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GENERAL PHILOSOPHIES



- Reward those things that you value.
 - We only have big meetings 1 day a week, where we celebrate PR's, and each Senior & coach does a "Shout out" for something they saw that aligned with our values.
 - If you get a "shout out", you get a PR Bar from the PR Bar Jar. (Credit: Greg Dixon)
- After Monday's meeting, we're goldfish: Learn from it, and focus on the next thing.
- We don't make big decisions the day of the meet.
- Peaking is more mental than physical

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ELEPHANT IN THE ROOM...

- Uniforms!
- I used to be very strict about these. We had 1 uniform. Then, I went through 'feed the cats'. There's not a lot I use in XC, but one is that we need the kids to be happy, healthy & hungry.
- If that means they buy a different school uniform & that makes them happy, go for it!



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1. TALENT: NATURAL ABILITY – THE LEAST CONTROLLABLE

- Our biggest struggle
 - 14 years of Middle Schoolers
- Only 1 MS Boy under 5:00
 - Only 3 MS Girls under 5:50

Boys All Time Performances 1600m		
Rank	Name	Time
1	Ethan Lee	4:57.61
2	JJ House	5:01.10
3	Grayson Tapp	5:05.12
4	John Sieren	5:10.15
5	Kevin Lewczyk*	5:11.53
6	Kage Lenger	5:14.34
7	Cooper Smith	5:16.54
8	Jordan Tilley	5:19.32
9	Caden Tyler	5:19.4
10	James Gallup	5:19.45

*Currently on the team in year 1 or 2

Girls All Time Performances 1600m		
Rank	Name	Time
1	Jaelynn Conner*	5:39.48
2	Abby Hedges	5:41.30
3	Kirsten Johnson	5:47.09
4	Chloe Johnson	5:53.31
5	Lexi Whalen	5:55.61
6	Chloe Bilien	5:59.2
7	Caroline Dilts	5:56.7
8	Emily Goeglein	5:59.20
9	Harper Tiesing	6:00.1
10	Paige Marino	6:05.00

*Currently on the team in year 1 or 2

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TALENT LIMITATIONS

- We can't work with our middle school programs much so we try to go to some meets, but there's not much else we are able to do.
- Meet with the Middle Schoolers & host a track meet for them
- If I could, I would spend more time recruiting
- Most of our top Middle Schoolers do other sports in high school
- Very robust club sports that gets them very early
- No Pee Wee program



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WHO TO RECRUIT

- Little guys with firm handshakes
- Middle School honors kids
- Middle School XC runners
- Hard workers with guts (you can see it at the end of MS races)
- Most of our top kids weren't the best kids in MS. But most of them showed a lot of guts at the end of the race



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2. TRAINING - LIMITATIONS


- Can't run from our school - bordered by highways
- Coach Curp (or others) meet them at a middle school.
- Sometimes we meet them in the mornings.
- In XC we have a 1.2 mile loop around our school. We used to have Wildflower, but we lost that.
- We used to have a trail around our school, but we lost about 1/3 of that.
- We tried busing for years, but we couldn't start till at least 4:00. One day it was as late as 4:45 before they got there.
- Football, rugby, soccer, band bleachers are all in our training spaces



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CROSS COUNTRY TRAINING PHILOSOPHIES

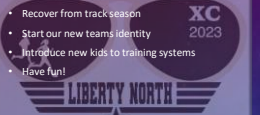
- Aerobic monsters: the 7 primary things we do:
- Hills - no longer a focus but a strength supplement
- Long runs (usually progression) Girls - 8-9, Boys 10-12:
- Progression runs - Fast, faster, fastest (ending around 6:30 or 7:40/mile)
- Tempo (sustained) ~1.00 slower than your current mile time
- CV (Critical Velocity). Do each iteration 3 weeks, then add. Build up to 1200's, 200 jog.
- Speed - Not a focus but a supplement
- Recover
- We mix & match workouts for race weeks to figure out what works best for that year's crew.



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YEAR ROUND PROGRESSION - SUMMER

- Recover from track season
- Start our new teams identity
- Introduce new kids to training systems
- Have fun!



MARRISA ROBERTS 374	SAGE WILDE 1146	TRISTAN BAPP 206
HELINA MALLOS 385	ANESU NZIRAKWANGA 555	BLAKE GARNIEL 206
HAPPER TRENK 284	COLLIN KLEINHEN 642	PARKER BICCHAMALL 206
HILLY OSHEL 258	KAREN KLEINHEN 538	PRESTON HEMPHILL 256
CAROLINE WITTE 284	KEVIN LANCZETA 431	AJEE ROODER 287
SARINA MALLOS 213	SEAN FORGUES 424	DOMINIC HOVATY 233
ELIZA JONES 213	MASON GOEGLJIN 307	MICHAEL THORNTON 292
NATALIE COLLEMAN 286	NATE HAERLACH 282	HANK BRIDGT 282
JOSIE HILTON 206	JOE BILL RIDDER 273	KARSH BRUGGEMAN 282
	CHARLIE FISHER 271	


Work on base building

- June:
 - Out & back (back faster) to teach progression runs
 - Long runs once a week
 - Done during the week
- July:
 - Add in CV & threshold, once a week alternating
- We try to do a game at least once a week!

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SEASON

- 3 week segments:
 - Week 1: Threshold & CV
 - Week 2: Long & Threshold
 - Week 3: Long & CV - focused week.
- Doubles
 - We can't run from the school, so we have to meet really early.
 - We now have them do them on their own
 - This gives them 30+ more minutes in the mornings
 - Some do them, some don't.
 - We ask them to begin them slowly & in the off season
 - If we can get the total mileage in 1 run, we do.
 - Easy runs of up to 30 minutes



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SEASON CONTINUED


- Examples of Critical Velocity
 - On the track:
 - Phase 1 – 5x600 @ CV pace
 - Phase 2 – 5x800 @ CV
 - Phase 3 – 5x1k
 - Phase 4 – add 200m bookends
 - Phase 5 (usually only Varsity Boys) – vary paces in the workouts
 - On the grass:
 - 3 x 300 with 1 minute sprints at the end
 - Everything has 200 jog recovery
- Examples of Tempo
 - Season:
 - Fartlek – 5 min on, 1 min off (x4)
 - Sustained up to 22 minutes (3.5 miles for girls, 4 miles for boys)
 - 3 x 1 mile
 - Rest is 1 minutes standing rest
 - We build up to all of these
 - Add hard up hills at the end
 - End of the season
 - We do the above, rest a minute & hammer 1 k or 1 mile



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EXAMPLES


- Sage Wilde
 - 5 x 1k (2:47 average)
 - 200 bookends
 - Opening – 34 (mile pace)
 - Closing – sub 30 (800 pace)
- Ethan Lee
 - 4 Mile sustained tempo, averaging 5:12
 - 1 minute rest
 - Last mile at 4:47



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WINTER

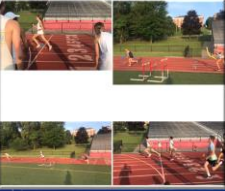
- We abide by the MSHSAA policy & only open the door for kids to make sure they are safe
- We recommend focusing on aerobic & recovery for the remainder of the year
 - Progression runs
 - Long run
 - Experiment with doubles
- In January, when we can start meeting, we'll do some "speed" ladders
 - 50 files
 - 75 @ 200 pace
 - 100 @ 400 pace
 - 200's @ 800 pace
 - Everything is a slow jog back to the start



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TRACK SEASON

- Younger kids focusing on aerobic training



- We can't run from our school, so early on I decided to focus on what I can train for: 1600/800 more than anything else.
- Mileage drops, but we hit speed much more (see my Middle Distance presentation)
- With the addition of (Coach) Brian Curp, we have been able to have kids meet off campus. I think it'll make a big difference

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TRAINING: FINAL THOUGHT

- Of the 3 – Talent, Training & Tradition – Training seems to be the most important factor in developing a boys team



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3. TRADITION – CULTURE THE CROSS COUNTRY EXPERIENCE

- History: In 2019 all of us almost left. I needed a reset. I went through the book "How to build and sustain a Championship Culture" by Jeff Janssen and did a long self analysis. Came up with 10 "values" that we have.
- The kids have picked 3 that are "focused values" that we talk about a lot
- Our job as coaches:
 - To create a great experience through Cross Country



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BUILDING CULTURE - SUMMER


- Summer running - the boys get often & play games like frisbee & football or golf
- Pancake Thursdays
- Games with Goeglein - We try to do games that speed doesn't matter.
 - Coach (Marie) Goeglein runs this & gets rewards for winners. It's the kids favorite thing we do.
- Theme weeks
- Waffle Wednesdays
- Swimming days
- Kids camp - high schoolers are in charge



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SEASON

- Reward those things that you value.
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- After Monday's meeting, we're goldfish: Learn from the race, and focus on the next thing.
- Fridays are focused on a goal for the meet. Examples:
 - Take a calculated risk
 - Run with a partner
- Freshman partner runs (pairing up a Freshman & Senior). Freshman sets the pace, Senior sets the conversation
- Overnight Relay – partner up Seniors & Freshman again
- Girls do bow parties
- There is a team dinner almost every Tuesday. A lot are camouflaged as a fundraiser, but we push everyone to be there.



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BUILDING CULTURE - SEASON


- Conference/Districts/Sectional/State plaque - I have them all sign it
- My Attitude is My Choice – Rainy Day Run!
- Midnight Madness!!!
- Senior Dinner
- Girls - Secret Sis
- Senior's last practice
- Chicken & Pickle
- Uniforms - they get to choose them
- Plaques - if there is a plaque, that group decides who gets it
- JV Pizza Party
- JV "State Meet" - Conference
- Every race is a learning experience - what would you do the same, what would you do different, what did you learn, what advice would you give yourself on the line.



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FINAL THOUGHTS - TRADITION

- Of the 3 T's the most important one is the culture for successful girls teams.



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LNHS Cross Country Record Book



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