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