What Works After 41 Years of Training Distance Runners

I. **Coaches Ultimate Purpose – What are you trying to accomplish?**
   A. **What Comes First?**
   B. **Use Common Sense, Compassion, and Be Real!**
   C. **Development of Top Runners vs Developing The Whole Team!**

II. **Common Mistakes**
   A. **More Is Better vs Common Sense**
   B. **Workout Days – What days should they be done?**
   C. **Science**
      1. **Runs under 20 minutes in length**
      2. **Two-A-Days – Necessary or Not**
      3. **Competing more than once a week – Necessary or Not**

III. **What Works – Things that I have found that helps!**
   A. **Write Down workout results.**
   B. **Communicate workout results to your runners.**
   C. **Ownership vs Dictatorship in the Program.**
   D. **Care and Compassion for each athlete is essential.**
   E. **Stroke that "back of the pack" runner.**
   F. **Surround yourself with people much smarter than yourself.**
   G. **Dare To Be Different**
   H. **Be Real – Your athletes will see right thru you!**
   I. **If it is not broken, do not fix it!**
   J. **Team Camp vs Individual Camps!**