

### It's Not Only About the Workouts



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A Nation of Wimps

*Psychology Today*

November 12, 2004

We don't allow kids to fail  
Everyone gets a ribbon  
Helicopter parents

Here is a comprehensive list  
of everything you're  
entitled to and what the  
world owes you.



YOU DON'T HAVE TO BE  
PERFECT...



**JUST BE  
REMARKABLE!!!!**

Athletes need to be  
engaged in their own  
development!

***"I get paid every other Wednesday  
whether you run fast or not!"***

***"I HAVE A LONGER CONTRACT  
THAN YOU!"***

***"I am going to the Big Ten Meet  
FOR SURE!"***

## BE IN THE 4H CLUB!

- HAPPY
- HEALTHY
- HUMBLE
- HUNGRY



## Getting to the track/course

BE READY:

- PHYSICALLY
- EMOTIONALLY
- MENTALLY
- SPIRITUALLY



If workouts don't make the  
difference...  
**WHAT DOES??**



### Things that Drain Athletes

- Bad Nutrition
- Negative People
- Overtraining
- Stress
- Being Hurt
- Lack of Sleep
- Family Issues
- Depression
- Too many coaches
- Pressure
- Negative Self Talk
- Academic Stress
- College Decisions

### Things that Recharge Athletes

- Proper Nutrition
- Vacation Daily
- Turn Off Electronics
- Meditate
- Visualize
- Proper Sleep (8+ Hours)
- Recovery Days/Days Off
- Positive Mental Self-Talk
- Positive Support System
- Enjoying other activities
- Reading Inspirational Books

## Boats in the Water



This is you at the beginning of your career.

## Repairing Your Boat Before You Push Off



Depression  
Eating Disorder  
Over Bearing Parents  
Afraid to Fail  
Afraid to Succeed  
Type A Personality  
Etc. Etc. Etc.

## This Can Happen



If you are in denial...  
your coach may have to  
swim out to save you!

## Are You Constantly Bailing?



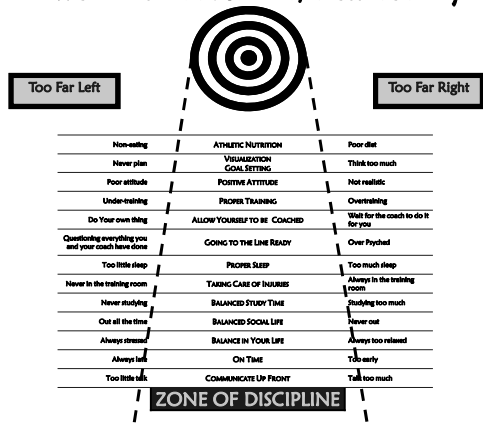
## Ask for Help

Just inside the tree line!!!

## Zone of Discipline

- *Techniques Magazine*: USTFCCCA  
Volume 4, Number 2, November 2010

## Women's Track & Field/Cross Country



## Athletic Nutrition

Non-Eating-----Poor Nutrition

- Grocery Store Runs
  - shop the perimeter of the store
  - Ask yourself "Does it fly, swim, run or grow?"
- Eating before, during and after competitions
- Find a nutritionist or a good nutrition web site
- Important Nutrients: Iron and Zinc
- Complex Carbs
- Hem-Iron: Red Meat Twice Per Week



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### Common Nutritional Issues

- Anorexia and Bulimia
- Anemia (Iron Deficiency)
- Soda: 15 Tbs. of sugar in one can!
- Diet Pop...Andy Bauer
- Work to take pop machines out of schools
- Fad Diets
  - South Beach, Adkins etc.



### Visualization Techniques

Never Plan-----Think Too Much

- Learn these techniques yourself
- Get athlete profiles for all athletes
- Power Card
- Race Planning Sheets
- Goal Setting
  - Measurable Goals
  - Process Goals
  - Realistic Goals
  - Team and Individual Goals
- Positive Self-Talk



### Proper Training

Undertraining-----Overtraining

- REST
  - Recovery Runs w/ Heart Rate Monitors!
- Basal Heart Rates Daily
- Training Diary
- Write Workouts in Pencil!



### The Training Diary

ATHLETE PROFILE		TODAY'S DATE	
NAME		BIRTHDAY	
FULL NAME		STATE	
ADDRESS		ZIP/PO BOX	
HOME PHONE	HEIGHT	WEIGHT	
YEAR IN SCHOOL	MAJOR		
MOTHER'S NAME	HOME PHONE		
FATHER'S NAME	HOME PHONE		

ANSWER ALL OF THE FOLLOWING QUESTIONS

WHAT DO YOU FEEL IS YOUR GREATEST STRENGTH?

WHAT DO YOU FEEL IS YOUR GREATEST WEAKNESS?

WHAT IS YOUR FAVORITE EVENT? WHY?

WHAT ARE YOUR GOALS FOR THE SEASON?

WHY DO YOU COME OUT FOR THE TEAM THIS YEAR?

2-TRAINING DIARY.CC 2010 2011.FS PROFILE.DOC

#### Needs Questionnaire

1. ARE THERE ANY PARTICULAR SKILLS YOU PERSONALLY WANT TO WORK ON DEVELOPING THIS YEAR?
2. WHERE DOES PARTICIPATION IN THIS SPORT FIT INTO YOUR PRIORITIES THIS YEAR?
3. WHAT DO YOU LIKE MOST ABOUT PRACTICE?
4. WHAT DO YOU LIKE LEAST ABOUT PRACTICE?
5. WHAT CAN THE COACHING STAFF AND/OR YOUR TEAMMATES DO TO HELP YOU THIS SEASON?
6. IS THERE ANYTHING THE COACHING STAFF AND/OR YOUR TEAMMATES SHOULD AVOID DOING OR SAY PRIOR TO A CONTEST?
7. DESCRIBE HOW YOU WANT TO RECEIVE CORRECTIVE FEEDBACK.
8. LIST THREE WAYS YOU WOULD LIKE TO BE REWARDED FOR YOUR EFFORTS.
9. LIST THREE THINGS YOU PREFER AS PLAYERS/ATHLETES.

WHAT IS YOUR FAVORITE WORKOUT? GIVE A DETAILED DESCRIPTION.

WHAT WAS THE LONGEST RUN YOU HAVE EVER DONE AND WHEN?

WHAT WAS YOUR HIGHEST MILEAGE WEEK AND WHEN?

HOW MANY DAYS A WEEK DO YOU RUN ON AVERAGE?

LIST ACCURATELY YOUR BEST TIMES BELOW IN ALL THE EVENTS YOU HAVE COMPETED IN.

500	1000	1500
2000	2500	3000
3500	4000	4500

IS THERE ANYTHING ELSE YOU FEEL THE COACHING STAFF SHOULD KNOW ABOUT YOU TO HELP YOU REACH YOUR GOALS THIS SEASON?

WHAT DO YOU LIKE TO DO JUST BEFORE A CONTEST TO PREPARE FOR COMPETITION?

WHAT ARE YOUR INTERESTS (PAST/HOBBIES) OUTSIDE OF RUNNING?

2-TRAINING DIARY.CC 2010 2011.FS NEEDS

2-TRAINING DIARY.CC 2010 2011.FS NEEDS/GOALS

#### PROCESS ORIENTED GOAL SETTING

WHAT ARE YOUR GOALS AND WHAT WILL YOU DO TO ACHIEVE THEM?

CC, INDOOR, OUTDOOR

1. PHYSICAL GOALS (TIME, PLACE, ALL-CONFERENCE, ALL-AMERICAN)

PROCESS? BE SPECIFIC.

2. PSYCHOLOGICAL GOALS (PROPER MINDSET)

PROCESS? BE SPECIFIC.

3. TECHNICAL GOALS (FORM)

PROCESS? BE SPECIFIC.

4. TACTICAL GOALS (STRATEGY)

PROCESS? BE SPECIFIC.

5. ACADEMIC GOALS

PROCESS

2-TRAINING DIARY.CC 2010 2011.FS 03 each diff color GOALS.DOC

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## WORKOUT PLANNING SHEET

MICROCYCLE	PC	MS	HS	ESR	NUTRITION Y/N	RELAXATION MINUTES
SERIES#1 SUNDAY DATE <u>  </u> / <u>  </u> / <u>  </u>						
A.M.					MEAT?	
					VEG.?	
P.M.					FRUIT?	
					MIX?	
SERIES#1 MONDAY DATE <u>  </u> / <u>  </u> / <u>  </u>						
A.M.					MEAT?	
					VEG.?	
P.M.					FRUIT?	
					MIX?	
SERIES#1 TUESDAY DATE <u>  </u> / <u>  </u> / <u>  </u>						
A.M.					MEAT?	
					VEG.?	
P.M.					FRUIT?	
					MIX?	
SERIES#1 WEDNESDAY DATE <u>  </u> / <u>  </u> / <u>  </u>						
A.M.					MEAT?	
					VEG.?	
P.M.					FRUIT?	
					MIX?	
SERIES#1 THURSDAY DATE <u>  </u> / <u>  </u> / <u>  </u>						
A.M.					MEAT?	
					VEG.?	
P.M.					FRUIT?	
					MIX?	
SERIES#1 FRIDAY DATE <u>  </u> / <u>  </u> / <u>  </u>						
A.M.					MEAT?	
					VEG.?	
P.M.					FRUIT?	
					MIX?	
SERIES#1 SATURDAY DATE <u>  </u> / <u>  </u> / <u>  </u>						
A.M.					MEAT?	
					VEG.?	
P.M.					FRUIT?	
					MIX?	
<b>TOTALS</b>						<b>TOTAL</b>

EXPLANATION OF TERMS AND ABBREVIATIONS

HS = hours of sleep, based on what you slept the previous night

ESR = basal heart rate, based on your heart rate before you get out of bed in the morning

MS = total mileage for the day, runs train

RACE PLANNING SHEET	UNIVERSITY OF MINNESOTA HIGH SCHOOL
NAME _____	TEACHER/DA _____
DATE & PLACE OF COMPETITION _____	
<b>WHAT IS YOUR GOAL FOR THIS RACE?</b> <b>FOCUS ON YOUR CURRENT CHALLENGE &amp; WEAKNESS</b> <b>IF YOU WARE BURD THE COURSE PROBABLY, HOW CAN YOU MAKE BEST TIME?</b> <b>HOW CAN YOU IMPROVE YOURSELF?</b> <b>HOW CAN YOU IMPROVE IN THE RACE? (IF A TOP FINISHER)</b> <b>WHAT ARE YOUR MAIN CONCERNS OF THE RACE THAT YOU WILL IMPROVE ON. CONSIDER PREVIOUS MEETS.</b>	
<b>WHAT PART OF THE RACE WILL YOU BURGE OR PUT EXTRA EFFORT? WHERE WILL YOU HURRY/STOP?</b>	
<b>WHAT IS YOUR SPECIFIC STRATEGY ON THIS COURSE?</b>	
<b>WHAT PART OF THE RACE WILL YOU BURGE OR PUT IN EXTRA EFFORT? WHERE WILL YOU STOP?</b>	
<b>LIST ANY NEGATIVE THOUGHTS/PROBLEMS YOU HAVE AND RECENTLY AND POSSIBLE AND CHANGE THEM TO POSITIVE ONES. WHAT ARE THE REASONS FOR THESE NEGATIVE T</b>	
<b>LIST SOME POSITIVE STATEMENTS THAT WILL HELP YOU DURING THIS SPECIFIC RACE</b>	
DO YOU FEEL MENTAL, MANGERY BEFORE THIS RACE? _____	HOW MANY TIMES? _____
DO YOU TWEET _____	VIDEO/FIRST _____

RACE CARD	UNIVERSITY OF MINNESOTA WOMEN'S CROSS COUNTRY																				
NAME _____	TEACHER/DA _____																				
DATE, PLACE & SIZE OF RACE _____																					
Distance time _____	Distance Place _____																				
<b>DESCRIPTION OF COURSE</b> <b>HOW DO YOU FEEL ABOUT THIS COURSE?</b>																					
<b>WHAT DO YOU THINK YOUR PERSONAL BEST IS?</b> <b>WHAT DO YOU THINK YOUR PERSONAL BEST IS?</b>																					
<b>HOW WOULD YOU RATED YOUR PERSONAL BEST FOR THIS RACE?</b> <b>HOW WOULD YOU RATED YOUR PERSONAL BEST FOR THIS RACE?</b>	<table border="1" style="width: 100%; border-collapse: collapse; text-align: center;"> <tr> <td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td> </tr> <tr> <td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td> </tr> </table>	1	2	3	4	5	6	7	8	9	10	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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## Allow Yourself to be Coached

Do your own thing-----wait for coach to do it for you

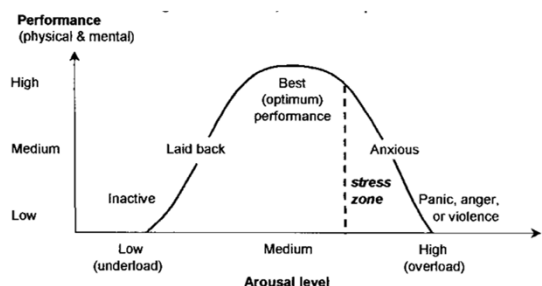
- **Too Many Cooks Spoil the Pot!**

- Friends
- Boyfriends
- Parents 
- Club Coaches
- Internet (Dyestat, Letsrun etc.)
- "Spitters"



## Going to the Line Ready

Question Everything-----Over psyched



## Proper Sleep

Sleep Too Little-----Sleep Too Much




- ★ Sleep 8-9 Hours Per Night
- ★ Growth Hormones are emitted during sleep
- ★ Wake up 3-4 hours before competition...

Do not go back to sleep!!! 😊

## Taking Care or Injuries

Never in the training room---Always in the training room

- Find a good sports doctor/physical therapist
  - Orthotics
  - Shoes
  - Ice After Practice
  - Massage Therapy
- 



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### Balance Study Time

Never Study-----Always Study



- **Academics should ALWAYS come first!**
- **However, just like everything balance is key!**  
-ie. Patti Walsh

### Balanced Social Life

Never Out-----Out all the time

- **Balance in a students life is key!**
- **Difficult now with:**
  - Parents who push
  - Perfectionist Attitudes
  - College Scholarships academic and athletic



### Communicate Up Front

Lying-----Too Much Talk

- Have an ear to the ground
- Listen on the bus/vans
- Have a policy sheet
- Have a parent meeting!



### Random Thoughts

- 2% Rule
- 1-3% Improvement
- Coming Back from Injury
- Video Tape Courses
- Lifting
- Uphill and Downhill Running
- Attitude of the Coach Permeates the Team
  - Being Late to the NCAA Indoor Meet
- Jet Lag
  - 1 day for each time zone
  - Do NOT run 6 hours after landing
  - Hydrate (11% Humidity)

### QUESTIONS???



Gary Wilson

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