
Creating Ownership

Joel Heroux

Oconomowoc High School

Enrollment - 1,715

XC Team - 48

Distance Track - 30

My Coaching Tree

Curt Kaczor - Sevastopol High School

Rick Witt - UW Stevens Point

Donn Behnke/Kevin Hopp/John Ceplina - SPASH

Matt Larsen - Oconomowoc High School

Purpose of Distance Program

- Create a lifelong passion for exercise
- Create an environment where student athletes feel welcome
- Create a competitive team at the highest level
- Instill a growth mindset

Ownership

- Explain the process
- Running logs
- Decision is on them
- Starts and ends with us

Ownership

“When I started coaching, I thought that the most valuable service I would provide my runners would be to share the rich store of training knowledge I had accumulated in my head. But I have since discovered that the athletes I coach don’t really need me for my knowledge of training. Ironically, they need me above all to help them gain knowledge of themselves as runners, because therein lies the true key to getting faster.” - Brad Hudson

Ownership

“Runners deal in discomfort. After you get past a certain point, that’s all there really is. There is no finesse here. But I expect you’ll find out in your own way. That’s why I’m going to let you do them by yourself, just the way people do everything that’s important. You can sluff off if you want, but you’ll sure know when you’re doing it, won’t you?”

- John L. Parker, Jr. Once A Runner

Explain the process



Wednesday, 8/15 - Hill Workout

Active Warm Up

15 minute warm up

4 to 8 hill loops, continually hard effort

15 minute cool down

Wednesday, 8/15 - Hill Workout

Intentions

- **Recruit muscle fibres through force of the hill**
- **Enhance strength endurance**
- **Transition to faster work**

Explain the process



Explain the process

Easy skip forward, easy skip backward

Right leg gallop, left leg gallop

Tin soldiers, stork walk, knee hug to quad
stretch, shin cradle

Side slides, carioca, drop skip, A skip, B skip,
C skip

Explain the process

1 Hour Before Race

- Easy skip forward, easy skip backward, right leg gallop, left leg gallop, tin soldiers, stork walk, knee hug to quad stretch, side slides, carioca, drop skip, shin cradle
- Walk the course until 45 min to go, 15 min warm up covering major areas of the course

15 Minutes Before Race

- High knees, butt kicks, quick feet into jog, A skip, B skip, C skip

Explain the process

- $3 \times (4 \times 400) @ 5k \longrightarrow 3 \times (3 \times 600) \longrightarrow 2 \times (3 \times 800)$
- $2 \times (6 \times 400) @ 3k \longrightarrow 5 \times 600 \longrightarrow 4 \times 800$ squeeze
- $9 \times 300 @ \text{mile} \longrightarrow 3 \times (500, 300) \longrightarrow 3 \times (600, 200)$
- $3 \times (6 \times 150) @ 800 \longrightarrow 3 \times (3 \times 300) \longrightarrow 3 \times (400, 400)$

Running Logs



Decision is on them

- What decisions will your athletes make?

Welcome to XC

What will you decide to do after your freshman/sophomore year?

18	Robert	Ilwaco	10	21:00
19	Jarett	Biver	11	21:15
20	Noah	Meissner	9	21:28
21	Matthew	St Thomas	12	21:37
22	Ethan	Dagenais	11	21:54

Welcome to XC

What will you decide to do after your freshman/sophomore year?

3	Michael	KIUZ	11	17:30
4	Miles	Mulder	11	17:38
5	Noah	Meissner	10	18:04
6	Jackson	Pratt	12	18:33
7	Phillip	Houston	9	18:57

Welcome to XC

What will you decide to do after your freshman/sophomore year?

Rank	Runner	Team	Grade	Time
2	Noah	Meissner	12	16:38
3	Cade	Kenyon	12	17:13
4	Phillip	Houston	11	17:17

Week 6 - Compete

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Controlled Long	600's @ 5k, bring spikes	Adaptation and Recovery	200's at 3k down to mile, bring spikes	Premeet @ 9am	Race at Janesville	

Weekly Mileage Goals: Group 1 - 35 to 45, Group 2 - 30, Group 3 - 25

Workout Groups

Group 1

Alex, Noah, Cade, Phil, Hayden, Cody, Zach, Eli

3 x (3 x 600) @5k w/ 45 seconds rest after reps and 4 min after sets

Group 2

Zach Z, Jonas, Cooper, Ryan, Tyler, Nick, Cody

3 x (3 x 600) @5k w/ 45 seconds rest after reps and 4 min after sets

Group 3

Ethan, Logan, Harry, Chase, Gunner, Ben, Tyler

3 x (3 x 600) @5k w/ 45 seconds rest after reps and 4 min after sets

Group 4

Tommy, Ethan, Brady, Andrew, Jackson, Alex, Jonathan, Kyle, James, Jack, Lee, Ben

2 or 3 x (3 x 600) @5k w/ 45 seconds rest after reps and 4 min after sets

Based off current 5K Shape

5K Shape	Marathon	Half-Marathon	10k	5k	3k	Easy Pace
	1600	1600	400	400	400	1600
15:00	5:27	5:13	1:15	1:12	1:09	6:20-6:50
15:30	5:40	5:24	1:17	1:15	1:12	6:30-7:00
16:00	5:49	5:28	1:20	1:17	1:15	6:35-7:05
16:30	5:59	5:38	1:22	1:20	1:17	6:45-7:15
17:00	6:13	5:55	1:25	1:22	1:20	6:55-7:25
17:30	6:24	6:04	1:28	1:25	1:22	7:00-7:30
18:00	6:36	6:15	1:30	1:28	1:25	7:10-7:40
18:30	6:45	6:25	1:33	1:30	1:28	7:20-7:50
19:00	7:00	6:32	1:35	1:33	1:30	7:30-8:00
20:00	7:20	6:52	1:40	1:38	1:35	7:50-8:20
21:00	7:39	7:05	1:45	1:43	1:40	8:00-8:30
22:00	8:00	7:30	1:50	1:48	1:45	8:20-8:50
23:00	8:15	7:51	1:55	1:53	1:50	8:30-9:00
24:00	8:45	8:04	2:00	1:58	1:55	9:00-9:30
25:00	9:08	8:30	2:05	2:03	2:00	9:20-9:50

Decision is on them

“According to the most recent models of fatigue, when we race, the pain we feel is an emotional response that is intended to keep us from venturing outside of the safe walls of homeostasis and causing harm to ourselves. Whether we speed up or slow down during a race is simply a decision. Based on our prior experiences, our expectations, the metabolic feedback that our brain is receiving, and a dash of motivation thrown in, our brain essentially tells us whether we should make the decision to slow down and give in to the fatigue or to try just a little harder to keep going.” - Steve Magness

Decision is on them

Workout ideas to create ownership:

Individual Hill Workout

Nashotah Challenge - Hard effort over hilly terrain, individual, without a watch

Starts with Us

- Model transparency

Week 2 - Rust Bust

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Long Run @ OHS	400's at 5k Pace Hand out uniforms	Picture Day Adaptation and Recovery Run AM Double	Tempo Workout @ NHI	Pre-meet PM Double	Race in Kenosha Bus @ 5:45	

Weekly Mileage Goals: Group 1 - 50 to 60, Group 2 - 35, Group 3 - 25, Group 4 - NA

Week 3 - Look Ahead

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
No Official Practice Run on your own	First day of school 3:00 Practice Tempo 1200's w/ 400 race pace	Adaptation and Recovery	Workout Maybe hills TBD	Premeet	Race at Parkside	

Dog Days

Alex, Noah, Cade, Cody, and Phil are not racing

2 spots open for varsity at Parkside

Cross Country - Varsity Requirements

The initial makeup of the varsity team is determined by the coaching staff with consideration given to the first meet, 3K time trial, participation, cooperation, and attitude at practice.

The composition of the varsity team is adjusted throughout the season to reflect a combination of: most recent race performance, consistency of racing, health, injury, eligibility status, attitude and quality of performance at practice.

The coaching staff has final say in the varsity team.

Starts with Us



Starts with Us



Starts with Us

1. In the beginning, why did you decide to come out for cross country?
2. What will you remember most about cross country?
3. What type of practice was your favorite? Least favorite?
4. What's something that participation in cross country has taught you?

Starts with Us

1. Forever Learners
2. Coaching Log
3. Audits

Oconomowoc Training

Oconomowoc Distance Workout Paces

Based Off Current Mile Shape

Mile Shape	Marathon Pace		Half Marathon Pace		10k Pace		5k Pace		3k Pace		Mile Pace	
	400	1600	400	1600	400	1600	400	1600	400	800	200	400
4:00	1:15	5:03	1:12	4:50	1:09	4:37	1:06	4:27	1:03	2:07	30	60
4:15	1:21	5:24	1:17	5:07	1:12	4:54	1:10	4:43	1:07	2:15	31	64
4:30	1:25	5:40	1:21	5:25	1:18	5:11	1:14	4:59	1:11	2:23	33	68
4:45	1:29	5:59	1:25	5:43	1:22	5:28	1:19	5:16	1:15	2:31	35	72
5:00	1:33	6:17	1:30	6:01	1:26	5:44	1:23	5:32	1:19	2:39	37	76
5:15	1:37	6:35	1:33	6:19	1:30	6:01	1:27	5:48	1:23	2:47	39	80
5:30	1:41	6:53	1:37	6:36	1:33	6:17	1:32	6:04	1:27	2:55	41	84
5:45	1:46	7:11	1:41	6:53	1:37	6:34	1:35	6:20	1:31	3:03	43	87
6:00	1:51	7:29	1:46	7:11	1:40	6:51	1:37	6:36	1:35	3:11	44	90
6:15	1:55	7:47	1:51	7:29	1:46	7:07	1:41	6:52	1:39	3:19	46	94
6:30	2:00	8:03	1:55	7:45	1:49	7:23	1:46	7:07	1:43	3:26	48	98
6:45	2:05	8:21	2:00	8:03	1:55	7:40	1:49	7:23	1:47	3:35	50	1:42
7:00	2:09	8:38	2:05	8:20	1:58	7:56	1:54	7:39	1:51	3:42	52	1:46
7:15	2:13	8:54	2:09	8:37	2:03	8:12	1:58	7:54	1:55	3:50	53	1:48
7:30	2:16	9:12	2:13	8:54	2:07	8:28	2:03	8:10	1:59	3:58	56	1:53
7:45	2:21	9:29	2:16	9:11	2:11	8:45	2:06	8:26	2:02	4:05	57	1:55
8:00	2:25	9:46	2:21	9:29	2:14	9:01	2:10	8:41	2:06	4:13	59	1:59

Track

Monday - Long Run

Tuesday - 3200 workout / 800 workout

Wednesday - Adaptation and Recovery

Thursday - 1600 workout

Friday - Premeet

Saturday - Race

Sunday - Off or small run

Tempo

Out and back tempo, up to 20 minutes

Mixing race pace effort and tempo

Progressive running

Alternating cruise and 10k effort

Questions

Email: herouxj@oasd.org