger and faster (and be healthier and feel better) if you eat the right foods.
2. Eat a healthy diet of nutrition-rich foods. Avoid processed sugars. Eat whole wheat bread and choose from the foods on [this list](#).
3. Regular intake of iron-rich foods. Ferritin levels should be above 30. Explained [HERE](#) and [HERE](#). [Introduction to Ferritin to parents](#) [Helpful Hints in Absorbing Iron](#) [Ferritin Letter from Doctor](#)

[Carb and Protein Needs - Good to Great](#)
[Sample Meal Plan for a Week](#)
[Rationale for Sample Meal Plan](#)
[Protein Snacks](#)
[Carb Snacks](#)



4. Supplements of Calcium, Vitamin D, and Iron (Ferrous Sulfate pills - [Nature Made](#)).

Balance

1. **“Running should be a part of your life, not be your life”.** It’s very important we manage our time so we can reach our goals in a healthy way. This means we need to plan for time with family, friends, faith, academics, and adequate sleep. Thinking this through is very important. We need to consider all variables. [Student Planning Worksheet](#)
2. What areas do we need to improve upon? [Athletic Lifestyle Questions](#) [Athletic Lifestyle Explanations](#) [Matthew McConaughey - This Is Why You're Not Happy](#)

[25 Tiny Habit Changes](#)

[Know Your Why](#)

[Sharing Your Why](#)



Reflection

1. Consistent discussions, thinking, and reflection on our purpose in life, what running means to us, and what it can teach us. We will read books and other essays to prompt these discussions.

"Running is deeply spiritual. It makes us fuller, better people, and it always tells us the truth." - **Coach Michael Rossi**

2. Consistent documentation in *runningahead.com* of our running, strength work, and sleep. [Two Brains Essay](#).

[Discipline and Meeting Expectations - 17 Inches](#)

What Happened in 2020?

- *We were as prepared for a pandemic as anyone could be :)
- *Guys were more focused on 'being in the moment'
- *We cried and we had fun
- *Long hills and threshold runs were our staple



- * 100 guys on the team - 31 seniors!
- * 5 pts. from winning the Sectional title

[Poop Sheets](#)

Future Plans.....

Ronin Camps

Quick, small meets for beginners - no more
Invationals

Focused, more purposeful practices - 2 hour time limit (“nothing good happens after 2 hours” - Dalby)

Greater parent engagement

[Athlete Ideas for this Winter](#)

Extending personal invitations.....more focused recruiting

