

**2014 West Coast SuperClinic**  
**February 1, 2014 at Sacramento City College**

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"Distance Running at Jesuit High School: Useful Tools for Effective Coaching"  
presented by Walt Lange, Jesuit High School

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1. above all, coach is a communicator
  - a. John McDonnell
  - b. Jim O'Brien
  - c. Pat Tyson
  - d. Bill Bowerman
  
2. the importance of talent: "great athletes make great coaches"
  - a. The Sport Gene vs The Outliers
  
3. Jesuit High School: brief program history: teams, individuals, records
  
4. Trends: national 3200 times as an indicator, 1960's to the present
  
5. 3200's times by state
  
6. the Arcadia Invitational 3200
  - a. 1986: dirt track, all-Californian
  - b. 2013: all-weather, 4 Californians, 24 others from 10 other states, announcer urging all to break 9:00
  
7. Why the increase in quality performances & performers?
  - a. The Great Collaboration
    - i. [Born at the Right Time](http://tinyurl.com/lze3x7d) (<http://tinyurl.com/lze3x7d>)
    - ii. the Web: FloTrack: WOW, event streaming, race videos, interviews, etc.
    - iii. PrepCalTrack, DyeStat, athletic.net, NXN, live webcast, Mt. SAC webcasts, the armory.com, etc., Arcadia Invitational
    - iv. [Daniels Running Formula](#)
    - v. technology: Marc Andreessen: in 3 years no dumb phones will be made, there will be 5 billion smartphones on the planet
  
8. the importance of a coaching staff at Jesuit: assistants are invaluable
  
9. The team "lockerroom": The Woodlands, Mead, Jesuit
  
10. The training program and environment
  - a. American River Parkway
    - i. training courses: upstream and downstream gives variety
    - ii. pace charts
    - iii. intervals on the grass at Arden Bar

11. Workout planning tools
  - a. using Daniels vDOT system for non-aerobic training
  - b. using attackpoint.org for assigning vDOT values--after a cross country meet
  - c. color-coded workout groups
  - d. using Purdy's Computerized training program for intervals: the interval workout calculator
  
12. XCStats.com and Google Docs as coaching tools: results, training logs (iPad entry), e-mail, file (map) storage, web pages, calendar, roll call
  
13. The Summer Running Camp
  
14. Video!
  - a. JesuitTrack channel on YouTube: race videos, playlists, favorites: analysis and motivation
  - b. sample xc analysis: 2005 state meet
  - c. sample track analysis: 2011 state meet 800 prelim
  
15. Maps!
  - a. excellent tool for planning practices, and preparing for races (cross country AND track)
  - b. setting up training courses:
    - i. In the beginning: gmap-pedometer.com
    - ii. enter Garmin
  - c. next: Google Earth: elevation profile, the flyover tour
  - d. next: the video/map tour (with gps layover and voiceover)
    - i. [De La Salle preview](http://tinyurl.com/pkucsaf) - http://tinyurl.com/pkucsaf
    - ii. [Haggin Oaks Preview](http://youtu.be/13gSYwNn8WM) - http://youtu.be/13gSYwNn8WM
  - e. Web tools
    - i. suffervision (<http://suffervision.appspot.com>), [biketelemetry.com](http://biketelemetry.com), [gps4sport](http://gps4sport.com), [RouteShoot](http://RouteShoot.com)
    - ii. great potential: [Garmin VIRB Edit](http://GarminVIRBEdit.com)
    - iii. sample tours:
      1. [Suffervision tours](http://preview.tinyurl.com/mzv78pt) - <http://preview.tinyurl.com/mzv78pt>
      2. [biketelemetry.com tour](http://biketelemetry.com) - <http://tinyurl.com/mbhh6r8>
      3. VIRB Edit
    - iv. rating the course "hilliness"
  
16. talent identification and recruitment
  - a. most sports (not track/cross country) have developed talent i.d. strategies long before candidates enter high school
  - b. talent i.d. is mostly left to chance, previous sources have dried up (p.e.).
  - c. exception: Christian Brothers Academy, New Jersey; school with no football and a freshman mile race
  - d. numerous stories of talent identified almost by chance in other sports areas (Andrew Wheating, David Torrence, Mastalir twins, Kaapema Yelpaala)
  - e. the ideal: student body runs 800 test, winner gets a new car. In place of that, coaches must adapt and sell their product tirelessly, relentlessly
  - f. at Jesuit: Open House, flyer to incoming frosh, PAL, soccer mile, P.E. class fitness tests