



# **Building A**

# **Cross Country Culture**

**Joe I. Vigil, Ph.D.**

# Culture

---

- A Totality Of Transmitted Behavior Patterns In A Class, Community Or Population
- Intellectual And Artistic Behavior And The Work Produced By It
- Development Of The Intellect Through Training Enlightenment, Resulting From Such Training

# Relating To The History of Cross Country

---

- The Origin of Competition
- The Origin of Cross Country
- The High School Level
- The Collegiate Level
- The Conference, Division and State Levels

# Communications

---

- School Administration
- Booster Club
- Parents
- Newspapers (Media)
- Individual

# Principles

---

- Know Your Purpose
- Understand How Systems Change
- Seek The Best In Others
- Develop Training Intelligence
- Develop Team Harmony

# Training Intelligence

- It is dynamic and ever-changing—grow with it!
- Improvement in:
  - $VO_2$
  - $vVO_2$
  - Increase Lactate Threshold
  - Recovery
  - Tapering
  - Injuries
  - Ancillary Training

# Develop Goals

---

- Team
- Individual
- Philosophy of Goals

# The Difference Between Track and Cross Country Training

---

- Know The Type Of Terrain You Will Encounter In Your Competitions
  - Undulating
  - Surface
  - Barriers
  - Hills



# Developing Mental Toughness

---

- Don't Allow Distractions or Obstacles To Consume Your Attention
- Carry List of Goals With You At All Times And Be Consciously Aware Of Them
- Assume The Responsibility of Being An Athlete And Team Member
- Be An Impact Person

# Mental Preparation

---

➤ You Are What Your Deep Driving  
Desire Is:

➤ As Your Desire Is, So Is Your Will

➤ As Your Will Is, So Is Your Deed

➤ As Your Deed Is, So Is Your Destiny

# Goals of Training

---

- Train To Train
- Train To Increase Metabolism For Specific Energy Systems
- Train For Critical Zone Goals

# The Laws of Consciousness

---

- Determination Comes From Internal Passion, Rarely Extinguished
- Innovation Is The Result Of Solving Problems Before Others Recognize A Problem Even Exists

# Conclusion

---

Peak Performances Are Achieved  
Only When A Coach and Athlete  
Can Orchestrate

**DETERMINATION AND INNOVATION**

As Needed for Athletic Success