

What I've Learned from HighSchoolRunningCoach.com



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THE COACHES

Greg Weich - Broomfield (Smokey Hill) - June

Adam Kedge - Albuquerque Academy - July

Jeff Messer - Desert Vista (Xavier) - August

Mark Wieczoreck - Gig Harbor - September

Timo Mostert - American Fork - October

Micah Porter - D'Evelyn - November

HSRC MONTHLY FORMAT

- Coaches shared at least three months of training, starting with the month they were featured
- Coaches did an interview to explain their training
- Coaches answered questions via an interactive Q&A with HSRC members

SUMMER TRAINING

- All coaches meet the athletes in the summer
- Number of days they meet varies
- The person in charge (i.e. athlete or coach) varies
- But there is no doubt that summer training is key for XC

STRIDES

- Could be day one or could be a couple weeks into training
- Length and intensity vary, but every coach has strides in the training program early in the summer
- Can come in the form of hill running
- Some coaches are more focused on technique than others

AEROBIC SYSTEM

- Every coach focuses on the aerobic metabolism
- The focus on the aerobic metabolism comes in many forms
- There was no single workout or long run description that two coaches used, let alone all six coaches
- Let's look at each coach's aerobic training in detail

GREG WEICH

- Uses Rate of Perceived Exertion
- Uses longer trail runs as the key day in the summer training
- A run at level 8 (so roughly 160 bpm) on Mondays in the summer

JEFF MESSER

- "Nickel and Dime" our way to threshold/tempo efforts
 - Example: 15 min steady, 10 x 2 min tempo w/2 min recovery jog, 15 min steady
 - He might do 20 min tempo if he was in a different climate, but they are running in 90° plus temps at 6:00 am
- Aerobic Power Development - Training to enhance the force and velocity of skeletal muscle
- Aerobic Power Specificity

JEFF MESSER

- Early in the season it could be 4-6 mile run
- Later in the year it could be 1,000s
- Evolve intensity over the season
- Don't let the training stimulus become anaerobic

MARK WEICZORECK

- Aerobic Threshold runs (ATs)
- Lactate Threshold runs (LTs)
- Long run

TIMO MOSTERT

- Capillary Runs: 70-90 minute runs
- Power Runs: Anaerobic Threshold - 30 sec a mile slower than 2-mile pace
- Long run

MICAH PORTER

- Race Pace first week of practice...but 5k is 95% aerobic
- Threshold Runs
- Cruise Intervals
- Long Run

NO CONSENSUS ON...

- Ancillary work - weight room, core strength, functional strength, plyos
- Terminology
- Vo2max - How much and how often
- Which days of the week are "hard" and which days are "easy"
- Double Runs
- Racing often or rarely racing
- Miles vs. Minutes (or a mixture of both)

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Key Point: You need to figure out your philosophy on how often to race (and if races are controlled or all out efforts)

MY TAKE AWAYS FROM HSRC

- Doubles in the Summer - Kiel Uhl's story
- Plyos
- More stimuli per week
- Day off every 14 days, without sacrificing the long run
- Visualization as part of practice
- Chop up threshold efforts due to heat and for younger athletes
- Progression long runs
- *Circuits and Hurdle Mobility not part of what I learned*
- *Take advantage of hilly trails and hilly roads*
- *Lots of assistant coaches*

REMEMBER THESE FIVE QUOTES

- "Champions are everywhere." - Arthur Lydiard
- "Use what you have." - Joe Vigil
- "Development of the aerobic metabolism." - Mark Wetmore
- Stress the system, rest the system and it'll adapt. - Hans Selye
- "They don't care what you know until they know that you care." - Joe Newton

Similarities and Differences

Questions

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