

Building a Successful Distance Program



10 Powerful Strategies

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If someone tells you they've got it all figured out—run the other way. If someone says it's impossible that they're wrong—run the other way. If someone makes everything super complex and full of jargon—run the other way. If someone has a "hack" for everything—run the other way.

- Brad Stulberg

1. Know and Communicate What You Believe



The logo features a stylized yellow runner in mid-stride, positioned between a large blue 'N' and a large blue 'V'.

NEUQUA VALLEY CROSS COUNTRY NORMS

1. Shake a hand:

Respect, challenge, enjoy, and honor teammates, coaches, and parents every day.

2. Don't be average:

Plan, train, and live with purpose and accountability, among your teammates and by yourself.

3. Embrace the process:

Victory is an expression of excellence, but it is empty if we value results over the process.

4. Be a 70's child:

Runners must develop many facets--strength, discipline, intelligence, courage, patience--all through staying active, involved, and disconnecting from technology.

5. Leave a legacy:

Leave a positive mark that others will talk about for years to come.

“The Only Zen you find at the Top of the Mountain is the Zen you bring with you”

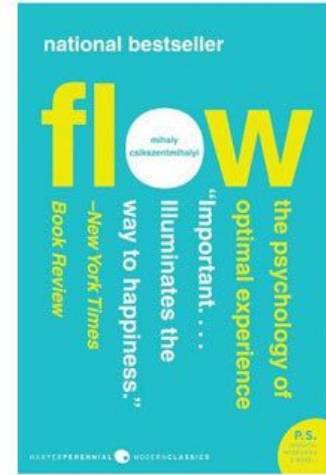
- Zen Proverb



If your goal is to win a State and National championship, what's next?

“The challenges of competition can be stimulating and enjoyable. But when beating the opponent takes precedence in the mind over performing as well as possible, enjoyment tends to disappear. Competition is enjoyable only when it is a means to perfect one’s skills; when it becomes an end in itself, it ceases to be fun.”

- Mihaly Csikszentmihalyi



11 Values We Embrace - www.neuquaxctf.com

#6. We genuinely care about one another. We are a family. We treat everyone with respect. A caring person goes out of their way to never separate himself from anyone or make anyone feel beneath him. “There is no elitist separation by academic class, social class, race, religious preference, or sexual orientation.” – Dorance. **Respect in our organization is shown with a greeting of a handshake and their name.** Greetings to one another are genuine and forthcoming.

I judge a person's worth by the kind of person he is in life – by the way he treats his fellow man, by the way he wants to be treated, and by the way he respects people around him” Calvin Murphy

2. Develop “Aerobic Monsters”



3 Q days, one maintenance day, and 3 recovery days per week.

- Two-a-days, 3x a week. Recovery **MUST** be recovery.
- Rotate between: CV 1000's, hills, long run, speed days, progression runs, Speed Endurance 2, VO2 max work, recovery.


Moderation and Consistency most important. Most of the time, we are counting on 48 hour recovery, not 72.

Don't get married to pace charts - go by feel

Every workout - ABC!



Race Information

Distance	Time	Sex	Rating 
3 miles	15:00.0	M	79.2%

Training Paces By Intensity (mm:ss)

Intensity	Mile	1600m	1000m	800m	400m	200m
Very Easy	8:03 - 7:30	8:00 - 7:28	5:00 - 4:40	4:00 - 3:44	2:00 - 1:52	1:00 - 56.0
Easy	7:28 - 7:13	7:26 - 7:10	4:38 - 4:29	3:43 - 3:35	1:51 - 1:47	55.8 - 53.8
Easy/Moderate	6:58 - 6:45	6:56 - 6:43	4:20 - 4:12	3:28 - 3:21	1:44 - 1:40	52.1 - 50.4
Moderate	6:33 - 6:21	6:31 - 6:19	4:04 - 3:57	3:15 - 3:09	1:37 - 1:34	48.9 - 47.5
Easy Tempo	6:11 - 6:01	6:08 - 5:59	3:50 - 3:44	3:04 - 2:59	1:32 - 1:29	46.1 - 44.9
Tempo	5:51 - 5:42	5:49 - 5:40	3:38 - 3:33	2:54 - 2:50	1:27 - 1:25	43.7 - 42.6
Threshold	5:34 - 5:26	5:32 - 5:24	3:27 - 3:23	2:46 - 2:42	1:23 - 1:21	41.6 - 40.6
CV	5:19 - 5:12	5:17 - 5:10	3:18 - 3:14	2:38 - 2:35	1:19 - 1:17	39.7 - 38.8
Aerobic Power	5:05 - 4:59	5:04 - 4:57	3:10 - 3:06	2:32 - 2:28	1:16 - 1:14	38.0 - 37.2
V.O2 Max	4:53 - 4:47	4:51 - 4:46	3:02 - 2:58	2:25 - 2:23	1:12 - 1:11	36.5 - 35.8
Anaerobic Endurance	4:37 - 4:28	4:35 - 4:26	2:52 - 2:46	2:17 - 2:13	1:08 - 1:06	34.5 - 33.3
Anaerobic Power	4:19 - 4:11	4:17 - 4:10	2:41 - 2:36	2:08 - 2:05	1:04 - 1:02	32.2 - 31.3
Speed Endurance	4:05 - 3:57	4:03 - 3:56	2:32 - 2:27	2:01 - 1:58	1:00 - 59.1	30.5 - 29.5
Speed	3:51 - 3:45	3:50 - 3:44	2:23 - 2:20	1:55 - 1:52	57.5 - 56.1	28.8 - 28.1



3. Develop A Season-Long Training Plan

Plan Q days and Races - fill in the rest later

Use an actual calendar (highly recommend a Google calendar)



The screenshot shows a Google Calendar interface for May 2020. The calendar is viewed in a grid format. The events are as follows:

Day	Event
May 18 (Sun)	Aerobic Dev - Big Blue
May 19 (Mon)	Recovery
May 20 (Tue)	Aerobic Development Thornton Scholarship
May 21 (Wed)	Threshold Zoom Meeting
May 22 (Thu)	Recovery
May 23 (Fri)	Recovery
May 24 (Sat)	Sk Time Trial
May 31 (Sun)	Recovery
May 3 (Mon)	Recovery
May 4 (Tue)	Long
May 5 (Wed)	Great Injury Preventio 2 more
May 6 (Thu)	VO2 max: The Michig Zoom Meeting
May 7 (Fri)	Recovery
May 8 (Sat)	Recovery
May 9 (Sun)	Aerobic Strength - Hill
May 10 (Mon)	Recovery
May 11 (Tue)	Akshat's Birthday Threshold
May 12 (Wed)	Aerobic Development
May 13 (Thu)	Recovery
May 14 (Fri)	Time Trial
May 15 (Sat)	Recovery
May 16 (Sun)	Snake Pliksin's Birthd Long
May 17 (Mon)	Recovery Zoom
May 18 (Tue)	Threshold
May 19 (Wed)	Recovery
May 20 (Thu)	Aerobic Strength - Hill
May 21 (Fri)	Recovery
May 22 (Sat)	Recovery
May 23 (Sun)	Aerobic Dev - Progres
May 24 (Mon)	Recovery
May 25 (Tue)	Memorial Day
May 26 (Wed)	Ethan Lockwood Birt
May 27 (Thu)	Recovery
May 28 (Fri)	Recovery
May 29 (Sat)	Recovery
May 30 (Sun)	Sk Time Trial
May 31 (Mon)	Recovery
Jun 1 (Tue)	Xu Twins Birthday



Big Picture (20-21)



- A. Focus is **aerobic development** (November 9 - January 3rd) - building up base mileage, gradually developing speed components, strengthening through plyometrics and weight training; 10-15% threshold work; one long run
- B. Focus is running fast without stress on the aerobic system - called **reps** (Jan 4 - Feb 21st) Repeat 100's, 200's, 300's, and 400's at Speed
Endurance pace with 2-3 minute easy jog between; introduce CV work with mainly 1200's with 1min recovery; alternate long run with long progression run (Big Bluestem!) with hills (not as far as the long run); speed challenges; introduce two-a-days.
- C. Focus is on **CV work and aerobic strength** via long hills (Feb 22nd - April 11th). VO2 max work is introduced through repeat 800's and 1000's.
Longer speed sessions are incorporated. Two-a-days more consistent.
- D. **Racing season and fine tuning** (April 12th - June 26th); emphasis on racing shorter distances (200's/400's/800's) in dual meets; combination workouts become more common (ie. CV work followed by reps or VO2 max followed by tempo). Athlete and coach decide on area of focus - 800/1600 group or 1600/3200 group.

4. Organize an Overnight Team Camp



[Sample Itinerary](#)

[Sample
Registration Form](#)

5. Pay Attention to Middle School Kids



1980 BLOOMINGTON HIGH SCHOOL NORTH STATE CHAMPION CROSS COUNTRY

UNDEFEATED SEASON • SECTIONAL CHAMPS • REGIONAL CHAMPS • SEMI-STATE CHAMPS

Front Row : Left To Right (Manager) Kirk Diehl, David Weigand, Mark Sharpless, David McMillan

Back Row : (Coach) Charles Warthan, Keith Sharpless, David Johnloz, Marty Bassett, Jeff Grove, Chris Crewell



And Athletes In Other Sports.....

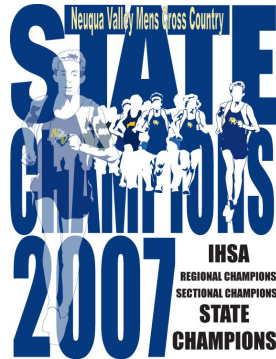
[Soccer Testimonial for Track](#)

[Join XC After Being Cut](#)

6. Organize a Summer AND Winter Training Program



7. Establish Traditions



Memorable Moments

8. Implement Systems of Communication, Community, & Accountability



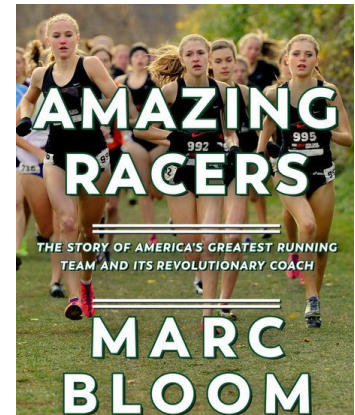
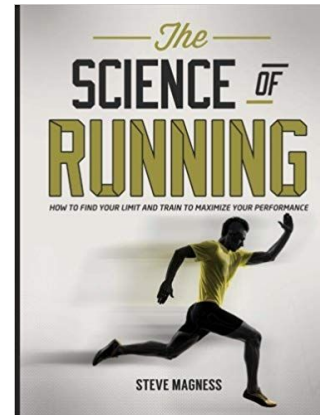
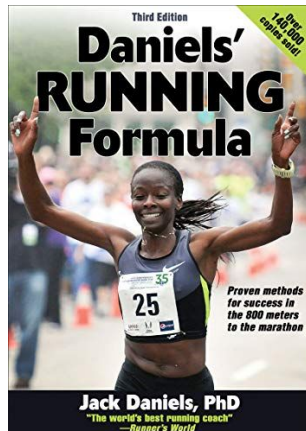
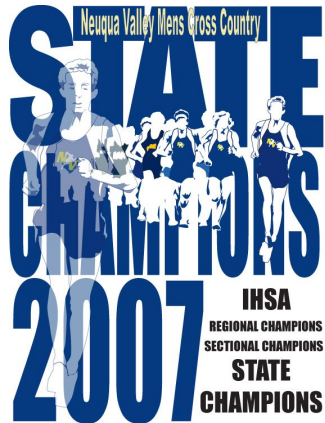
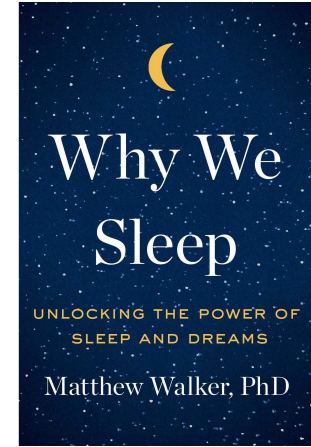
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9. Beg, Borrow, Steal, and Learn



10. Focus on Sleep, Nutrition, and Time Management

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.

Love and Fun Always Wins The Day

