

Tips, Tricks and Trademarks for a Distance Coach's Success

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Training Tips; Freshmen-Senior Year



Training Tips: Freshmen

- 6-8-10 new freshmen each year; assimilate to your style
- Don't change all at once
- Mileage/MRUns/Lifestyle/school
- Mix up training groups
- Teach them what college running is all about
- Find ways for them to WIN
- Stay healthy
- Example of Syd/Karl freshmen year

Training tips: Sophomores

- Mileage is up over summer and all year
- Workouts get to be more testing opportunities
- Race them as much as you can; find their event
- Mental prep time
- Work the details: nutrition, drills, weight room, stress management
- Teach racing strategies

Training tips: Juniors

- Expect break throughs to happen
- Mileage is high; quality is high
- Create workouts around them and their needs/strengths
- Stabilize their routines
- Pick and choose the right races
- Take risks in races
- Listen to their input and perspectives

Training tips: juniors



Training tips: Seniors

- Expansion of junior year Break throughs
- Mileage is high; but consistent; quality is high and growing
- Focus is on performing the breakthroughs when they matter
- Use workouts as rehearsals for races; WARM UPS, ETC
- Don't add new training; rather expand what is working
- Deal with senior stressors

Tricks toward success



Tricks toward success

Recruiting:

- Know what you need; and what works where you are
- Work Hard
- Network with HS coaches
- Plan your visits out with personal touches
- Involve your team members and coaches
- 4 points: school/athletics/social/financial

Tricks toward success

Misc Tricks:

Have help

Know your athletes

Ask questions

Steal ideas

Trust your instincts

Know what you want from each season; year; team

Promotion of successes

Tricks toward success



Trademarks of success



Trademarks of success

- Define your coaching philosophy
- BAS= Consistency; development; individualized training; overall health
- trailblazer
- Honor the past to empower the future
- Momentum, Momentum, Momentum
- CCC; Cool Calm Collected
- Tennessee Tough/Big Ten Time
- Scholar; Champion; Leader

Ready; set; go!



Success with Honor

