

Colorado Coaches Clinic
December 11th 2009

From Elites to High School Meets

*Ten things High School coaches can
copy from elite athlete's training
when planning training*

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Lungs vs. Legs: Legs

Practice what you want to have happen

- *Finish workouts fast to stereotype* the kick you want
- *Want a girl to run 2:20 by state? Lots of 34s and 35s
- *Do they need to go out hard, then settle during XC?
- *Speed Barriers exist...but is that really your issue?

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Lungs vs. Legs: Lungs

*How are they going to gain aerobic fitness?
or
"Many roads lead to Rome"...
and eventually said traveler gets to Rome*

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Lungs vs. Legs: Lungs

How are they going to gain aerobic fitness?

Fartlek 16x300 Long Run Threshold Run

Come watch practice if you're curious about these

or

"Many roads lead to Rome"...

and eventually said traveler gets to Rome

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Lungs vs. Legs: Legs

Why do runner's get hurt? Where are the injuries?

*"We have a talented sophomore on our team,
but she has lung splints and can't practice."*

"Leg Prep" - Robert Chapman, PhD

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Lungs vs. Legs: Legs

Why do runner's get hurt? Where are the injuries?

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Lunge Matrix Lateral Lunge WU Athena

Wharton AIS/Rope Stretching Barefoot Running?

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Lungs vs. Legs: Legs

Why do runner's get hurt? Where are the injuries?

“Leg Prep” - Robert Chapman, PhD

“Robert Chapman, head coach of Team Indiana Elite, has his runners do a series of leg- and foot-strengthening exercises called Leg Prep three times a week to prepare for the rigors of racing. Walking in sand, calf raises and lunges are among the many exercises that can help prep you for running in spikes or flats.”

- Running Times, July 2008

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Finite amount of Psychological Energy

Good coaches plan and periodize this aspect of training, just as they plan and periodize the workouts

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Consistency

"Simple ain't Easy" but success in distance running truly is this simple

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Consistency

"Simple ain't Easy" but success in distance running truly is this simple

Lunge Matrix Lateral Lunge WU Athena
Wharton AIS/Rope Stretching Easy on your Easy Days

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Posture

...and patience when trying to improve posture

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Posture

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Lunge Matrix is non-negotiable

Just Do It.

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Recovery

"The notes I handle no better than many pianists.
But the pauses between the notes - ah, that is where
the art resides!"

- Arthur Schnabel (1882-1951)

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When in doubt, develop the Aerobic Metabolism

...but not at the cost of losing all athleticism

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When in doubt, develop the Aerobic Metabolism

...but not at the cost of losing all athleticism

*Will they still be able to dunk after
four years of serious distance running?*

NO

...but

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When in doubt, develop the Aerobic Metabolism

...but not at the cost of losing all athleticism

...but

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How do you know you accomplished your goals?

This one is probably easier for me
to analyze than it is for a HS coach

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Questions

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