

# Baby Steps

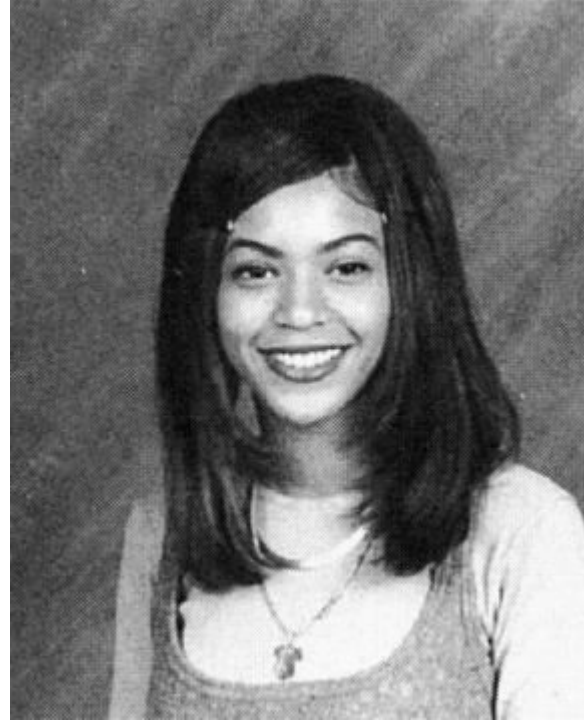
My Journey from Barely  
All-State to a World Class  
Athlete



What do me and Beyonce have in common?



You've gotta start somewhere



# To me, my story is boring

## Outdoor

### 3000 Metres Steeplechase

	Performance	Place	Date
2019	8:26.65	Princeton, NJ (USA)	30 JUN 2019
2018	8:28.55	Drake Stadium, Des Moines, IA (USA)	24 JUN 2018
2017	8:36.73	Letterkenny (IRL)	07 JUL 2017
2016	8:38.28	Jacksonville, FL (USA)	27 MAY 2016
2015	8:54.16	Jacksonville, FL (USA)	29 MAY 2015
2014	8:59.31	Princeton, NJ (USA)	16 MAY 2014

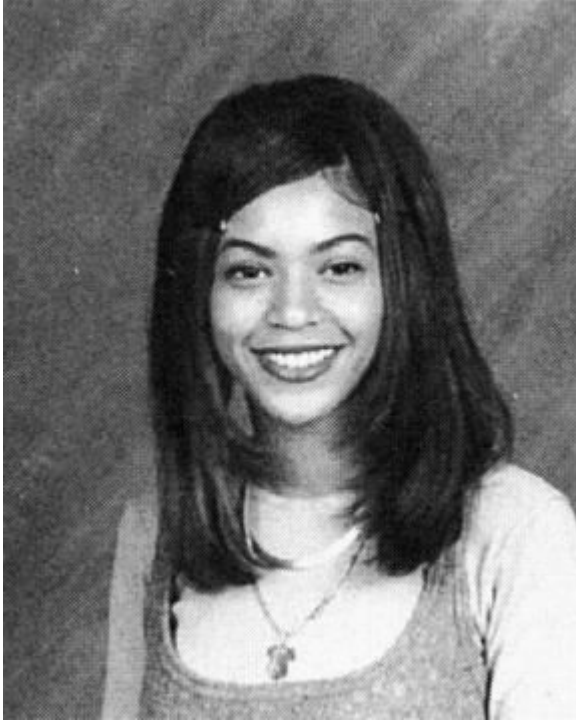
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## 5000 Metres

	Performance	Place	Date
2019/20	13:27.68	Boston Univ. Track & Tennis Center, Boston, MA (USA)	28 FEB 2020
2018	13:45.44	Heusden-Zolder (BEL)	21 JUL 2018
2017	13:47.11	Heusden-Zolder (BEL)	22 JUL 2017
2016	13:56.02	Palo Alto, CA (USA)	01 APR 2016
2015	14:40.36	Raleigh, NC (USA)	27 MAR 2015
2013	15:36.85	Princeton, NJ (USA)	19 APR 2013

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3000 Metres			
	Performance	Place	Date
2019/20	7:50.90	Armory Track, New York, NY (USA)	08 FEB 2020
2018/19	7:50.93	New York, NY (USA)	26 JAN 2019
2017/18	7:52.45	Boston, MA (USA)	27 JAN 2018
2016/17	7:58.04	Boston, MA (USA)	28 JAN 2017
2015/16	7:57.30	Boston, MA (USA)	13 FEB 2016
2014/15	8:04.37	Boston, MA (USA)	31 JAN 2015
2013/14	8:14.80	Boston, MA (USA)	08 FEB 2014
2012/13	8:38.72	Boston, MA (USA)	25 JAN 2013



# What have I learned so far?

- Know your goals
- Critical points
- Defining Progress
- Smell the roses motivated
- Consistency is king





# Know Your Goals

How do you set goals for your athletes?

- High School Goals  $\Rightarrow$  College Goals  $\Rightarrow$   
 $\Rightarrow$  Long-term running goals
- Encourage realism
- Set reasonable immediate goals
- Prepare for long-term goals



# Critical points

- **What was a critical point for you?**
- 2016 NCAA East Regional
- 2017 Oxy and Letterkenny
- 2018 USAs
- Manchester 2019
- Defining moments often happen when you least expect
- Set goals every race based on what you have the opportunity to learn



# Defining Progress

PRs don't always reflect improvement

- 2016 PR: 8:38
- 2017 PR: 8:36
- 2016 Season: 8:52, 8:54, 8:38, 8:48, 8:47
- 2017 Season: 8:52, 8:37, 8:41, 8:36, 8:43
- 2018 - 2019: Fluke ⇒ Real

**Emphasize the value of different types of success!**



# Smell the roses. Stay motivated.

- Don't define yourself by successes and failures
- Celebrate success! At least for a day!
- Remember your long-term goals



# Consistency is King

- Biggest lesson I've learned: key is years of mileage compiled over time
- 2019 USATF Outdoors
  - Chiro once a week
  - Massages regularly
- Random injury after time off
  - New Physical Therapist
  - Strength training
- Increases efficiency, increases ability to train



Have fun!



