



Championship Cross Country Season

Critical Elements That A
Coach Controls

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What can you control?

- Your Own Personal Behavior
 - Emotions
 - Communication
 - Expectations
- Physical Training
 - Volume
 - Intensity



Personal Behavior: Emotions

- #1 Factor: As you go, they go
 - You control how you respond to situations
 - Understand your athletes are not all the same



Personal Behavior: Emotions

- Preparation begins in the Pre-Season
 - Train your mind like you train your body
 - Success & Failure

Personal Behavior: Communication

- Great communication builds trust
- Lack of communication creates negativity
- Difficult conversations = positive conflict



Personal Behavior: Communication

- Verbal
 - What you communicate
 - How you communicate
- Non-Verbal
 - Body Language



Personal Behavior: Communication

- Before the Race
 - Expectations
 - Race plan



Personal Behavior: Communication

During the Race

- What cues will you give them
- How will you give them



Personal Behavior: Communication

- After the Race
 - Feedback
 - Immediate & Delayed
 - What went well
 - What can we work on



Personal Behavior: Expectations

- Pre-Season:
 - Realistic, yet challenging expectations
 - Process oriented – what do we need to do to accomplish goals

Personal Behavior: Expectations

- Regular Season:
 - Focus on why we compete and the process



Physical Factors: Volume

No Amount of Mental Prep can offset poor physical training

- How much and when to drop mileage
 - 10% Rule
 - Keep the Mileage high



The 10% Rule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total
16	8 4	10	12	8 4	10	8	80mpw- 100%
14	7 4	9	10	7 4	9	8	72mpw- 90%
13	6 4	7	9	6 4	9	6	64mpw- 80%
11	6 4	7	8	6	5	9	56mpw - 70%

Keep the Mileage High

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total
16	8 4	10	12	8 4	10	8	80mpw - 100%
14	7 4	9	10	7 4	9	8	72mpw- 90%
14	7 4	9	10	7 4	9	8	72mpw- 90%
13	6 4	7	9	6 4	6	8	64mpw - 80%

Physical Factors: Intensity

- Balance in training throughout season
 - Do not start “speed work” at end of year
- Never underestimate the power of recovery

Common Mistakes

- High volume all year, then drastically cutting mileage
- Cutting mileage, feeling good and running repeats too fast
- Dropping steady state runs from training

Common Mistakes: Drastic drop in Mileage

- Runners get sluggish if they start running fewer miles than they are used to
 - Counter balance with increase intensity of workout
 - Continue with 80-90% of their peak
 - Days off opposed to complete drop in mileage

Common Mistakes: Running Workouts too Fast

- If they decrease their mileage and begin to feel rested, they may run workouts too fast
 - Balance with keeping mileage higher
 - Keep the rest short and reps similar to what they have been doing

Common Mistakes: Stopping Steady State Runs

- Steady state run of at least 20 minutes at a constant pace
 - Keep in at least every two weeks, even in Championship Phase
 - Without SSR athlete begins to feel “tired” sooner in race

Putting It All Together

Pre-season to
Championship Season

- Review a season long plan



August

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Easy Run With drills Strides	30-45 minutes Steady State Run (80% effort)	Easy Run With Drills Strides	Easy Run	20-25 minutes Steady State Run (90% effort)	Easy Run	Long Run
Easy Run With drills Strides	30-45 minutes Steady State Run (80% effort)	Easy Run With Drills Strides	Easy Run	25-35minutes Steady State Run (85% effort)	Easy Run	Long Run
Easy Run With drills Strides	4x1 Mile Tempo (90%) 60sec rest	Easy Run With Drills Strides	Easy Run	Fartlek Run 5,4,3,2,1,2,3,4,5 with half rest	Easy Run	Long Run
Easy Run With drills Strides	Fartlek Run 2x10min, 2min jog, 2-4 x 5min, 2min jog	Easy Run With Drills Strides	Easy Run	3-4 x 2Mile Tempo (3min break)	Easy Run	Long Run

September

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Easy Run With drills Strides	35-50 minutes Steady State Run – 80%	Easy Run With Drills Strides	Easy Run	4x400 + 4x200 all with 400 jog 5k pace to 1500	20-25min Steady State Run - 90%	Long Run
Easy Run With drills Strides	Easy Run + Speed Development 4x200 with 200 w	4-6 x 2k Hill Circuit Or 2-3 x 2mile	Easy Run	Pre Race	Race or Long Progression Run	Long Run
Easy Run With drills Strides	4-6 x 2k or 1600 reps with 200 jog (80-85%)	Easy Run With 4x200m after	Easy Run	Hill Climb 9000 ft	Easy Run	Long Run
Easy Run With drills Strides	Timed Fartlek 10x60s/60s	Easy Run With 4x200m after	Easy Run	20-25min Steady State Run – 90%	Long Run	Easy Run

October

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Easy Run With drills Strides	Fartlek 5,4,3,2,1,2,3, 4,5 with 2min jog	Easy Run With Drills	Easy Run	4x400 10Min Tempo 4x400 10Min Tempo 4x400	Easy Run	Long Run
Easy Run With drills Strides	Fartlek 8x3min with 1min jog	Easy Run With Drills	Pre Race	Wisconsin Invite	Long Run	Easy Run
Easy Run With drills Strides	Easy Run	45-50 minutes Steady State Run – 80%	Easy Run	3x600 (4min) 4x1600 (8min) 3x600 (4min)	Long Run	Easy Run
Easy Run With drills Strides	15min SSR+ 2x4x600	Easy Run	Pre-Race	Conference Champs	Easy run	Long Run

November

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Easy Run With drills Strides	3-4 x 2mile Cruise Reps	Easy Run	Easy Run	4x400 10Min Tempo 4x400 10Min Tempo 4x400	Easy Run	Long Run
Easy Run With drills Strides	4-6 x 1600 Cruise Reps	Easy Run	Pre Race	Regionals	Easy Run	Easy Run
Easy Run With drills Strides	Easy Run	Fartlek 3x3, 3x2, 3x1	Easy Run	Pre Race	National Champs	Easy Run

Questions?

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