Building a Consistent Distance Program

Jessie Magoto 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,

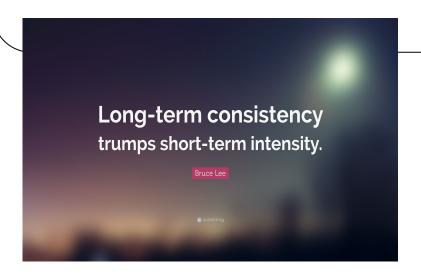
college, life-long

Injury free





ConsistencyTraining Strength Nutrition Sleep Mind



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







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

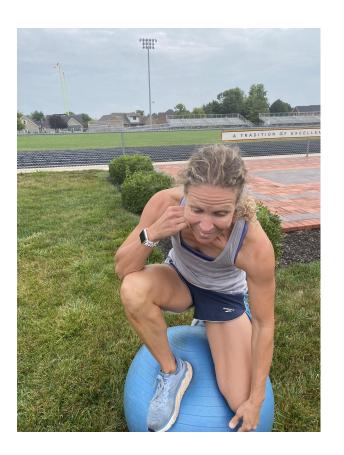
Hurdle Mobility

Cross Train



Strength: progressing





Progressing



Pull ups:

Push Ups:

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





Sleep

Water

Nutrition



"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. ••

Z^Z

9:58 PM · 9/16/19 from Austin, TX · Twitter for iPhone

How Have I Changed Over 23 Years?

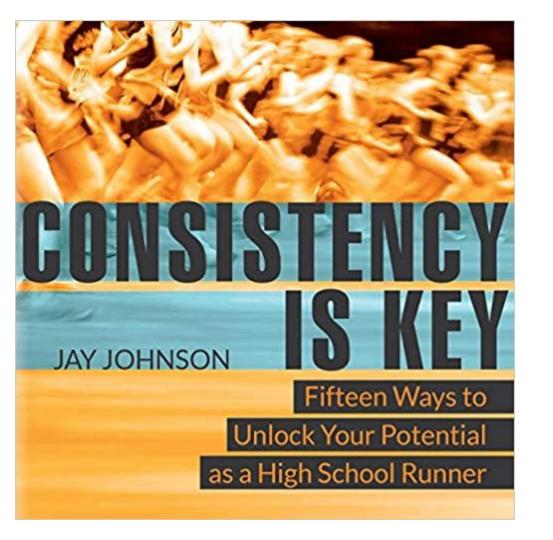












Questions?

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