



# Strategies for XC Success

MARIETTA HIGH SCHOOL

JACK COLEMAN

[BLUEDEVILSXC@GMAIL.COM](mailto:BLUEDEVILSXC@GMAIL.COM)

# A little about me

- ▶ 19 years at MHS
- ▶ 4 years @ East Paulding
- ▶ 12 years for 1<sup>st</sup> region title
  - ▶ Didn't score at state
- ▶ 16 years for a podium
- ▶ 18 years for first State Championship
  - ▶ Ranked # 1 week previous 2 years
  - ▶ Lot of mistakes, losing & learning
- ▶ Nothing you see today is original

# Topics

- ▶ Athletes
- ▶ Communication
- ▶ Training
- ▶ Commitment

# Athletes

- ▶ Get the right people on the bus (Tom Williams)
  - ▶ Get the wrong people off the bus
    - ▶ My story for this year
  - ▶ A large group is great (if you can manage it)
  - ▶ Everybody has runners (75% free & reduced)
- ▶ Athletes in other sports
  - ▶ New to sport !!!
  - ▶ Old timers
- ▶ Have a policy on 2 sports Fall Season athletes
  - ▶ No wheeling and dealing; Box yourself in!

# Communication

- ▶ Clarity for everyone
  - ▶ Team guidelines, Training, line up decisions
- ▶ Multiple formats
  - ▶ Emails, group messages, captains, phone calls, team meetings
  - ▶ Website
- ▶ Over communicate
- ▶ Share as much as comfortable
- ▶ Not a debate
  - ▶ Your program



# Communication

- ▶ Mission Statement
  - ▶ Your beliefs
- ▶ Define everything
  - ▶ Takes away different perspectives
  - ▶ Your definition counts

# Summer Running

- ▶ Plan it
  - ▶ Have a plan for everyone
  - ▶ Meet during summer at least some with runners
    - ▶ Show you are part of team
- ▶ Running Logs
  - ▶ Check them every week
    - ▶ Accountability

# Summer Running

- ▶ Summer Conditioning Sessions
  - ▶ 3 days a week
  - ▶ 2 in weight room
  - ▶ Included in running logs
    - ▶ Hills or Hilly runs
    - ▶ Vigil 1600's (80-85%) or Tempo Run
    - ▶ Long Run (25-30%)
- ▶ Easy runs for the other 4 days of week



# Season Training

- ▶ August
  - ▶ Time Trial
    - ▶ Fitness & accountability
    - ▶ Possible Red flag if can't do
- ▶ Training Plan
  - ▶ 3 Hard Days
    - ▶ Long Run
    - ▶ Hills
    - ▶ Vigil mile repeats (TT or Race)
  - ▶ 4 Easy days
- ▶ Seems like Summer

# Season Training

- ▶ Easy days (August)
  - ▶ Drills/ Dynamic Warm-up
    - ▶ HIIT: 2-3 minutes
  - ▶ Short Run (3-6 miles)
    - ▶ Hill Sprints
    - ▶ Strides
  - ▶ Weight Room (35-45 minutes)

# Season Training

- ▶ Easy Days (Oct-Nov)
  - ▶ Drills/Dynamic Warm-up
    - ▶ HIITs 3-4 minutes
  - ▶ Short Run (3-6 miles)
    - ▶ 200's (4-6) @ 800-1600 Pace
  - ▶ Weight Room (35-45 minutes)

# Season Training

- ▶ Workouts
  - ▶ Hill Repeats
    - ▶ 300-1000 meters
  - ▶ Long Runs (with hills)
  - ▶ 800-2000 meters(Vigil )
    - ▶ 3-5 minutes
    - ▶ Based on 2 mile split

# Season Mileage

- ▶ Based off summer running/logging
  - ▶ 80-100% (may keep higher)
  - ▶ Dangers of too much
    - ▶ Stress Fractures (3 this year, new record)
- ▶ Races
  - ▶ Every race is a hard day and replaces a workout
  - ▶ # of races is irrelevant
  - ▶ XC is usually a VO2 max workout



# Commitment

- ▶ Get the kids committed
  - ▶ Easier and more fun
  - ▶ Reward the committed
  - ▶ Show them you care
    - ▶ Time is the measurement
- ▶ Running Logs

# Commitment

- ▶ Your Commitment
  - ▶ Earn their commitment
  - ▶ Put in the time
  - ▶ Let them see you work
  - ▶ Hardest working person in the program
- ▶ Don't tell me your problems
  - ▶ See challenges as opportunities

# Questions

- ▶ Jack Coleman
- ▶ 404-641-4773
- ▶ [bluedevisxc@gmail.com](mailto:bluedevisxc@gmail.com)