

The Woodlands- Training the 'in-betweens'

SUMMER



Winter



Introduction

- Head Cross Country and Track Coach, The Woodlands HS
- Hometown: The Woodlands, TX
- USATF Level II Certified - Endurance 2008
- Personal: Wife - Catherine of 21 years
- Dad to 3 girls: Tyne-15, Jae-13, Catelynn-8



Agenda

- Why 9-5 is no longer enough!
- Program evaluation
- Coach evaluation
- Summer Training Plan (3 phases)
- Winter Training Plan (3 phases)



9am-5pm, M-F out; 7days/week, 365 in

- Internet coaching
- Social Media
- NXN, FL, NBON, Brooks PR, Golden series
- General running mindset is much more aggressive
- Successful programs are successful, inside-out



Program evaluation

- Where does cross country/distance running rank in your community?
- How is your program viewed in the community?
- How are YOU viewed in the community (+ ve or – ve word of mouth)?
- How have you marketed yourself off your campus?
- How close are you with your parent-base?

- **It just doesn't 'happen' in The Woodlands!!**

Coach evaluation

- What sort of team do I want (size, style of discipline, personality)?
- What will my expectations be for my athletes? (focus- single sport?)
- What competitive level do I want to regularly reach (District, Regional, State, National)?
- What am I willing to do personally to increase the likelihood of reaching these goals?



John McDonnell (Univ. of Arkansas)



- “everyone knows the x’s and o’s...it’s the relationships between coach/athlete that bring out those special performances...”

Joe Newton (York High School)



“Everyone knows the x’s and o’s...Coaching is relationships between you and the athlete...must have: Trust, Commitment and Caring.”

“When you have these things those kids will do anything.”

Training: The dog days of summer...

- 80% of the successes in cross country are a direct result of work accomplished in June, July, August.
- Why not you?



Essential ingredients for a successful summer:

- Aerobic (volume)
- Strength and mobility
- Speed/turn over work

- Desired outcome:
- Team unity, increased aerobic capacity, improved biomechanic efficiency.



Challenges of summer training in Houston, Tx.

- HEAT AND HUMIDITY!!
- Take precautions!
- breaks on runs to drink (diluted electrolyte drinks)
- cool baths
- bike with drink bottles for kids
- You got that 'funny feeling'...



Aerobic work, 'where the rubber meets the road.'

- May 28 – Aug 19 (12 weeks)
- *summer training starts the last week of school*
- Volume increase up to ~10%-15% of season max by end of summer
- Paces vary between threshold paces to conversational depending on the day (stacking)
- Swimming x1 or 2/week

Strength and Mobility

- Kids love this!!
- Sport specific – no weight room
- Hybrid P90X routine x2/week
- Med ball work x1/week
- Hurdle work (hip mobility) x1/week
- Hand weights x1/week
- Stretching (dynamic/stationary) daily



Speed/Turn over

- Everyone is a sprinter!
- Biomechanic work
- Speed Camp – Shawn Hamilton
- Speed work day x1/week



Sample weeks during the summer

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Summer 1	Long run Conv pace	Threshold run	Rec run/ P90	Long run paced	Swim and/ or run	Speed P90	Swim or run
Summer 2	Long run Conv pace	Threshold / Interval	Rec run/ P90	Hill / Interval	Recovery swim and/ or run	Speed P90	Swim and/ or run

Essential
ingredients to a
successful winter:
Aerobic (volume)
Strength/Mobility
Speed work



Winter

10-14 weeks (~3 cycles)

Highest volume of the training year

Weather not a concern

TWHS trains backwards to most teams on a national



Sample Winter week

Winter	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Long run conv pace	Threshold work	Easy/Med	Long run pace grp	Easy/Med	Speed/ recovery	Easy run/ swim (indoors?)