

**The 4 Year Progression: Training Race Selection Goal Setting Psychology - for boys & girls**



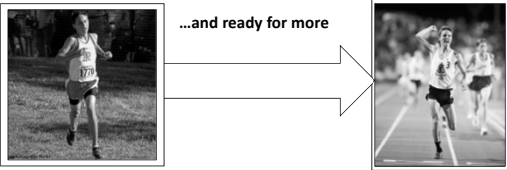
**The 4 Year Progression:  
Training  
Race Selection  
Goal Setting  
Psychology  
...for boys & girls**

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**Our Objective, as Coaches**

Athletes complete our 4 year program healthy, successful, and in love with running

...and ready for more



**Obstacles we face in developing a young athlete**


- Growing and maturing bodies
- Extracurricular Activities
- Parents
- Surplus of quality cross country and track meets
- The Internet/Social Media
- Each individual athlete's unique personality and psyche

**Our Philosophy**

We have our kids for 4 years; fall, winter, spring, and summer, for 2 hours everyday. While our history is recorded as "win/loss", state championships and league pennants. It is both our responsibility and our opportunity to expose our athletes to the world through running.

A single result can be summed up as "good" or "bad." However, our imperative is that within 4 years of our program, "running" becomes a collection of results, experiences, and obstacles overcome, that teach our kids success, failure, and compassion.


**The Potential Return**



**The Training Program**

**How to Increase Volume and Intensity**

- Our goal is to be able to increase both volume and intensity, but never both at the same time
- Mileage and general volume increases during the summer, when intensity is lowest
- Race specific training comes as the athlete manages the volume
- Mileage stays the same in the winter, therefore you can reintroduce the quality days earlier




**The Base Components**

Training Component	During or Between Seasons	Over 4 Years
Mileage	Increase mileage during summers between Track & XC, but stays relatively similar in winter	Increases ~10% each summer
Intensity of Quality Days	Intensity of quality days increases between 12 -3 weeks out from final race target	Both volume of work at prescribed paces and race simulated workouts increase every year
Long Run	Increases over the summer, but stays the same from close of XC to track season	Increases to 80 minutes max by junior year. Then the pace of the run increases junior to senior year

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### The Quality Days

**Introducing a Quality Day to a Freshman**



**Two Basic Options**

- Full workload, slower paces
- A reduced percentage of workload, but allow them to run faster

**Tempo/Aerobic Work**

- Slow them down
- Time on feet is the goal
- Get Freshman to understand 5k race length

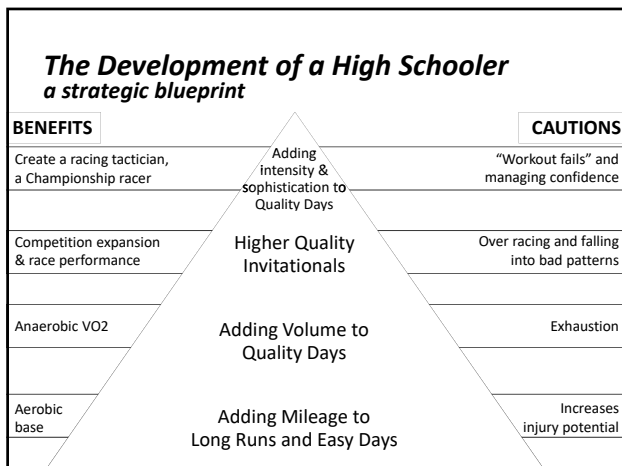
**Anaerobic/Speed Work**

- Fewer Repetitions
- Allow them to run FAST
- Opportunity for fun and to develop fast twitch


**Race Day Attitude EVERY Quality Day**

### The Evolution of Key Indicator Workout

Targeted Workout: 4 x Mile		
	Directive	Goal
<b>Freshman</b>	Threshold miles with minimal recovery	Complete the workout
<b>Sophomore</b>	Threshold miles with minimal recovery	Complete the workout as prescribed with proper paces
<b>Junior</b>	Begin at threshold pace then start dropping the pace toward 5k goal	Manage recovery and pacing, start and finish at prescribed pace
<b>Senior</b>	Threshold miles with deliberate, hard, pace changes thrown throughout – mimic race like scenarios	Manage recovery and pacing, start and finish at prescribed pace



### The Racing Schedule



First Question to Always Ask:  
What is the desired goal for this season?

Race selection varies if you have an individual or team with the ultimate goal of a league title versus State Championship aspirations



There are plenty of meets to pick from, what is our meet selection process?

### The Racing Schedule

Goal	Make Varsity	Win/Place at League Meet	Make State Meet	Win State Meet/Nationals
Cross Country Schedule	Early Invitational	Early Invitational	Early Invitational	Clovis Invitational
	Dual Meet	Dual Meets	Stanford Invitational	Mid Season Invitational
	Dual Meet	Stanford Invitational	Clovis Invitational	League Meet*
	Mid Season Invitational	Clovis Invitational	Dual Meets*	Section Meet*
	Dual Meet	Dual Meets	Mt. Sac Invitational	State Meet
	Dual Meet	Mt. Sac Invitational	League Meet	National Meet
	Mid Season Invitational	League Meet	Section Meet	
	League Meet	Section Meet	State Meet	

\*run as easy as possible

### The Racing Schedule

**Number of Races vs. Grade of Athlete**

Year	Boy 1	Girl 1	Boy 2	Girl 2
9	12	11	10	9
10	13	12	11	10
11	11	10	9	8
12	10	9	8	7

**Number of Quality Days for Each Cross Country Season, Boy 1**

	Freshman	Sophomore	Junior	Senior
Quality Days	21	21	23	26

That's 3 extra Weeks of Quality days within a 15 week period!

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**Addressing Common Obstacles for Boys and Girls**

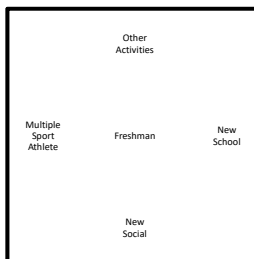
Freshman boys are TINY, growth spurts are random and BIG

Girls mature earlier, appear to be able to handle volume earlier

Missed Hidden Potential	Huge Body Changes, Injury Potential Increases	A Freshman at the Front	Fewer Natural Breaks in Training
Continuously foster that relationship	Be adaptable, growth spurts can cause curve balls.	Tailor the workouts shorter	Schedule breaks
provide opportunities at dual meets & area invitationals	Always be willing to back off from original schedule	Celebrate racing tactics over running HARD	Constant communication
get them to fight for 7 <sup>th</sup> spot	Alter hard days, shorten easy runs, DAYS OFF!	Expect nothing, provide all the opportunity	Deliberately decrease the workload

**Developing a Commitment to Running**

When a Freshman comes to us



What we can provide

**Under Our Control**

- A Structured Schedule
- Positive Team Culture
- Winning Attitude
- Potential for Growth
- Life Long Running Goals



**The Quality Days**

Introducing Quality Days to a Freshman

**Race Day Attitude**

Workout Workload  
Full workload, slower paces  
A reduced percentage of workload, but allow them to run faster

Tempo/Aerobic Work  
Hold our freshman back in paces and try to get them through more volume.  
Time on feet is the goal here.  
Teach young bodies the ability to run for 5k in cross country

For anaerobic and speed work,  
Fewer repetitions but allow the younger athlete the opportunity to run fast, develop fast twitch muscles.

Their easy days are going to be shorter and easier than an older athlete and they will get the recovery they need.



**The Training Program**

Every Athlete is Unique, pulling different levers at different points is critical

	Component	Benefit	Cost	
freshman year to senior year	Adding mileage to long run and easy days	Cardiovascular base	Injury potential increases when running without direct oversight	
	Adding volume to quality days	Anaerobic VO2	Over exhaustion	
	Adding higher quality meets to the schedule	Exposure to competition, race performance expansion	Over racing and falling into bad patterns	
	Adding nuanced intensity to quality days	Create a racing tactician. A smart racer	Concept of "workout fails" and getting anxious while others are racing	



**Thank You**