

Building a Consistent Distance Program

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Minster Jr. High and High School



What does consistency look like?

What does your ideal program look like?



Athletes:
Happy
Consistently improving
jr high, high school,
college, life-long
Injury free



Consistency

Training Strength Nutrition Sleep Mind

Long-term consistency
trumps short-term intensity.

Bruce Lee

audistancy

It's not what
we do once in a while
that shapes our **lives**
It's what we do **consistently**
– Tony Robbins



Backstory

Minster, Ohio: 1 square mile

Average class: 70-75

Coach girls grades 7-12 xc, girls track

Coach summer swim ages 5-18

Teach high school English



Ohio



Training: Base plan. Simple ain't easy.

Long day, hills/speed, pace

Typical Week:

Mon: Long

Tues: Speed

Wed: Recovery

Thurs: Pace

Fri: Recovery/Premeet



Everything is progressing

Mileage, intensity, . . .



Injury Prevention

Rope stretching

Mini bands

Hurdle Mobility

Cross Train



Strength: progressing



Progressing



Pull ups:

19

19

18

16

Push Ups:

63

61

How do you get there?

Meet kids where they are at.

**Each season is different (different age,
different circumstances).**

Don't do what you always do.



Be flexible

Have an idea, but change it and then change it again.

***Google classroom**

***Energy**

***Weather**



Little Things

Sleep

Water

Nutrition



Texas Athletic Performance
@TexasAP



"Sleep is the number one performance enhancer... Sleep debt is a silent killer, eroding both well-being and optimal performance" - The Brain Always Wins

Attention student-athletes! 🧠

Put your phone down. 📱🚫

Go to bed. 🛏️💤

9:58 PM · 9/16/19 from [Austin, TX](#) · [Twitter for iPhone](#)

How Have I Changed Over 23 Years?













CONSISTENCY IS KEY

JAY JOHNSON

Fifteen Ways to
Unlock Your Potential
as a High School Runner

Questions?

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