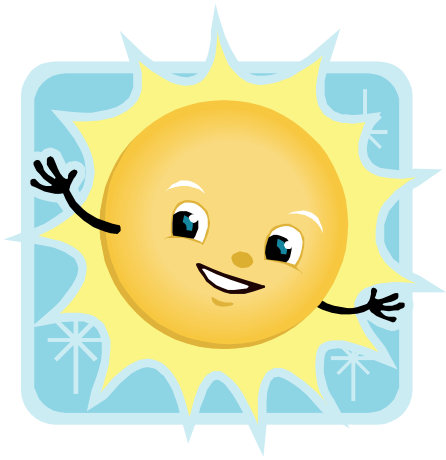


Distance Training Program

Basic Philosophy: 12 month Training Cycle

- **Athlete's confidence:** The central focus is the development of the athlete's confidence to believe in oneself and the team.
- **Individualized:** All programs are individualized with a common approach to enable the team development. Everyone sets personal goals and team goals.
- **Blending Ideas:** Various training techniques will be used to develop the cross country runners' specific strengths and minimize and correct weakness.
- **Train to Race:** All training is designed to physiologically and psychologically enhance the individual to function as close to his/her maximum potential.
- **Consistence and Progression:** All training needs to be honest, consistent, and progressive. Athletes must believe in the program and follow through heartily.
- **Cumulatively Building:** Seasonal and yearly training schemes are divided into three phases, with each phase building upon the previous.
- **Running mechanics:** DRILLS! DRILLS! And more DRILLS! Drills are implemented into the daily routine to analyze and monitor runners' technique.
- **Communication:** Team Building between athletes and open communication is established with coaches.
- **Goals:** Long range and short range goals are established to enable the athlete a more positive and secure feeling of direction.

As the season progresses runners will be given specific training times based upon their race times and expected accomplishments. Short term goals will be discussed and new goals will be established throughout the year.



Summer Work out Schedule

The next pages are the summer workout schedule.

- The first page is definition of work-out terms
- Second Page is in minute format for younger and beginning athletes.
- The third is a mileage program for the established runner. Both can be a little intimidating, but do not let them stress you or your parents.
- The fourth page of the summer work out schedule is the Pace chart.

Keys to Maintaining Self-Motivation

- ✓ Invest in yourself
- ✓ Believe in yourself and your ability to improve
- ✓ Establish goals
- ✓ Concentrate on the benefits of reaching your goals
- ✓ Always use positive, affirmative language
- ✓ Learn to stay relaxed and receptive to new ideas
- ✓ Develop a "do it now" mentality