

Highland Park Cross Country

Fun, Fast, Forever

Background

Blaine High School

Ran CC at St. Thomas and Notre Dame (mediocre at best)

Naval Officer, Engineer, then Teacher (at Highland since 2001)

Coached three daughters in CC and Nordic

Avid Runner and Skier



Highland Background

Grades 9 to 12 - 1,400 students

Attached Middle School Grades 6 to 8

Team Size - roughly 100 runners (7 to 12)

Nordic Team - roughly 120 skier (7 to 12)

Large overlap between the teams



Impact of Overlapping Running and Ski Teams

Both sports help the other sport

Nordic focus on hours: non-impact aerobic development throughout summer/fall

CC Training and Racing makes for fit and mentally tough skiers

Many summer doubles: morning run and evening ski

Team overlap - varsity squads - 90% of nordic varsity runs CC

Winter Challenges - harder to run. Track transition is difficult.

Evolution of training philosophy

Largely adopted Tinman's (Dr. Thomas Schwartz) philosophy 10 years ago

Premise: 10K pace develop aerobic system as efficiently as faster paces, with less injuries

The Regular: 1000s at CV, 5x 10 second hills, 200s at Mile pace

15 to 20 minutes at CV (10K pace - use pace charts based on race times)

Most runners can complete these workouts - limited drops, no puking, group dynamics changes

Individual workouts don't look impressive, but cumulative impact is big

Paces: runners stick with their pack, get good at hitting 10K pace, no work above ability

Workouts Week of Sept 19 (practices from 3:20 to 5:15)
[Workout Groups](#) [Warmup Squads](#)

	Varsity/JV Groups: CuttleFish, Guppies, Bullheads Sheepsheads, Musky, Bigmouth, Smelts	Dev Squad Groups: Sturgeon, Ciscos, Walleyes, Wahoos XC 2022 Squads
Mon	Long Run 6 x 200 m at 1600 pace Weight Room	Easy Distance Run 3-5 miles 5 x 10 second hills Planks
Tues	Basecamp and Positivity Drill Recovery Runs 5 x 10 second hills Hurdles and Ladders Middle School - Run for the Shirt	Basecamp and Positivity Drill HIIT Speed Development Drills (mini-hurdles) Weight Room
Wed	Gratitude Practice CV Workout 1000s at CV, 5 x 10 sec hills, 4 x 200 at MP Joe Newton - LG Weight Room	Gratitude Practice Easy 1.5-2.5 miles 4 x 20 second strides Drill (3 quick steps, tangents, and gravity) Ladders Hips
Thurs	For those that can provide transportation and have submitted a transportation waiver. We will meet at the Les Bolstad Course at 3:45 by the start line for an easy run and race prep. Visualization and Basecamp If you can't make the run at Les Bolstad - meet with Dev Squad.	1.5 Mile Time Trial Weight Room (if there's time) Planks
Fri	Roy Griak - 10 runners and alternates Map of Venue 12:40 leave class - Bus Roster for Griak 1:00 pm - Bus Departs 3:00 pm Boys Gold - Box 41 3:45 pm Girls Gold - Box 32 You may need to pay an admissions fee if not racing. All 15 will make the trip. We run 10 from the groups of 15: Boys: Ben, Gavin, Shaggy, Mason, Davis, Lance, Pinto, Diego, Dougie, Coop Alternates: Service, Hondo, Guiney, August, Zimmerman Girls: Luna, DJ, Alex, Ellie, MadDog, Spicy, Ziva, Libby, Malice, Quinn Alternates: Addie C	NO PRACTICE 2-4 easy miles solo or with teammates
Sat	Brunch Run from DJs - details TBD	Brunch Run from DJs - details TBD OR Cross Train - Bike, Rollerski, Hike, Swim Don't take Friday, Saturday AND Sunday off

Teams

Varsity and JV (largely workout together)

Not super specific as to who is varsity or JV

Workout Groups - based on last couple of races

Dev Squad - roughly 30 to 40 new runners

boys and girls teams do everything together

Gavin	Roberts	12		Knuckles
Max	Reemtsma	12		Shaggy
Ben	Martin	12		Little B
Lance	Georgeson	12		Sugar
Luna	Scorzelli	11		Scuzzy
Davis	Isom	12		Dolly
Mason	Deegan	10		Zesty
Charles	Service	12		
Delia	Johnson	12		DJ
Chloe	Koch	12		C-Money
Tim	Tzeutschler	11		TomTom
William	Pinto	11		Beano
Brouke	Brookins	11	5:11	BB8
Alex	Pundsack	10		Punisher
Hanna	Koch	10		Beast
Cooper	Foss	9	5:41	Coop
Jack	Douglas	9		Twinkle Doug
Diego	Bachman	11	5:18	BoomBoom
Zoe	Moore	8		Tango
Grace	Lewis-Mosher	10		MooMoo
Samantha	Palm	10		Spam
Ellie	Moore	10		Elmo
Amelie	Isom	10		Omelette
Ingrid	Haaland	9		Spicy
Henri	Kukkonen	10	5:33	Hondo
Tobias	Hennum	9	5:29	Teenberg
Ziva	Westreich	10		ZZPaws
Isaac	Miller	8	5:45	Mr Money
Madeleine	Klevay	9		MadDog
Aidan	Guiney	10	5:42	Guiney
Luke	Zimney	10	5:38	Zimmerman
Gabe	Kleiber	9	5:44	Maverick
Christopher	Staba	10		Two'pher
Libby	Roller	11		Boo
August	Johnson	10	5:36	AJ
Leif	Loge	10	5:50	Fester
Ian	Berg	9	5:58	Goose
Alice	Rapacz	8	6:09	Malice
Sebastian	Cummins	9	5:52	Buster
Quinn	Walsh	10	6:04	Giggles
Logan	Vennemann	10	5:38	McLovin
Adalae	Corbett	9	6:03	HVAC
Kiri	Werner	9	6:10	Kiwi
Eleanor	Osmond	12		Ozzy
Charles	St. Dennis	9	6:01	Chucky SD
Christopher	Crutchfield	10	6:05	Kricky
Elliott	Thatcher	11	6:02	tank
Jack	O'Leary	10	6:01	Jack O Lantern
Nathaniel	de Sam Lazaro	8	6:41	Real Deal

Packs

Racers assigned a pack and a plan

Training and racing together

Go to the front and stay there

Younger runners - x miles with group



Confident, Calm Athletes on Caring Teams

We've been heavily influenced by Peggy Shinn's book "World Class". The making of the U.S. Women's Cross Country Ski Team.

The author examined the success of the U.S. Women's team.

We constantly discuss the attributes of a good team.



Be your most powerful in the moments that matter

We work with Activ8 (Moira Petit and Erik Gabrielson) to enable our runners tap more of their potential and help our teams through challenging situations.

We regularly practice (and build into practice schedule)

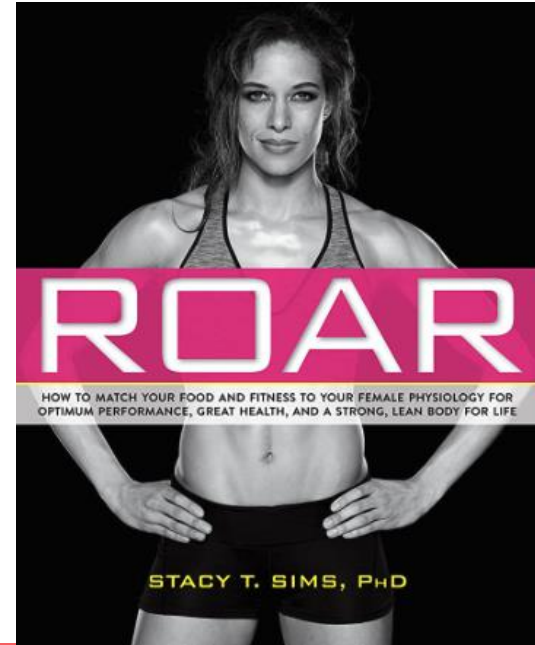
- Mindfulness
- Centering and Awareness
- Visualization
- Gratitude
- Body Scan/Base Camp

Women are not small men. Stop eating and training like one.

Stacy Sims' book ROAR plays an important role with our girl's team.

Discussions with the girls and parents about:

- Fueling: protein requirements, pre/post-workout
- Hydration needs for women
- Extremes - managing heat
- Differences in limbic system (impact on team)
- Monthly Cycles



Day	Mindfulness	Foot Speed and Athletic Development
Monday	Big Circle - Body Scan after two laps	6 x 10 seconds grassy hill or 150m strides
Tuesday	Squads - Visualization	Agility Drills with hurdles/ladders
Wednesday	Big Circle - Body Scan after two laps	6 x 10 seconds grassy hill Or 150m strides
Thursday	Squads - Gratitude	Agility Drills with hurdles/ladders
Friday	Squads - Visualization	6 x 10 seconds grassy hill Or 150m strides
Saturday		

Team Building

Traditional Events - Hoof/Bike , First Day of Practice Time Trial, BBQ, HoHo Run

Nicknames and Naming Day

Race for the Shirt

Apathy Day, Positivity Day, Ted Lasso Day

Records, Record Keeping, Stats

Leadership Group

Summer Planning and T-Shirt Awards



The RCV (River Critical Velocity) Workout

