



# Learning From A Legend

A Peek Inside the Festus Cross Country Culture & Training Philosophy



# Introduction



# Culture

“Talent puts you in the **conversation** of winning championships. **Culture** is what wins it.” - Samantha Palmer, University of Florida



# What Culture is!

John O'Malley: Championship Oxygen

## Defining Culture:

1. ~~What You Value Do~~
2. Standards
3. How you Talk
4. Story you Tell
5. Symbols you Use
6. Goals/Vision
7. Greater Purpose
8. Sacred Space



# Seven Lessons

1: Fuel Properly

2: Humble and Kind

3: Dare to Dream

4: Excellence Begins with Me

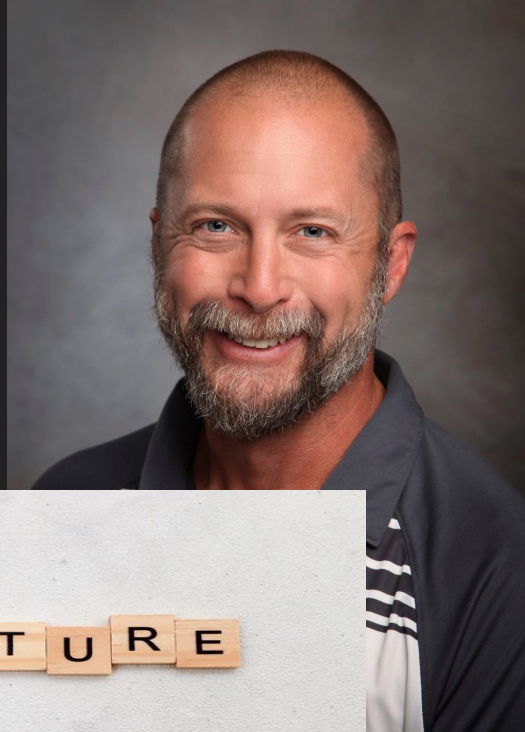
5: Power of Legacy

6: Be Not Afraid

7: Training



# Lesson 1: Fuel Properly



CULTURE

**LOVE WINS.  
ALWAYS.**

# Lesson 2: Humble and Kind



# Lesson 3: Dare to Dream

Thoughts:

(Banner Story)

- What messages are you giving to your athletes?
- Have you put limitations on your programs?
- Eliminate 'can't' from your vocabulary.
- Gawkers.



Take a moment to assess your program.

(State Track story, Joe Bill 2023 story)



# Lesson 4: Excellence Begins With Me

(JBD Story)

What is your vocabulary? (O'Malley)



# Lesson 5: Legacy



## Lesson 6: Be Not Afraid



# Lesson 7: Training

Quick Thoughts:

The is no magic workout.

Two above, Two below (Horwill/5 paces)

Progression

Everything is Present, All the Time



# Similar Thinkers

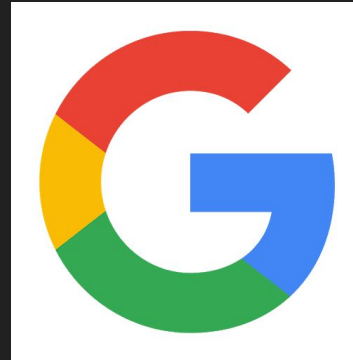
John O'Malley- Sandburg HS (IL)

Jesse Coy (Twitter @CoachingDistance, @CoachJCoy)

Dr. Jeff Messer- Desert Vista (AZ)

Jeff Boele- Lyons HS (CO)

Scott Christensen- Stillwater HS (MN)



# There is No Magic Workout...

...but there are favorites.

## Minute Drills

Variety of combinations: 5-4-3-2-1-1-2-4 (plus treats)

Mid-Season Pre-Chile Pepper: 3-2-1-1-2-3 (plus treats)

Lateseason: 4-3-2-1-1-2-3 (90 seconds recovery, plus treats)

***5 min (10K); 4 min (Tempo); 3 min (5k); 2 min (3200m); 1 min (1600m)***

# Two Above and Two Below

If training for a 5k...you must do work at:

- 1600m pace (below)
- 3200m pace (below)
- 5k pace (@)
- Tempo pace (above)
- 10k pace (above)

Does it change in the Offseason?

You have to do the work, to be ready to do the work.

Mid/Late season - Focus on the Middle

# Progression & Present All the Time

1	Time Trial 3200		Max Speed 30 flys	Tempo 20-25 min 3-4 x 150s sprints		Long Run (St. Joe)	St. Joe Run
2 (8/14)	Minute Drills 5-4-3-2-3-4 (21 minutes) 3x short hills 3x 8 seconds	MLR	Max Speed 40m Flys	200s @ 1600 3% of mileage w/200m jog		Long Run	
3 (8/21)	CV/10K 5-6x 1000s 3x 150m (1:1 recovery) 3x 120m	MLR	Max Speed 10 flys	400s @ 3200 (5% of mileage) 200 jog recovery (adjusted to standing: Heat)		Long Run w/ Progression	



# Progression & Present All the Time

9 (10/2)	CV 5-6x 1000s 3x 120m	MLR	Max Speed 40m Flys	400s @ 1600  3% of mileage  w/200m jog		Practice  Long Run Progression	
10 (10/9)	30 minute Tempo  3x 150m Hill Sprints	MLR	Max Speed 10m Flys	3-2-1-1-2-3  40/30s	30 minutes  3x10s progression sprints	Conference  (Varsity pack run for 2 miles)	5k
11 (10/16)	16/8/8/8/8/1 k @ 5K  (5% of mileage)  1 min standing recovery	MLR	Max Speed 30m Flys	Minute Drills  5-4-3-2-1-2- 4.  7 min of 40/30s	Clayton  Top 7 don't race	Long Run Progression  Or 1600m	3k

# 5 Books Every Coach Should Read

