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Why Good Workouts May Not Be Effective – Part I & II

Having received a bachelor's and a master's degree from Adams State in sports science, I was quite sure I knew about exercise physiology and how to apply it to any athlete. On top of that, I was coached by renowned physiologist and Olympic coach Dr. Joe I. Vigil. What more did I need to know? And if that weren't enough, I worked in the Exercise Physiology department at the Blackrock Clinic in Dublin (Ireland) under the direction of internationally renowned Strength and Conditioning coach Dr. Liam Hennessy. And finally, I was the assistant coach for Damon Martin, a former USTFCCA president and a 35-time National Coach of the Year. How could I possibly go wrong if I did what they did? To my horror, I did go wrong... frequently! Now maybe I didn't pay enough of attention when I was with those gentlemen... which is probably highly likely as I was a high school dropout and got kicked out of college at one point... but that's a topic for another type of clinic. Anyway, whatever the case was, I had to (re)learn a lot more things before I started having consistent success. Hopefully some of these things will be of benefit to you, and cause your good workouts to become more effective. Here is a list of items we will be discussing in these two sessions (links are provided to some of the material):

The Stress Calculator – Specific physical stress is necessary, but our athletes have a ridiculous amount of unwanted stress nowadays. Defining these stresses and dealing with them is paramount to success.

More SLEEP! – This is unquestionably the biggest factor in my athletes' improvements in their first year. Even if we haven't been able to deal with their stresses, more sleep helps alleviate some of the problems.

Know thyself! - It's difficult to coach (help) anyone if you don't know why you're coaching.

Learning to effectively communicate with today's youth. This is how you'll find out what they want.

The 6 Basic Human Needs by Tony Robbins

P_o + W – i = HP by Dr. Craig Manning. Possibly the greatest formula in sport!

Understanding your athletes environment - Organisms react to a stimulus (e.g. a workout), but they adapt to their environments. "An organism's environment includes everything impinging upon it, as well as everything that is affected by that organism."

Journey versus Destination – Goal setting is said to be important... but how important is it?

1% Upgrade – derived from [Eric Thomas](#) and [James Clear](#)

Nature versus Nurture questions answered by the MCTFR

Neural Plasticity (and possibly [Epigenetics](#)) is why Consistency is the Key to Success.

Personality Trait Test by Myers-Briggs is one of the biggest aids to my coaching in the last 5 years.

Vulnerability and Shame by Dr. Brené Brown and how understanding this can help strengthen your team.

My Plate – keep nutrition simple and nutritious.

Good Form Running featuring Grant Robison. Possibly the simplest and best method to teach good form.