

12 Things You need to do as a XC / Distance Coach

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~ As a Coach, before you can do, you need to be ~

1. Leadership

- Trust ~ *The most important quality of a Coach*
- Respect

2. Surround yourself with useful volunteers

- Organize and Delegate
- Energy and Passion
- Be an Innovator

3. Create Traditions

- Produce a year end highlight video
- Have year end award and honor banquets
- Take the team to the Footlocker or Nike Regionals
- Summer Mileage Goals
 - Create awards and t shirts
- Yearly “Team Theme”
 - On t shirts
 - On team tarps
- Record Boards
 - On a highly visible wall if possible
 - Online page
 - FR, SO, JR, SR, All Time Top 10 or 20

4. It's a numbers game

- Synergism ~ It's more fun when there are more!

5. Recognition for your sport and athletes

- Be creative in finding ways to achieve this

6. Create regular opportunities for discussion with your Athletes and staff to:
 - Ask how they are doing?
 - What can we do to make things better?
 - Find ways to let your athletes and staff know you care and they are appreciated
7. Schedule time to go over Logs and racing schedules
 - Individually or in event groups
8. Schedule time to go over racing tactics
 - Individually or in event groups
 - Come up with a Plan “A” & Plan “B” before every race
9. Give mini clinics ~ help you athletes become invested
 - Nutrition
 - Sports Psychology
 - Injury care and prevention
 - Pre and post workout protocols
 - Put reputable & useful information on team web site
 - The more they know the more they understand
10. Learn and understand the Science of Coaching
 - Go to clinics
 - Get online and read credible articles
 - Read books
 - Talk to other Coaches
 - Ask for help, we are a giving group & have all been there
 - Get certified through one of the Coaching Education programs
11. Sleep ~ The Single Most Important aspect to everything!
12. Serum Ferritin Levels checked
 - Especially girls
 - Family Doctor
 - One month before season starts
 - One month before final race

2) Oral replacement via supplementation

- a. Ferrous iron salts in quick release preparation b/c iron is absorbed in duodenum and proximal jejunum.

Recommended Protocol is to take 1 tablet in the morning for 7 days; followed by 2 tablets (one in the morning and one in the evening) every other day for the next 7 days; followed by 2 tablets/day (one in the morning and one in the evening) every day.

- b. Best if taken on empty stomach but may cause dose-dependent GI side effects including intestinal cramping and black stools.
- c. Some tolerate liquid form better but caution about dental staining
Recommended Liquid Protocol is to take one teaspoon (tsp) daily for 7 days; followed by 2 teaspoons every other day (one in the morning and one in the evening) for the next 7 days; followed by 2 teaspoons daily (one in the morning and one in the evening).
- d. Taking more than 2 doses a day can be prescribed by a medical doctor in extreme cases.
- e. Taking excessive iron can lead to constipation, GI distress, intestinal cramp, several types of cancer such as: stomach, colon, kidney, and liver cancers, and kidney failure.
- f. Continued training makes repletion of iron stores more difficult due to decreased absorption. Therefore, treatment may take > 3 months.

3) Parenteral Replacement (only considered for those individuals that are under 8 ng/mL)

- a. IV iron sucrose (Venofer) 20 mg elemental Fe per mL

Dose Calculation:

$$\text{mL} = \frac{\text{Body wt in kg} * (14 - \text{lab hgb}) * 2.145}{20 \text{ mg/mL}}$$

- b. Obtain informed consent from the athlete prior to treatment.

4) Athlete receiving iron supplements through the Athletic Department is required to meet with the BYU Dietician once a month.

Follow Up Testing:

- Recheck Ferritin +/- CBC in 6 months or per physician discretion to evaluate response to therapy.
- If no increase in ferritin level despite athlete compliance with replacement efforts, consider additional workup as necessary.
- Testing will not be done on an athlete that is supplementing iron simply because they had a poor performance.

Variations in the protocol may be approved by the Sports Medicine Committee.

References:

- Up-to-Date.com (2006).
- Nielsen & Nachtigall (1998). Iron supplementation in athletes: Current recommendations. Sports Medicine.
- Garza et al (1997). The clinical value of serum ferritin tests in endurance athletes. Clinical Journal of Sports Medicine, p 46 – 53.
- Cowell et al (2003). Policies on screening female athletes for iron deficiency in NCAA division I-A institutions. International Journal of Sport Nutrition and Exercise Metabolism, p 277 – 285.
- Suedekum & Dimeff (2005). Iron and the athlete. Current Sports Medicine Reports, p 199 – 202.
- Chatard et al (1999). Anaemia and iron deficiency in athletes: Practical recommendations for treatment.

Bonus Tip, worth the cost of attending!

- * Minimizing Stress in our athletes is the biggest challenge we face as coaches
 - Try to persuade your athletes to regularly take their morning resting heart rate
 - Download a free **Heart Rate** app to make it fun and easy!

Once they get their “Baseline Resting Heart Rate” they know something is wrong when it goes up 8 to 10 beats per minute. This simple test is the most inexpensive effective way to know when the wheels are about to come off.

- Elevated morning resting heart rate is a useful **indicator of stress**.
- Warning signs of **Overtraining / Under recovery**
- Precursor to **illness**
- Sign of **inadequate sleep**

Training Cycle: Last Three Weeks of the Season

Stop two-a-day workouts the last two weeks of the season!
Yes, I'm serious. Find out why below.

Seven Day Micro-Cycle

MONDAY

- Medium or Hard Workout

TUESDAY

- Easy Recovery Run

WEDNESDAY

- Medium Workout

THURSDAY

- Easy Recovery Run

FRIDAY

- Easy Recovery Run or Day Off

SATURDAY

- Competition or Hard Day

SUNDAY

- Rest

Ride the Wave: The fear many athletes and coaches have of taking an extra day off once a week during the last three weeks of the season, is that resting will somehow cause you to lose your hard-earned fitness. Research has shown otherwise. At this point, it's like riding a wave and letting all your hard work pay off. Also, for young distance runners, resting one day a week, all year long, is one of the wisest decisions a coach and athlete can make to keep from overtraining which results in injury.

**The key to success in distance running is NOT hard work.
The key is RECOVERING from hard work.**

Rest Cycle: After the Season's Over

Mark these guidelines on your calendar.
Well done, Grasshopper.



WEEK

- 1** Total rest for one week. No training of any kind. All runners, even the best in the world need to take some time off.
- 2** No running this week. Some easy *Cross Training* or *Active Rest* may be all right. Young runners need to take more time off than older runners.
- 3** Short, *Easy Recovery Runs*, three to five times a week with an *Exercise Heart Rate* at the mid to low end of your *Aerobic Training Zone*. One of these runs should be in the hills in order to begin re-adapting to the specificity of hill running.
- 4** *Longer runs* every other day, with short, *Easy Recovery Runs* the day after, being careful not to increase the weekly mileage too quickly. *One* or two of these runs could be in the hills.
- 5** Your body should be sufficiently *Adapted* to the *Stress* of running by this point to handle a *Long Steady Run*, *Fartlek Run*, and *Hill Run*, once a week with an *Easy Recovery Run* between each.

It is a good idea to take two *Easy Recovery Days* between *Hard Days* when you feel tired. Its' important to start *Fartlek* and *Hill Running* at low intensity levels to begin with in order to minimize the risk of injury. Remember taking one day off a week will greatly facilitate recovery. Many elite world class athletes rest one day a week, with no running or cross training at all.