

# How Minor Changes Lead to Major Strides

Current State → Minor Change → Major Stride

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Talent  
Training  
Culture  
(Environment)

# ENVIRONMENT



# ENVIRONMENT

Diverse Goals → **COMMON FOCUS** → TEAM First

**Daily reminders of purpose**

Running for Time → **RACING TO WIN** → PRs and Love for the Sport

**Focus coaching on racing, not time**

Have to vs. Get to → **HAVE FUN!** → Relaxed and confident

**Situational workouts**

# ENVIRONMENT CREATOR



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Coach the Athlete → **COACH THE PERSON** → Better Relationships

**Ask questions outside of athletic realm**

What and How → **WHY?** → Greater Belief

**Explain the why!**

Solo Coaching → **QUALITY ASSISTANTS** → Depth of Culture

**Evaluate coaches for character not athletic ability, or availability**

# CHOOSE ONE CHANGE



# and see what happens



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