

Put down your watch

Individualizing workouts to maximize performance

Jessie Magoto

Minster High School





On paper write:
What's the best thing
you have going on in
your program, and
one thing you wish
would be better?



**Purpose: go by feel, not split
times...a time and a place for both**

**Short handed.
Easy to adjust.**



Individualize:

Body Type

Injury

**Sports: 8 of top 10
in swim or bball**



Watch your athletes...really watch them

Especially on
hottest days, odd
weather days, no
comparison days



**5 minutes time: emphasizing
fast, faster, fastest**

Simple ain't Easy



Tempo: by feel (comfortably hard)



400's chase (reverse) Just watch.



**Adjust workouts, distances if
runners are struggling**



Long run: break it up





Injury, rough day, etc.
Elliptigo, swim, bike,
run in water, cut down
the amount



Basic swim workout

Basic level swim workouts:

#1 (everything is freestyle unless noted otherwise).

Warm-up: swim 100, kick 100, swim 100 (300)

Swim 1 lap easy (E), 1 lap hard (H), 1 E, 2 H, 1 E, 3 H, 1 E, 4 H, 1 E, 3H, 1 E, 2H, 1 E, 1 H, 1E. (600)

200 easy continuous (200)

8 x 25's: odd 3's build in the 25, even kick only and build to fast. (200)

Easy 100 cool down

Total 1400



More advanced

#2

4x100 Alternating swim, kick by 100 (kick free on side or back) (400)

Swim 6x75's breathing 3, 5, 7 by 25 (good for lungs!) **If struggling, do 2, 4, 6 (450)

Kick 6x50's build from medium to fast within each 50 (300)

Swim 6 x50's build from medium to fast within each 50 (300)

Easy 150 cool down

Total 1600





How to get to get kids
competitive...compete.
It doesn't have to be
running





Team Triathlon





Strength

Pullups:

1. 22
2. 21
3. 19
4. 16
5. 15



WEEK 1 THROUGH 6= BASE PHASE

[illegible]





Surround yourself with people
you want to be like

*XC Coaches: Ohio..too many
to say

Boulder Camp: Jay Johnson,
Carter Powers, Lauren Watts

*Geron Stokes--football







Questions?

Contact me:

Jessie Magoto

jessie.magoto@minsterschools.org



**Pick the 5 top
performance
skills and
moral skills
that you
would like to
be known for.**

PERFORMANCE

HARDWORKING

COMPETITIVE

POSITIVE

FOCUSED

ACCOUNTABLE

COURAGEOUS

RESILIENT

CONFIDENT

ENTHUSIASTIC

DISCIPLINED

MOTIVATED

CREATIVE

CURIOUS

MORAL

UNSELFISH

HONEST

RESPECTFUL

APPRECIATIVE

HUMBLE

PATIENT

LOYAL

TRUSTWORTHY

TRUSTWILLING

ENCOURAGING

SOCIALLY AWARE

CARING

EMPATHETIC



WEEK 1 THROUGH 6= BASE PHASE

WEEK 1/DAY1	1RM	WT	SETS	DONE	WEEK 2/DAY1	1RM	WT	SETS	DONE	WEEK 3/DAY1	1RM
SQUAT			X10		SQUAT			X10		SQUAT	
#			X10		#			X10		#	
			X10					X10			
BENCH PRESS			X10		BENCH PRESS			X10		BENCH PRESS	
#			X10		#			X10		#	
			X10					X10			
STANDING BARBELL			X10		STANDING BARBELL			X10		STANDING BARBELL	
SHOULDER PRESS			X10		SHOULDER PRESS			X10		SHOULDER PRESS	
#			X10		#			X10		#	
FRONT LAT			X10		FRONT LAT			X10		FRONT LAT	
PULL-UPS			X10		PULL-UPS			X10		PULL-UPS	
#			X10		#			X10		#	
RDL			X10		RDL			X10		RDL	
#			X10		#			X10		#	
			X10					X10			
WALKING	5 REPS		X10		WALKING	5 REPS		X10		WALKING	5 REPS
LUNGES	EACH		X10		LUNGES	EACH		X10		LUNGES	EACH
#	LEG		X10		#	LEG		X10		#	LEG

WEEK 1 THROUGH 6= BASE PHASE

[illegible]