

Practice: How and Why

Detailed description of how
we practice and why do
the things we do during practice

Practice: How and Why

Where did they come from
and what were they doing?

Class **Car** **Hunched Over**

You can't change the first two,
but you should address the third

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**The Lunge Matrix, Lateral Lunge,
Myrtle, Wharton AIS (rope stretching)**

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*Then the warm-up run...20 min
for elites but will be less for
high school athletes*

Why do it?

Increase Temp. ROM Knitting Circle

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Practice: How and Why

*After the aerobic running we
often do the Aerobic Work Warm-Up*

Why do it?

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Practice: How and Why

*After the aerobic running we
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Why do it?

*Increase Temp. ROM Focus on the
task at Hand*

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Practice: How and Why

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Why do it?

Focus on the task at Hand

Sneak some more work into practice

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Let's ask Austin and Brent how this morning went?

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Practice: How and Why

Who is Vince Anderson? **Strides**

- *Strides are assigned at specific paces
or
- *Strides are assigned at a percentage
and
- *On big days, I watch every stride/rep

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This is Right Brain! “Are you training them or coaching them?”

- Vern Gambetta | @coachgambetta

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Are we ever going to Run?

- *Start after you've coached like a PT
- *Start after you've got their attention
- *On big days, you can't “fake the funk”
and if they aren't ready then tweak.

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1. Practice prep
2. Essential components of a warm -up
3. Implementation of a workout with common adjustments and attitudes during the course of a session
4. Recovery and cool down
5. Placement of supplemental work (GS, ancillary work)
6. Then all the way into post workout recovery and muscle regeneration.

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