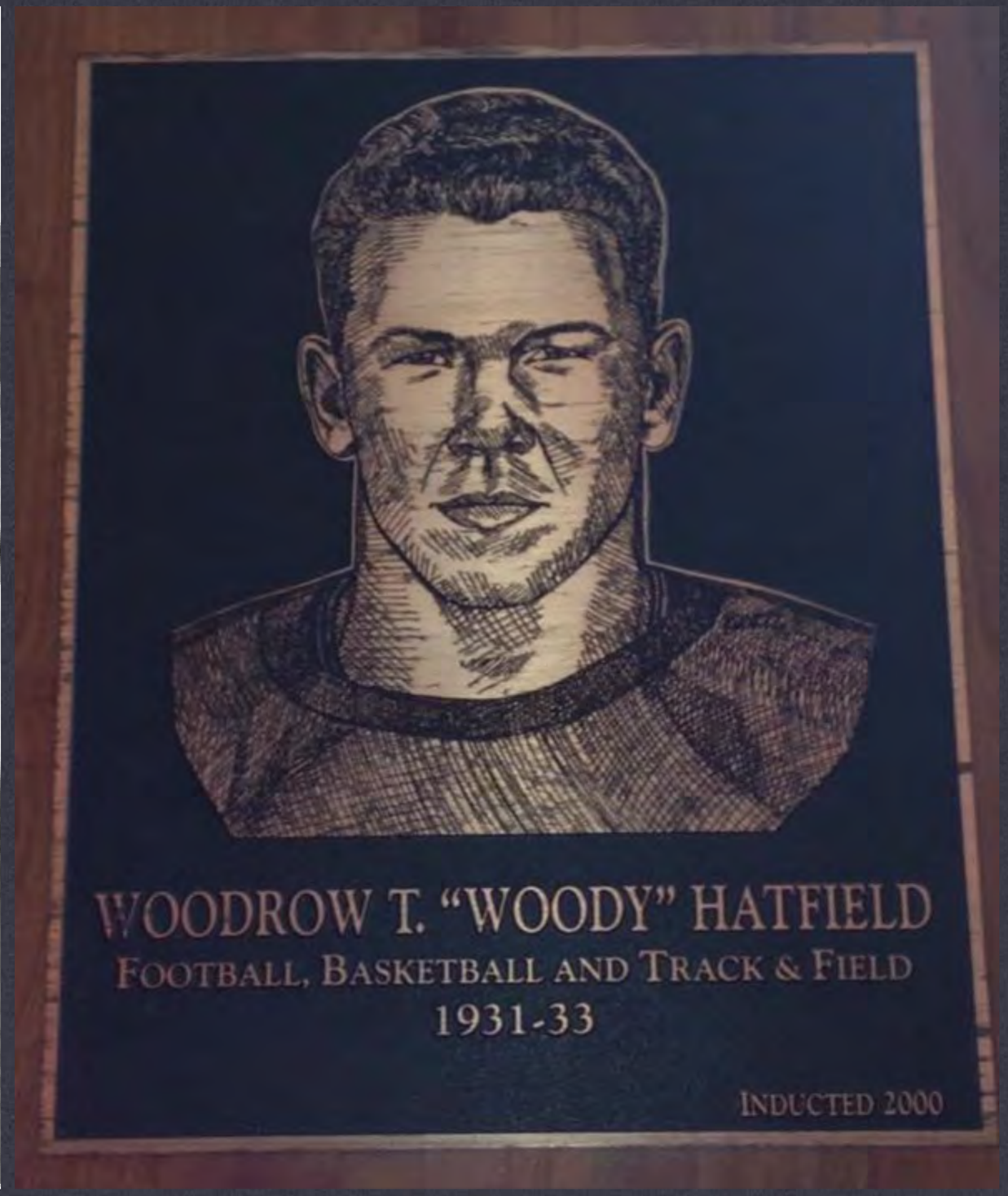


Middle Distance Training: 10 Lessons Learned Coaching at Mountain Vista High School

Jonathan Dalby



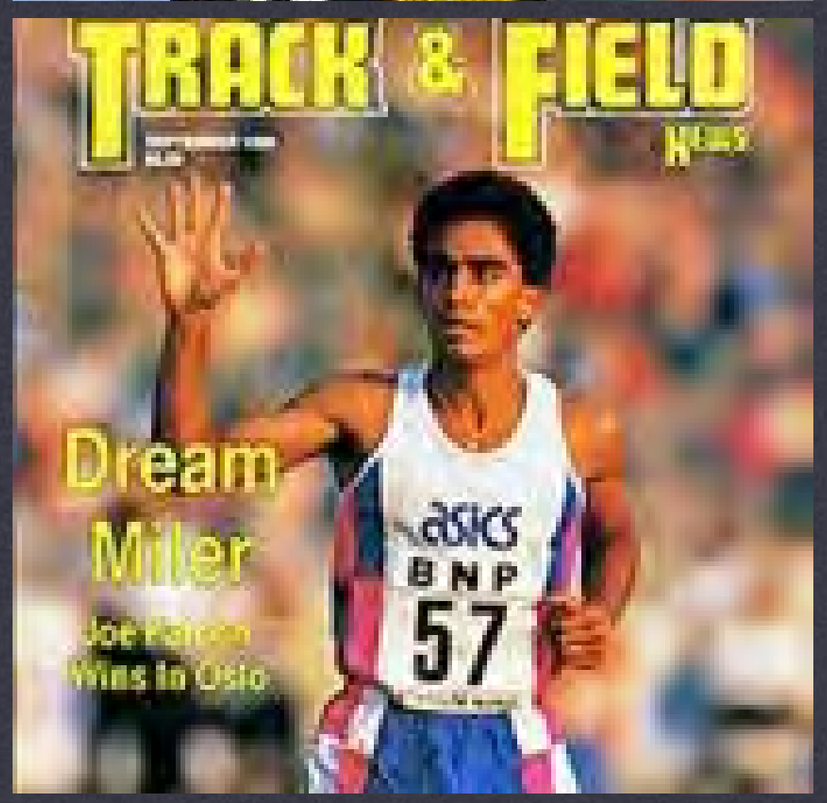


WOODROW "IRONMAN" HATFIELD

UNIVERSITY OF MISSOURI, 1931-1933







COACH DAVE DENNY

LEE'S SUMMIT HIGH SCHOOL, MO

UNIVERSITY OF CENTRAL MISSOURI






20 CLASS 5K STATE CHAMPIONS - 12

Lesson #1: Culture > Training




REGIS JES
175
146
RoadID
1423
RoadID.com
EVENT



- Develop good teammates
- “Vista Nation”
- Meet all athletes 5 -6 days a week year round
- Social activities and TEAM symbols involve everyone
- Individualize training for all athletes as much as possible
- Encourage kids to choose their own training groups



- Saturday runs for everyone
- Goal setting and monitoring with the entire TEAM
- Process focused vs goal focused
- Parents are a critical part of our success
- Communication: Blog, Final Surge Texts, Emails, Training
- Connection with feeder programs

Lesson #2: Train “the Rainbow” Year Round



MIDDLE DISTANCE WORKOUT EXAMPLES	GENERAL PHASE (JAN-FEB)	PRE-COMP PHASE (FEBRUARY-APRIL)	COMPETITION PHASE (APRIL-JUNE)
Aerobic Runs (30 to 60 mins)	Main Focus	Important	Maintenance
Long Runs (60 to 90 mins)	Main Focus	Important	Maintenance
Pure Speed (30 - 100 meters)	Main Focus	Important	Maintenance
High End Aerobic	Main Focus	Important	Maintenance
Speed End. (100 - 300 m)	Maintenance	Main Focus	Important
Strength/Vo2 Efforts	Maintenance	Main Focus	Important
Race Specific Work	Maintenance	Important	Main Focus
Racing	Maintenance	Important	Main Focus

Lesson #3: Train Closer to Race Specificity



Speed Development

pure speed, 400 m efforts, speed endurance

800/1600 meter race efforts

Endurance Development

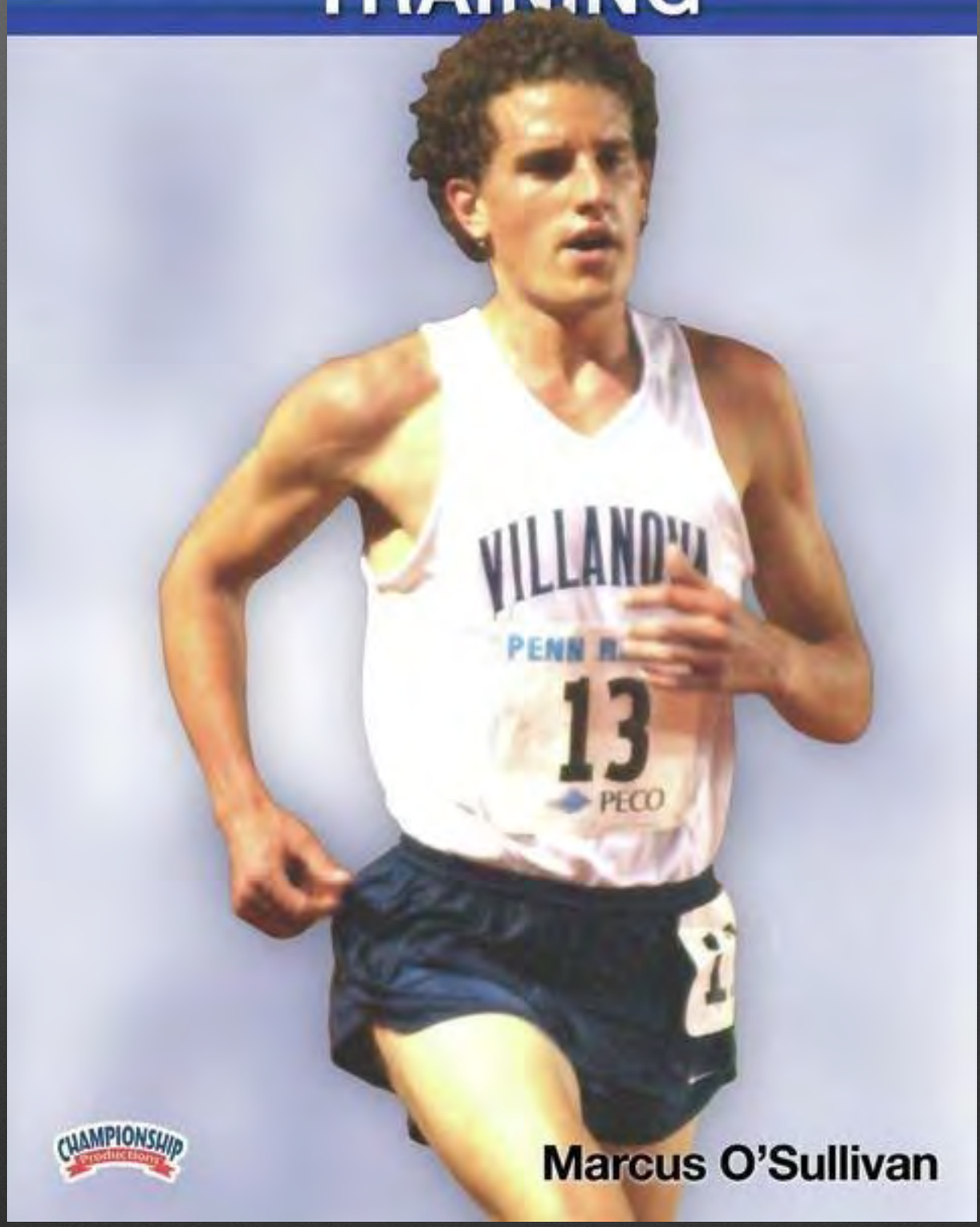
3K/5K, 10K efforts

But What About Tempo Runs and Long Runs?

TRADITIONAL VO2 MAX WORKOUTS	STRENGTH WORKOUTS @ RACE PACE LONGER REPS @ 3K/5K EFFORT SHORT REPS AT 1600 or 800 EFFORT
6x800 @ 3K/5K Effort w/ 2 -3 mins rest	3x800, 2x400, 1x800, 2x400 (All w/ 2 mins rest)
5x1000 @ 3K/5K Effort w/ 3 -4 mins rest	2x1K (3R), 2x500 (2R), 1x1K (3R), 5x200 (75R)
4x1200 @ 3K/5K Effort w/ 4 mins rest	2x1200 (3R), 2x600 (2R), 3x400 (1R)
3x1 Mile @ 3K/5K Effort w/ 4 -5 mins rest	1x1600 (4 mins rest) 2x800 (2 mins rest) 4x400 (1 min rest)

TRADITIONAL VO2 MAX WORKOUTS	STRENGTH WORKOUTS @ RACE PACE
6x800 @ 3K/5K Effort w/ 2:30 rest	3-4 sets of 3x200 @ 800 Effort w/ 30 secs rest 5 mins b/t sets
4-5x1000 @ 3K/5K Effort w/ 3 mins rest	3-4 sets of 500 -300-200 @ Mile Effort w/ 1 minute rest 4 mins b/t sets
4x1200 @ 3K/5K Effort w/ 4 mins rest	3 sets of 3x400 @ Mile Effort w/ 1 min rest 4 mins b/t sets
3-4 x 1K @ 3K/5K Effort w/ 3 mins rest + 5x200 w/ 1 min rest	3 sets of 800 @ 3K Effort (2R) + 2x300 @ Mile Effort (1R) w/ 4 mins b/t sets

MIDDLE DISTANCE TRAINING



Specific Middle Distance Pace Workout Examples

- 3-5 sets of 400 @ mile effort (1 min recovery) 200 @ 800 effort. 4-5 mins b/t sets.
- 3 sets of 600 @ mile effort (1 min recovery), 200 @ 800 effort. 4-5 mins b/t sets.
- 9 x 300 @ mile pace effort w/ 100 walk recovery.
- 8 x 400 @ mile pace effort w/ 2 mins recovery.
- 3-4 x 400 @ 800 pace effort w/ 5-8 mins recovery.

Vin Lananna Training

Vin Lananna
Assistant Coach
U.S. Olympic Team
vin.lananna@oberlin.edu

Coaching Middle-Distance and Distance Runners
Science or Art?
Vin Lananna

2004 NACACTFCA International Congress
Sand Dollar Condominium Resort
Bonaire, Netherlands Antilles
October 14-17, 2004

1



Lesson #4: Build a Base of Speed



MONTH	SPEED DEVELOPMENT PROGRESSION EXAMPLE FOR THE MIDDLE DISTANCES
JANUARY	• 6 to 10 x 10 sec hill sprints • Strides or stride laps post run • 8 x 30-40 meters w/ 3 mins rest
FEBRUARY	• 3-4 x 80m-120m added to end of a workout • 8 x 40-60 meter sprints w/ 3 mins rest • 8-12 x 30 second hills w/ walk back recovery
MARCH	• 6-8 x 45 second hills w/ walk back recovery • 8 x “Grandma” 150s w/ 250 walk

MONTH	SPEED DEVELOPMENT PROGRESSION EXAMPLE FOR THE MIDDLE DISTANCES
APRIL	Sprints of 200 to 250 meters • 250, 200, 150, 100 w/ 8-10 mins rest • 6 x “Grandpa” 200s” w/ 200 walk recovery
MAY	Sprints of 250 to 300 meters • 3-4 x 250 HARD w/ 10 mins recovery • 3 x 300 HARD w/ 500 walk recovery

Lesson #5: Hit Singles and Doubles…and Occasionally a Triple



MONTH	SIMPLE 1600 METER RACE SPECIFIC WORKOUT PROGRESSION EXAMPLE #1
JANUARY	8-12 x 200 @ 3K down to mile effort w/ 200 jog recovery
FEBRUARY	9 x 300 @ mile effort w/ 100 walk recovery
MARCH	8 x 400 @ mile effort w/ 2 mins rest
APRIL	5 x 600 @ mile effort w/ 3 mins rest
MAY	3x800 w/ 5 mins rest

MONTH	SIMPLE 1600 METER RACE SPECIFIC WORKOUT PROGRESSION EXAMPLE #2
JANUARY	12 x 400 @ 5K effort w/ 30 secs rest
FEBRUARY	10 x 400 at 3200 effort w/ 45 secs rest
MARCH	8 x 400 @ mile effort w/ 2 mins rest
APRIL	8 x 400 @ mile effort w/ 90 sec rest
MAY	4 x 400 @ w/ 1 min rest (add up to fastest mile possible)

Presentation #2: Case Study of a 1:48/4:04 Athlete w/ Examples of a Full Season of Periodization



Lesson #6: Recipes Can Vary





Connor Weaver
4:19 at altitude
2:01/15:29
Off-Season: 60+ MPW
Best Workouts:
Long Tempos/Progressions
5x1 mile w/ 75 sec rest



Andrew Walton
4:17 at altitude
1:54/15:27
Off-Season: 45-50 MPW
Best Workouts:
200s/400s @ 800 effort
3x800 w/5 mins rest



Caden Foster
:50/1:54
400 Type Workouts
80 min long run
C Team in XC 2015
All-State 800 2016-2018



Robbie Gleeson
Ran 3 Times a Week
:50/1:57
1 Hard Effort a Week
No Long Run or Tempo
JV XC 2015
State Qualifier 800 2016

Lesson #7: Maintain What You've Built



Lesson #8: Changing Gears is a Skill That Can Be Developed



Carter Dillon and Cole Sprout: 2018 Mullen Invitational 1600



Gear Change Workout Examples

General Pace Change Workouts

- 30 to 60 second surges during run
- Post Run strides, hill sprints, or “Jumpies”
- 100 to 120 meter cut-downs or 80 meter sprints at the end of a workout
- “Hoffman Hills” and Hill Circuits
- Surge During a Rep: 1000 meter repeats @ 10K effort w/ last 200 @ mile pace

Fart-leks:

- 1 min on on/2 mins easy
- 2 mins on/1 min easy
- 3 mins on/2 mins easy
- 3 sets of 3-2-1 (1:1 rest)

Specific Workouts:

- 4 sets of 200 Fast, 100 float, 100 kick w/ 5 mins rest
- 3 sets of 300 Fast, 100 float, 100 kick
- 2 sets of 300 Fast, 200 float, 200 kick

Lesson #9: Running Singles vs Doubles



Lesson #10: Adding Variety to Racing



- Race above/below race distance
- Race + 4x400 or open 400 (speed endurance)
- Race + Long Cool -down
- Race + Workout
  - “The Dirty 8” and the “Dirty 16”
  - 4x200 30 mins after a race (No track? Find a Field/Road)
  - 3-4 x 1K Tempo



Questions?

Resources and Credits

- The Science of Running (book) - Steve Magness
- Daniels' Running Formula (book) - Jack Daniels
- Road to the Top (book) - Joe Vigil
- Winning Running (book) - Peter Coe
- Divergent Thinking: Inside the Mind of John O'Malley (article) - Anthony Holler
- High School Running Coach (website) - Jay Johnson
- Culture of Belonging: Interview w/ NAU Coach Mike Smith (podcast) - ScienceofRunning.com
- "If You Can't Be Great, Be Good"Coach Mike Smith after winning a National Championship (podcast) - ScienceofRunning.com
- Coach Ben Rosario Show (podcast) - Ben Rosario
- High School Training: How to Develop an Entire Plan (articles) - Steve Magness
- Threshold and Middle Distance Training (DVDs) - Marcus O'Sullivan of Villanova

Resources and Credits

- Good to Great: Why Some Companies Make the Leap and Others Don't **(book) Jim Collins**
- Quiet Strength: The Principles, Practices, and Priorities of a Winning Life **(book) Coach Tony Dungy**
- Championship Team Building: What Every Coach Needs to Know to Build a Motivated, Committed, & Cohesive Team **(book) Jeff Jansen**
- Peak Performance: Elevate Your Game, Avoid Burnout, and Thrive with the New Science of Success **(book) Steve Magness**
- Sir Ferguson's Formula: 8 Leadership Lessons from the Former Manchester United Coach **(article) Harvard Business Review**
- Tradition Class Pride: Building a Cross Country Dynasty **(book) Ben Rosario**
- Sacred Hoops: Spiritual Lessons of Hardwood Warriors **(book) Phil Jackson**

Thank You!

Jonathan Dalby
www.vistanationxc.com
@vistanationxc
jhdalby@dcsdk12.org
816-529-8987



Middle Distance Running: A Case Study in 800 and 1600 Meter Performance

Eric Selle and Jonathan Dalby
Mountain Vista High School

You Retweeted

Scotty Gange @Scotty_G6 · Jun 26

Hugs for Harrison 🙏

After Mountain Vista senior Harrison Witt broke the state's all-time record in the 1600 (4:04) to win a title he turned straight to his friends to celebrate 😄

#WinnersWeek 🏅

@harrisonwitt15 @ADFlaniganmvhs1 @9Preps



2 20 84



Harrison Witt

- **800**: 1:48.5
- **1600**: 4:04.36
- At altitude (Denver, CO)



What factors were present for this level of performance?

- Talent
- Surrounded by positive team culture
- Learned how to compete
- Won the mental game
- Trained consistently while coaching staff kept future improvement in mind
- Experienced both success and failure at a high level
- Faced stellar competition









Mountain Ridge Middle School Cross Country

- Ran as part of the MS program
- Coach Sprafke and Coach Estell made running fun and being part of a team important
- Wanted to be a basketball player









Freshman XC: 2017-2018

- Football strength conditioning summer of freshman year
- 6th runner at League JV Meet (Team sweep). PR was ~ 17:35ish
- JT: 24:04 (Friends since kindergarten)
- Played basketball in the winter and was **learning how to compete**
- Surrounded by **positive team culture** as a freshman
- Training was geared towards **future improvement** even though he was a “fast freshman”


NORRIS × PENROSE
COLORADO HIGH SCHOOL
STATE CHAMPIONS
2017-18


DENVER
176
177
174
173
175
178


DENVER
391
387
390
389
391
386
388



Freshman Track: 2017-2018

- Alternate for the 4x800
- Ran on state 4x400
- :53.9/1:59.56/4:30.87
- By the end of the season Harrison had seen both **success and failure at a high level**











Sophomore Year XC (2018-2019)

- Experienced both success and failure during the season
- Had a very consistent off season
- Competed well early, but struggled by the state meet (105th at state)
- Did not make the NXRSW and NXN teams
- The mental/comparison game was tough
- “Make the 7 or bust” attitude







Sophomore Year Track (2018-2019)

- Played basketball in the winter
- Track Season: Making improvements, but inconsistent at times
- 4x800 became part of our team culture
- State Meet: 4x800 State Champs (1:53 split), 1600 12th, 800 (17th out of 18). “This is going to be one of the best things that ever happens to you.”
- Festival of Miles: 1:52.87. Was very aggressive during the race
- A week later in North Carolina 1:57.77. Was not so aggressive
- Finished the year at :52/4:22/1:52
- Experienced both success and failure during the season

The Positive Impact of a Coed Team



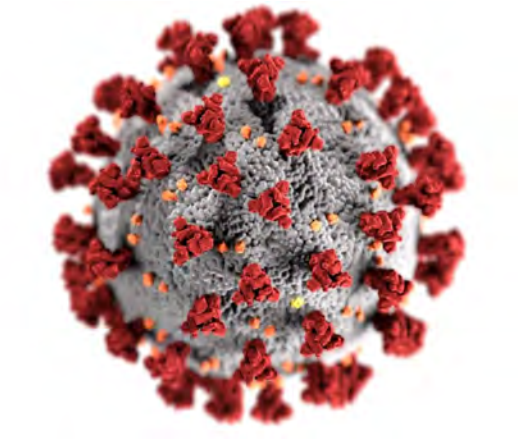

GREEN MOUNTAIN HIGH SCHOOL
VISTA
VISTA
VISTA


FINISH ON EMPTY
FINISH ON EMPTY
FINISH ON EMPTY
FINISH ON EMPTY
vista



Junior Year XC (2019-2020)

- Continued to experience both success and failure at a high level
- Ran well early, #1 runner most meets, but struggled with consistency
- Regional State Qualifier: 38th (8th runner)
- State 17th
- 14th at NXRSW (15:12)!!!! Finished 89th at NXN
- Felt like we were making progress, but still not winning the mental side of things



Junior Year Track (2019-2020)

- Had an awesome off-season, then...pandemic
- Track season canceled in Colorado
- Harrison’s leadership helped keep the team going during this time
- The coaching staff did not formally meet with the TEAM from mid-March to mid-June (3 months)
- Did a few solo time trials, but that was it for racing
- Used Final Surge, Zoom meetings, and team blog to communicate and check in with kids





Senior Year XC (2020-2021)

- Had an awesome off season
- However, continued to experience both success and failure at a high level
- Won a few races and ran really fast early on, but was not consistently racing the way he was capable of
- Tough day at the state meet (11th), but the team meant enough to him that he kept it together
- Breakout race came at Running Lane in Alabama. Finished 7th (14:39 on very fast course)
    - Realized that I was communicating the wrong way with him after this race

Senior Year Track (2021)

- Had become a much more mature athlete mentaly
- Had learned from past success and failure
- Handled setbacks with little panic
- Thrived in the team environment
- Learned to run very easy on recovery days and would crush workouts
- Sleep and nutrition were dialed in
- Carter Dillon (Vista 1600 record holder) ran with the team most days and consistently encouraged them
- Competitors running fast became a motivating force (**Lyons Invitational 1600**) instead of a mental distraction





"I came into this sport concerned with how fast I could run and how well I could place. The first lesson you taught me, Running, was a large serving of humility; it was the realization that I cannot succeed in this sport alone."

The Coach Carter Dillon Factor

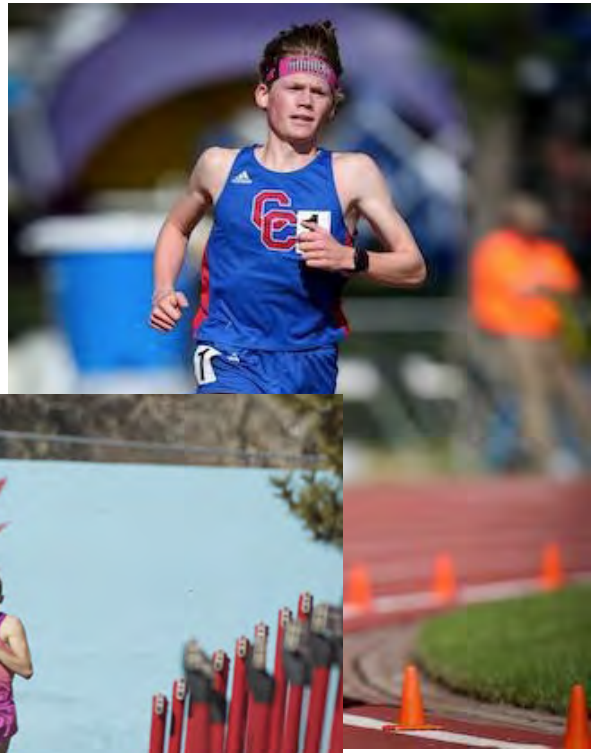






2021 Competition Brought Out the Best in Everyone







Senior Year Track Training







Time Off After XC Season

- Took 3 weeks off from running after last XC race in Alabama (11/21/20)
- State track meet had moved to late June
- Blog post from 11/23/20
- Easy running until school started up in January
- Get ferritin/iron levels checked



Conditioning Phase: 4 Weeks from December 14 - January 10 in 2020/2021

Endurance/Strength:

- Aerobic running 25 to 50 minutes
- Long run 60-75 minutes
- 1 to 2 hilly runs a week
- Focus on aerobic fitness via gradual mileage buildup up after time off
- Optional moderate progressions or negative split run once a week if feeling good. Not meant to be difficult.

Speed/Specific:

- Strides: 6-8 x 100
- Surges: 20-30 seconds during the second half of a run w/ 2-3 mins easy running b/t each surge
- Stride Laps: 100 on/100 walk for 3-4 laps
- Hill Sprints: 6-8 x 10 seconds w/ walk back recovery
- Can be done most days. Not meant to be difficult

Racing: None

General Phase: 9 Weeks from January 11 - March 14 in 2021

Endurance/Strength:

- Aerobic running of 25 to 60 minutes
- Doubles of 25-30 mins once or twice a week
- Long runs of 60 to 90 minutes
- Progressive long runs (“easy” to “medium” to “extra-medium” effort)
- Tempo/Threshold workouts of 15 to 25 minutes
- Rhythm Runs of 4 to 6 miles
- Fartleks: 1 to 4 minute segments at 10K down to 3K effort
- Hoffman Hills (See week 9 of training plan)
- 1K to 1 mile repeats @ 10K effort w/ short recovery (1-2 mins)

Speed/Specific:

- Continue w/ strides, surges, stride laps, and hill sprints from previous phase after easy runs (Feet can “move fast” everyday)
- 30 to 45 second hills w/ walk or jog back recovery
- Hoffman Hills (See week 9 of training plan)
- Rhythm work from 100 to 400 meters at specific 800, 1600, or 3200 efforts with plenty of rest. (Ex: 8-12 x 200 at 3200 effort down to mile effort w/ 200 jog recovery)

Racing: Occasionally as dictated by the athlete. A race can replace a workout.

Pre-Competition Phase: 9 Weeks from March 15 - May 16 in 2021

Endurance/Strength:

- Aerobic running of 25 to 60 minutes
- Doubles of 15-30 mins once or twice a week
- Long runs of 60 to 90 minutes
- Progressive long runs (“easy” to “medium” to “extra-medium” efforts)
- Occasional tempo/threshold or Rhythm workouts or Fartleks @ 10K effort. Usually as a refresh or maintenance workout
- Broken Intervals of 800 to 2K (See weeks 14, 16, 19, and 20 for examples)

Speed/Specific:

- Continue w/ strides, surges, stride laps, and hill sprints (Feet can “move fast” everyday)
- Finish quality days with 3-6 x 50 to 150 meter sprints or cut-downs
- Broken 1Ks: sets of 500-300-200 @ mile effort w/ 1 min rest/4 mins b/t sets
- Intervals of 200 to 400 meters @ mile pace down to 800 race pace
- Occasional 8-12 x 30-40 second hills as maintenance w/ walk or jog back recovery
- “Grandma Repeats”: 150 to 200 meters at 800 down to 400 effort w/ slow “Grandma” walk recovery of equal or more distance

Racing: Can race often this time of year, especially if inexperienced. Races typically replace a quality workout day for that week.

Competition Phase: 7 weeks from May 17 to July 4th in 2021

Endurance/Strength:

- Aerobic running of 25 to 60 minutes
- Doubles of 15-30 mins once or twice a week
- Long run frequency reduced to once every 10 to 14 days. Length also cut back.
- Progressive long runs cut back and used as maintenance, along w/ occasional tempo/threshold efforts.
- Broken/Mixed pace intervals used. Ex: 2x1K (3R), 2x500 (90R), 1x1K (3R), 5x200 (75R) See weeks 22 and 25 for examples

Speed/Specific:

- Continue w/ strides, surges, stride laps, and hill sprints (Feet can “move fast” everyday)
- Finish quality days with 3-6 x 50 to 150 meter sprints or cut-downs
- Broken/Mixed Pace efforts used such as 4-5 x 400/200 and 2-3 x 600/200 (see weeks 23 and 26 of training plan)
- “Grandma Repeats”: 200 to 300 meters at 800 down to 400 effort w/ slow “Grandma” walk recovery of equal or more distance

Racing: Most important races of the year. Allow for plenty of recovery.

What would we have done differently?

- Would have encouraged more athletes to take 3 weeks off after the XC season
- No runs over 60 minutes until January
- More “Jumpies w/ Jess” and short sprints of 30 to 60 meters (currently doing this twice a week on recovery days)



June 2021: 4x800 Culture



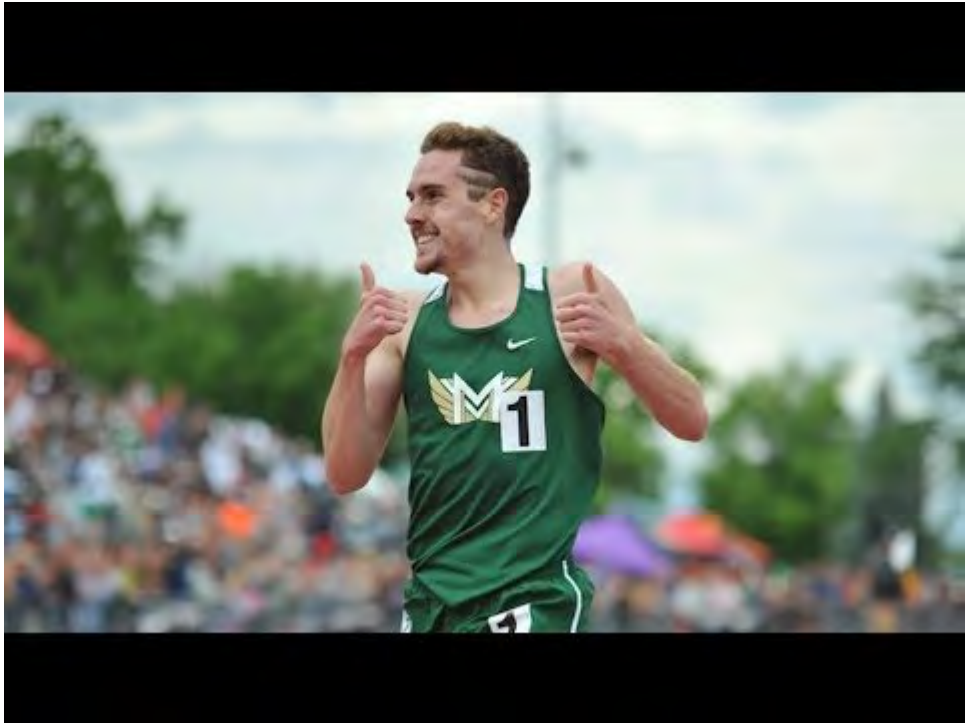
State Championship 800

- Stay relaxed while running as fast as possible (Joe Falcon’s advice to Harrison on a Zoom call summer 2020)
- Find the position you want in the first 200. Take the lead if it’s given to you.
- Surge into the 400
- **“Show Love”**
- 1:48.75 (52.67/56.06)



State Championship 1600

- Stay relaxed while running as fast as possible (Joe Falcon’s advice to Harrison on a Zoom call summer 2020)
- Stay confident when it goes out hard
- Be patient and move when ready
- **“Show Love”**
- 4:04.36 (60,65,60,58)



Final Thoughts








THULE
SUB
CLUB
ANGELS
COLORADO
BASEBALL




CHSAA
STATE CHAMPIONS


STATE CHAMPIONS
2021-22


VISTA
UNTAIN VISTA

Final Thoughts










nson


STUDENT BODY

Thank You!!!

ebselle@dcsdk12.org
jhdalby@dcsdk12.org









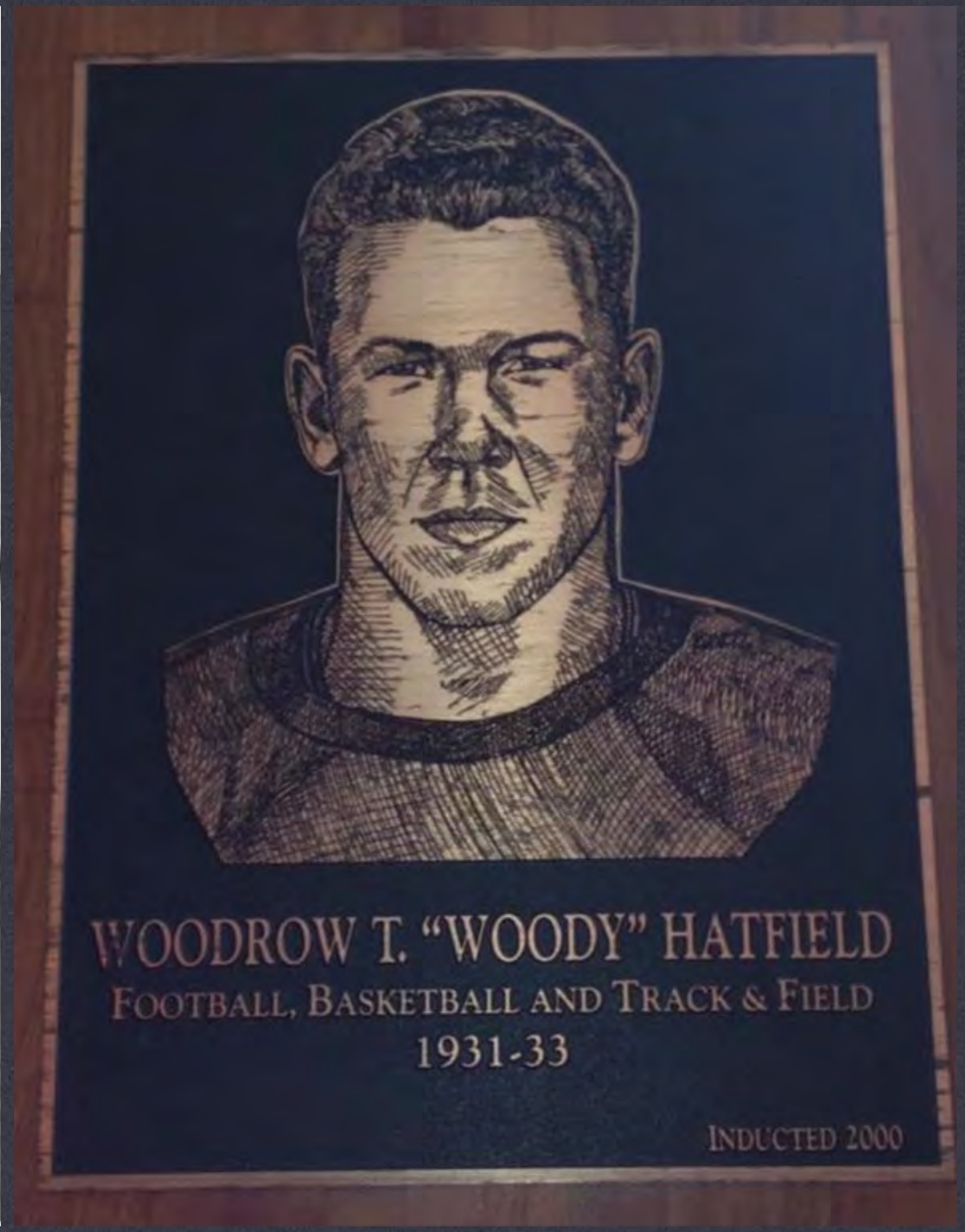


	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weeks to State	Week of Season	Notes
Nov 16-22	50 minutes +	A.M. 25	45 + strides	40 + strides	Pre-Meet Day:	**Running Lane**:	Off	x	x	Breakout race! Ran confident.
Nov 23-Nov 29	Off	Off	Off	Off	Off	Off	Off	x	x	State Track Meet moved to late June
Nov 30-Dec 6	Off	Off	Off	Off	Off	Off	Off	x	x	Taking an extra week off this year
Dec 7-13	Off	Off	Off	Off	Off	Off	Off	x	x	**Conditioning Phase**: 4-5 weeks
Dec 14-20	25 mins	30 mins	35 mins	40 mins	45 mins	50 mins	Off	28	1	6 Strides/surges x 2 runs
Dec 21-27	40 mins	35 mins	Off	45 mins	35 mins	65 mins (7:03	50 mins	27	2	6 Strides/surges x 3 runs
Dec 28-Jan 3	35 mins	50 mins	60 mins (7:45	35 mins	50 mins hilly	70 mins (Ran	Off	26	3	8 Strides/surges x 3 runs
Jan 4-10	50 mins hilly	15 min WU + 25	A.M. 25/P.M. 45	45 mins	42 mins	Long Run: 75	30 mins	25	4	8 strides/surges x 3 runs. Began to
Jan 11-17	15 min tempo run	A.M. 30 mins	55 mins	45 mins	A.M. 25	Hilly Long Run in	Recovery: 30-45	24	5	**General Phase**: 8 or 9 Weeks
Jan 18-24	50 mins + strides	A.M. 30	45 mins + 6x10	55 mins + strides	A.M. 30 mins	Long Run: 80	Recovery: 30-45	23	6	Sunday runs are always optional.
Jan 25-31	50 mins + strides	A.M.30	Broken Tempo	Off	Hills Scheduled:	Rest	Rest	22	7	4-5 days off due to calf issue coming
Feb 1-7	30 mins easy	35 mins easy	30 mins easy	35 mins easy	30 mins easy	Rest	35 mins easy	21	8	Took the week easy to deal with calf
Feb 8-14	20 min Tempo @	45 + strides	40 + strides	Hills: 3-5 sets of	40 mins + strides	45 mins + strides	Recovery: 30-45	20	9	Hoffman Hills are varying distances
Feb 15-21	50 mins + strides	Griggs Loop	47 Recovery	55 min Easy Run	2 sets of 4x300	Long Run: 70	Recovery: 30-45	19	10	Finally feeling good again this week.
Feb 22-28	40 mins + strides	Fart-lek 5-6 sets	45 Recovery	A.M. 25/P.M. 8-	Pre-Meet: 30	**Echo Park 1600**	Recovery: 30-45	18	11	Encouraging race effort on Saturday,
March 1-7	Long Run: 80	Recovery: 45	4x1 Mile Repeats	Recovery: 50	A.M. 25/P.M. 45	6 mile R.Run @	Recovery 30-45	17	12	Strength focus right now
March 8-14	Bench Hills: 3	Recovery A.M.	60 minutes +	A.M. 25/P.M. 8-9	45 mins	Long run: 90	Day off	16	13	After calf injury Harrison put together
March 15-21	50 mins + strides	Fart-lek:	45 mins	A.M. 6x45	45 mins	2x1200 @ XC	Recovery: 30-45	15	14	**Pre-Comp Phase**: 8 or 9 weeks
March 22-28	Long Run: 80	45 + strides	A.M. 25-30	45 mins + strides	Pre-Meet Day: 30	**Niwot 800**: 1:53	Recovery: 30-45	14	15	Surprised by the 1:53 with so little
March 29-April 4	Progressive Long	45 mins recovery	A.M. 25-30/ P.M.	45 recovery	55 mins + 6x10	4 sets of 500-300-	Day off or	13	16	Saturday: Set 1 (83,50,31) Set 2
April 5-11	50 mins + strides	A.M. 25/ P.M.	50 mins mins	Travel Day: 40	Arizona: A.M. 5-	**Chandler Rotary**	Off	12	17	Race Notes: Took the lead from the
April 12-18	60 mins easy	45 mins + strides	Aerobic Refresh:	45 mins	Snow Day/No	Long Run: 90	45 mins easy	11	18	Monday easy to give time to bounce
April 19-25	16-20 x 200 (3K	55 min recovery	A.M. 25/P.M. 40	A.M. 25	A.M. 25/P.M. 45	80 min long run	Recovery: 30	10	19	Thursday Broken 2Ks; Set 1
April 26-May 2	3 x (3x300) w/ 90	A.M. 25/P.M. 35-	55 mins + strides	4x3 on/2 off on	A.M. 25/P.M. 35-	70 min Long Run	Recovery 45	9	20	Did not tell kids about the last 800 on
May 3-9	A.M. 30/P.M. 6-8	50 mins	A.M. 25/ P.M. 4-	45 mins	30 mins + 4x120	**Pre-League**	Recovery 30-45	8	21	Saturday: 4x800 (1:53 solo) + open
May 10-16	Long Run: 80	45 mins	A.M. 25/ P.M.	45 mins + strides	Pre Meet Day: 25-	**Lyons**	Rest or short	7	22	Monday progression: easy = 7:00,
May 17-23	Long Run: 75	45 mins + strides	A.M. 25/ P.M. 4-	45	60	3x1 mile "High	Rest	6	23	**Competition Phase**: 6-8 Weeks.
May 24-30	35 mins (sick)	Day Off (sick)	Day Off (Sick)	40 mins easy	45 mins easy	4-5x1K w/ 1 min	Day off or	5	24	Last Saturday started to get sick.
May 31-June 6	80 min	45 + strides	A.M. 25/P.M.	45 mins	Pre-Meet: 25-30	**Dakota Ridge**	Recovery 30-45	4	25	Sprinted on Saturday to build some
June 7-13	55 mins easy +	A.M. 25 mins/	45 mins + strides	Pre-meet: 25	A.M. Optional 5-	A.M. 5-10 mins	Recovery run 30-	3	26	Tuesday (too aggressive on 1st set)
June 14-20	Long Run: 70	45 mins	A.M. 6 x	45 mins	50 mins + strides	2 sets of 500-300-	Rest	2	27	Wednesday 200s: 25 to 26 as
June 21-27	50 mins + strides	A.M. 3x300 (mile	40 mins	Pre-meet: 25-30	**Colorado State**	**Colorado State**	Rest or short	1	28	Different race strategies. 800 out
June 28-July 4th	35-50 mins easy	2x1K @ tempo	40 mins	Pre-Meet: 25-30	**Brooks PR Mile:**	Off	Off	0	29	Trouble establishing position on
July 5th-11th	Rest	Rest	Rest	Rest	Rest	Rest	Rest			Up next, Princeton!
July 12th-18th	Rest	Rest	Rest	Rest	Rest	Rest	Rest			



BECOMING GODZILLA: *DISTANCE TRAINING AT MOUNTAIN VISTA HIGH SCHOO L*



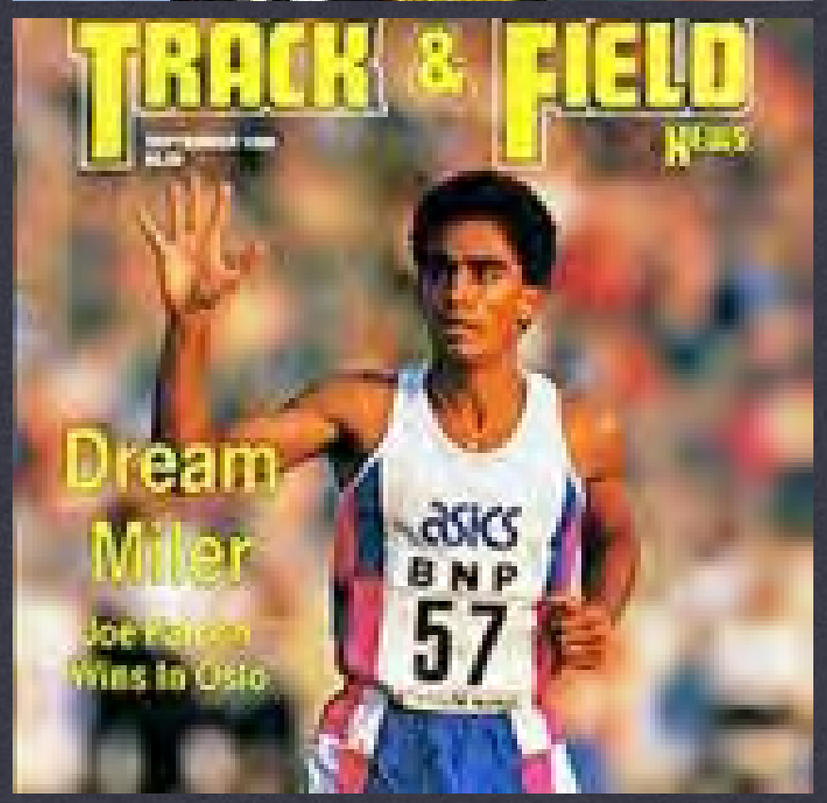


WOODROW "IRONMAN" HATFIELD

UNIVERSITY OF MISSOURI, 1931-1933







COACH DAVE DENNY

LEE'S SUMMIT HIGH SCHOOL, MO

UNIVERSITY OF CENTRAL MISSOURI






20 CLASS 5K STATE CHAMPIONS - 12


山景远越
最难的团队
有氧怪物


PARK HOURS
9PM
7AM
COHOL
Mountain Vista
CROSS -- COUNTRY
-Godzilla Is Earned-




有氧怪物


VISTA NATION XC
最难的团队
当宁远越


最难的团队

Training Considerations at Vista

1. Culture fosters training
2. Long term approach to training
3. Progression isn't always linear
4. Keep training simple
5. Identify goal race and work backwards
6. Develop a base of speed and endurance
7. Everything is always present
8. Maintain what has been built
9. Progress general to specific
10. Doubles vs singles

CULTURE FOSTERS TRAINING

- **Kids will come out for XC/Track because they like being part of a TEAM (social)**
- **They will eventually be faced with wanting to reach their potential or not**
- **Give every kid the same opportunities in training to contribute to the TEAM**



Culture Fosters Training

- **Create an environment that kids want to be a part of**
- **Make them believe running XC/Track is cool first and then push them physically**
- **The best training plan in the world isn't as important as a culture that fosters following it**



A LONG TERM APPROACH TO TRAINING



EXAMPLES OF TRAINING A NEW RUNNER VS A 4TH YEAR RUNNER

	New Runner	4th Year Runner
Weekly Volume	Take 3 months to a year to reach max volume	Might build up to new max volume in 4 to 6 weeks
Threshold Training	Start w/ short negative split runs Build to 10 -12 mins	Start at 10 -15 mins and build to 20 -30 mins
1600/3200 Specific Work	Racing is main workout.	Mature enough to handle more specific workouts (i.e. 5x1K w/ 3 mins rest)
Training Focus	Main focus is on the extremes of general endurance and general speed	Focus is on moving from general paces early to specific 1600/3200 paces later

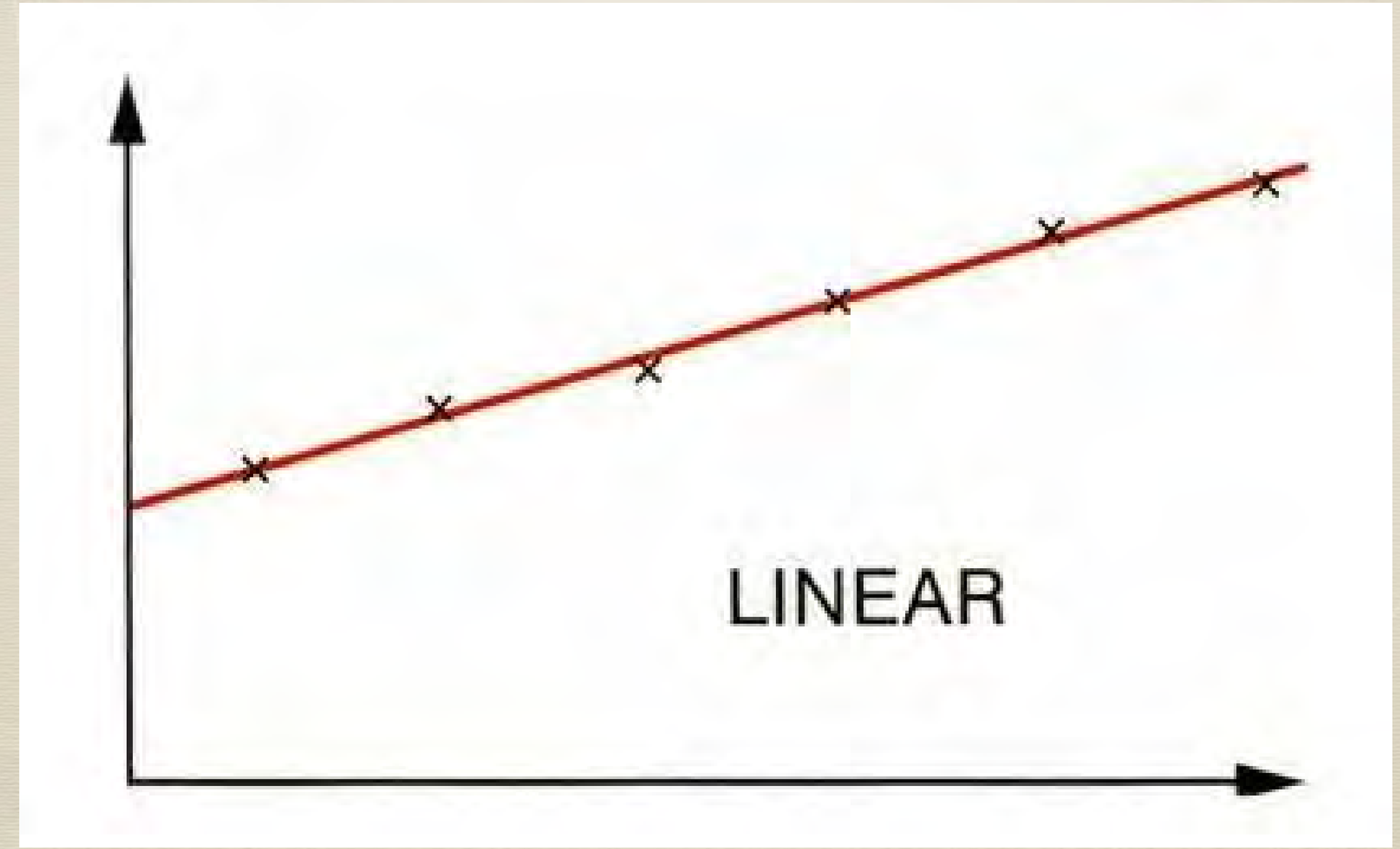
Sample 4 Year Progression

	Volume	Races	Threshold/ Tempo Training	Long Run	3200 Race Specific Workout
Freshman	15-30	10+	10-15 mins	Up to 60 mins max	3-4x800
Sophomore	30-45	8-10	15-20 mins	55-70 mins	4-5x800
Junior	40-55	6-8	20-25 mins	65-80 mins	5-6x800
Senior	50-65	6-8 (maybe less)	25-30 mins	75-90 mins	6x800

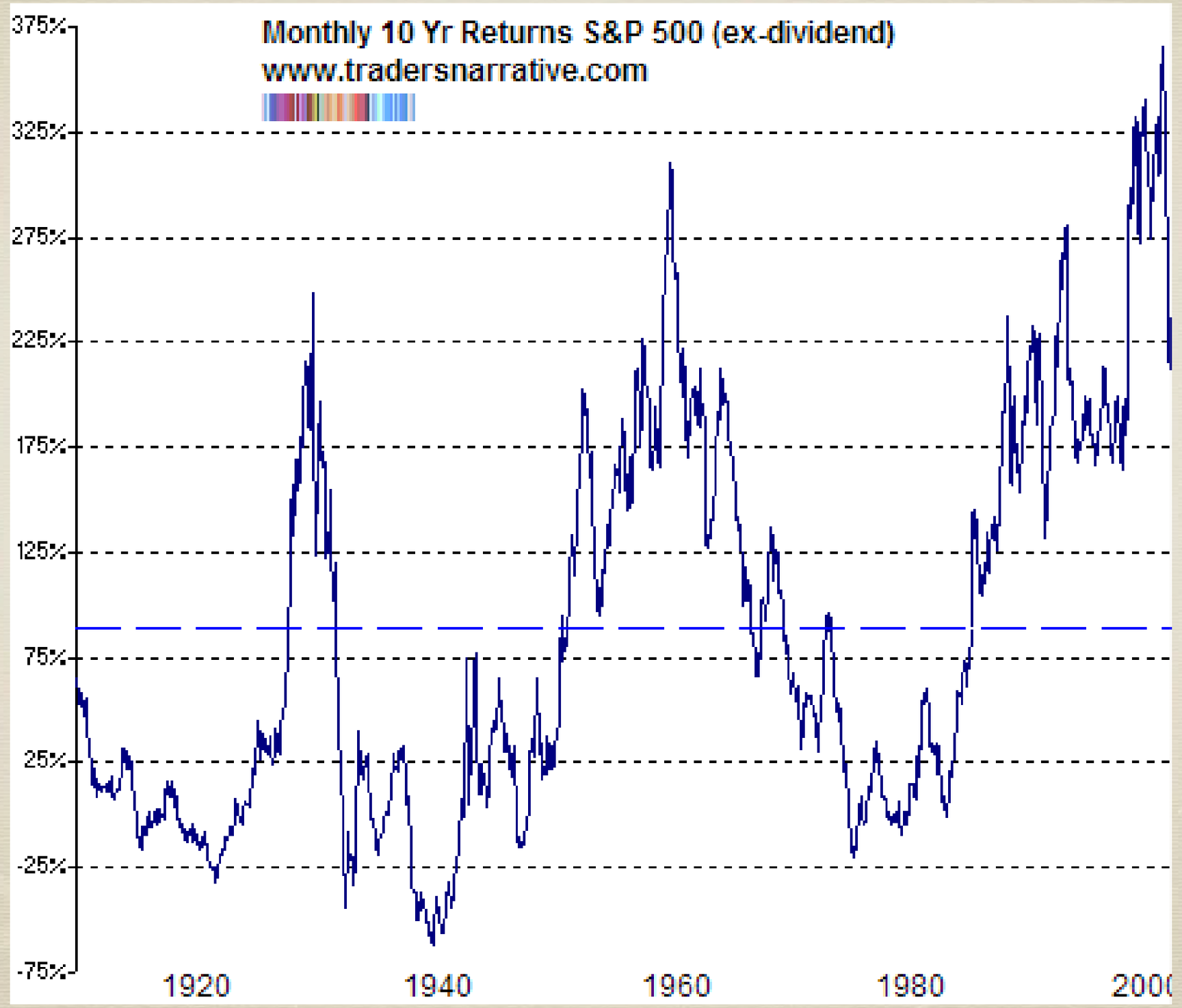
PROGRESSION IS NOT LINEAR



How We Wish Athletes Would Progress



In Reality…


Monthly 10 Yr Returns S&P 500 (ex-dividend)
www.tradersnarrative.com
375%
325%
275%
225%
175%
125%
75%
25%
-25%
-75%
1920
1940
1960
1980
2000

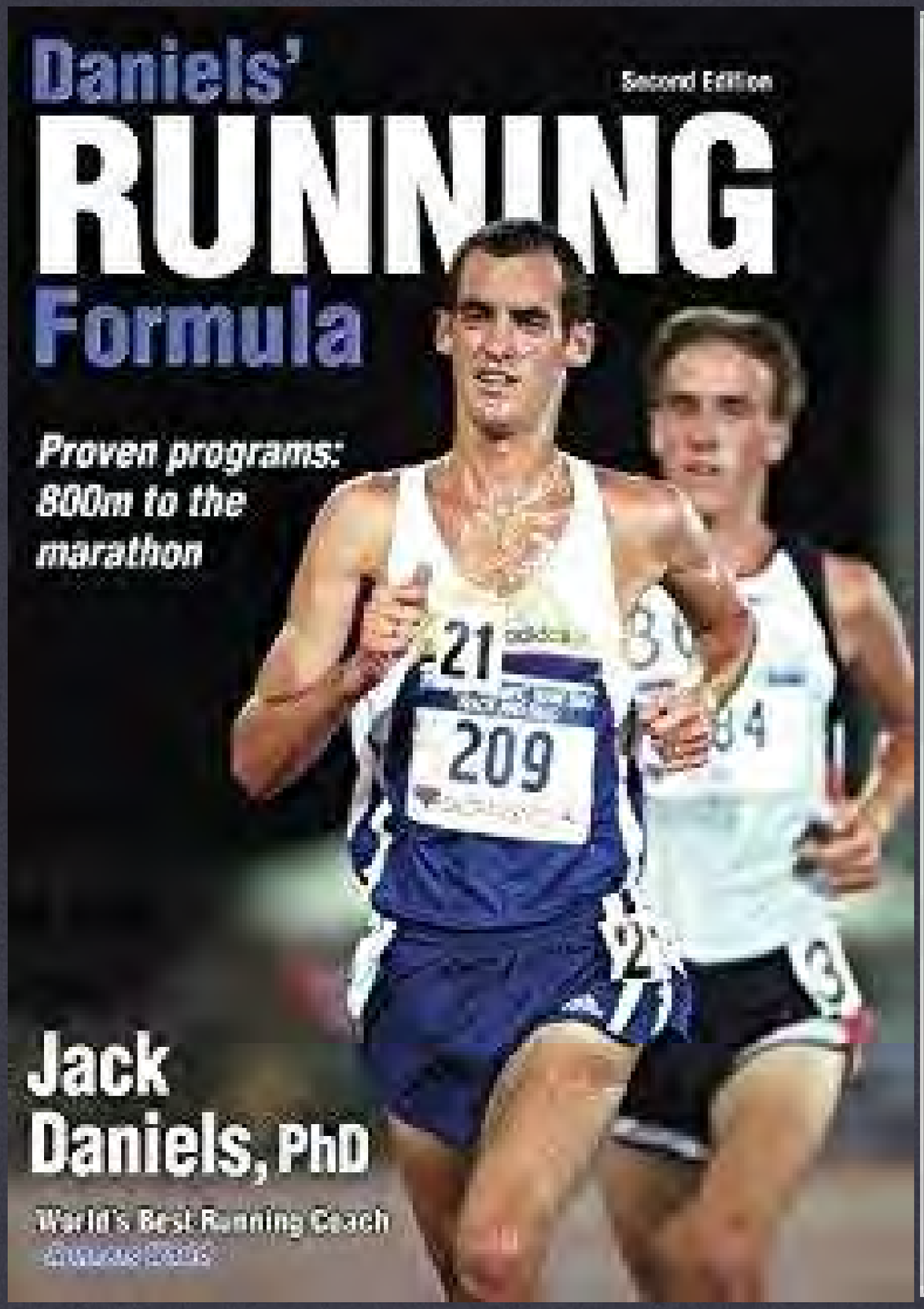
KEEPING TRAINING SIMPLE

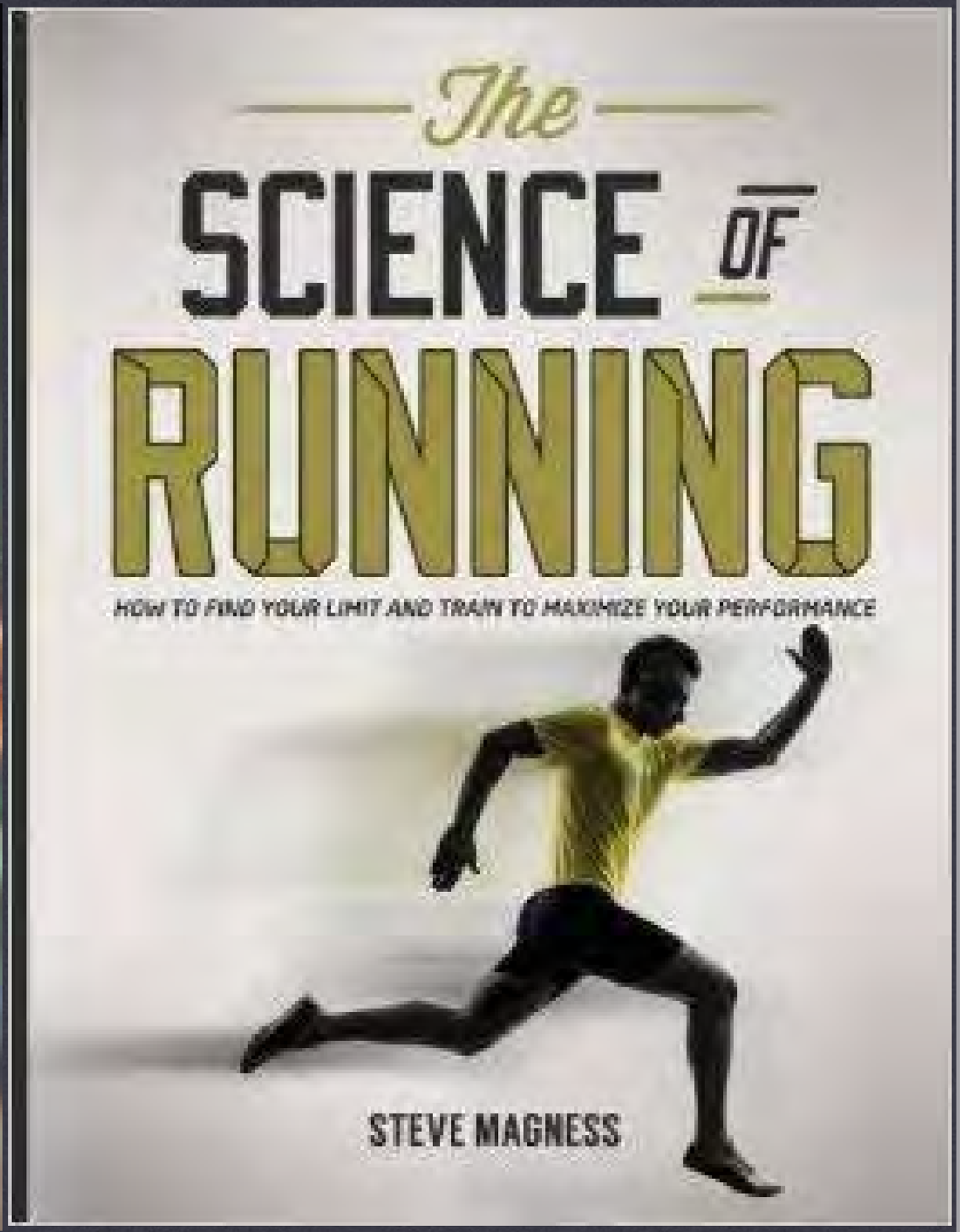


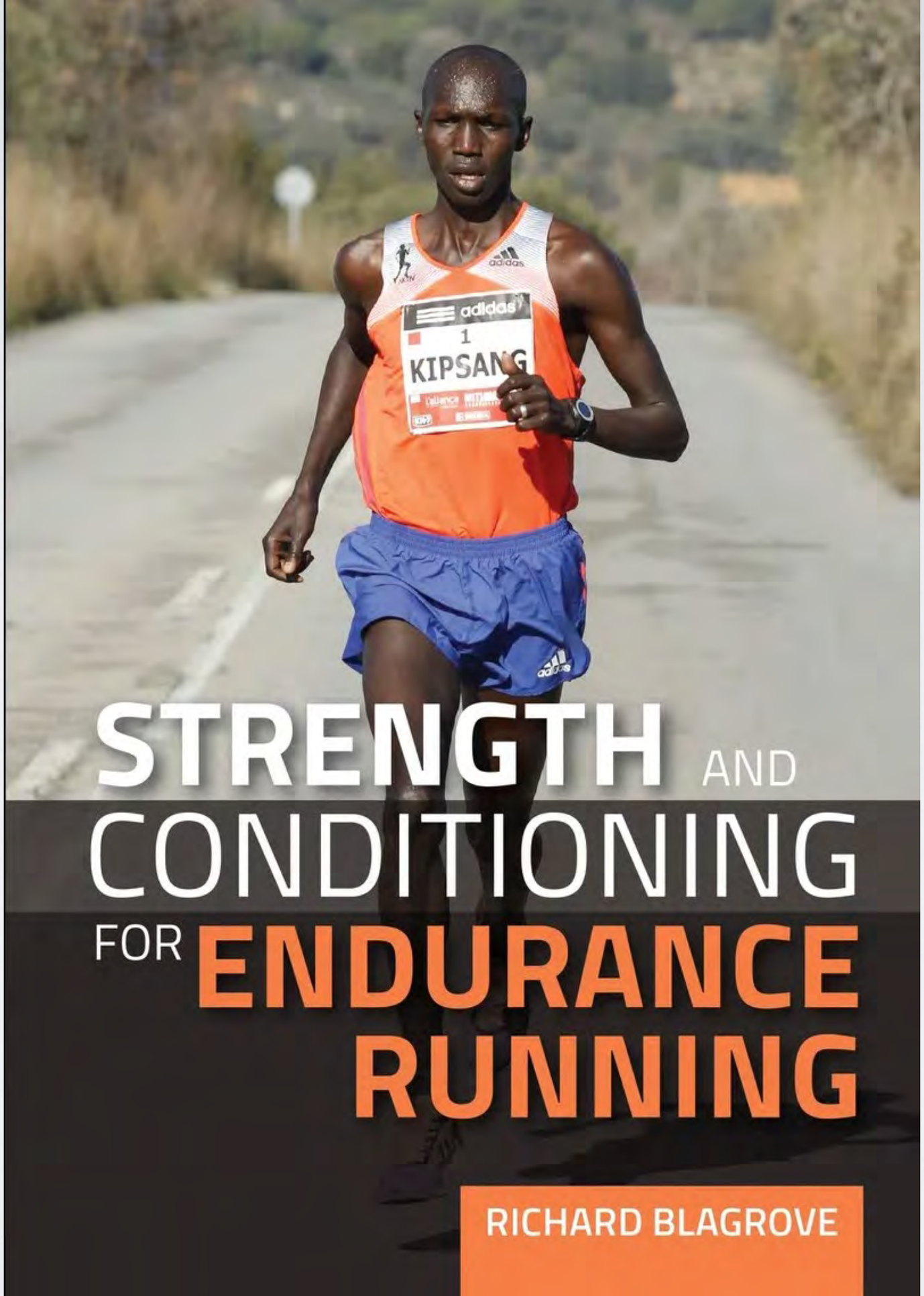
Frank Gagliano
A.K.A. “Gags”



Brother Colm O’Connell


Daniels'
RUNNING
Formula
Second Edition
Proven programs:
800m to the
marathon
Jack
Daniels, PhD
World's Best Running Coach


The
SCIENCE OF
RUNNING
HOW TO FIND YOUR LIMIT AND TRAIN TO MAXIMIZE YOUR PERFORMANCE
STEVE MAGNESS


adidas
1
KIPSANG
adidas
STRENGTH AND
CONDITIONING
FOR ENDURANCE
RUNNING
RICHARD BLAGROVE



IDENTIFY THE GOAL RACE AND WORK BACKWARDS

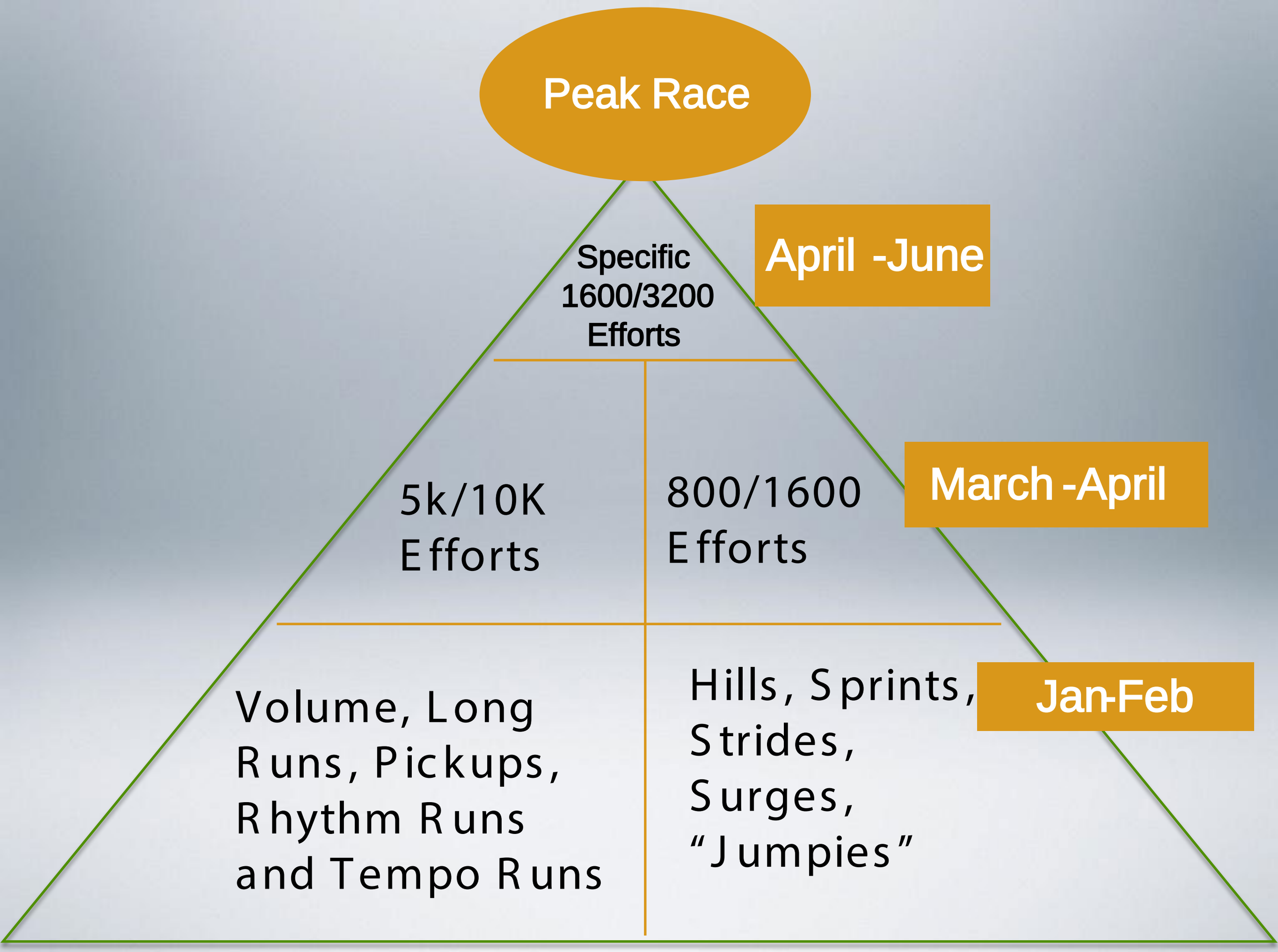
First Week of Preparation

Final Week of Preparation

Base: General Endurance and General Speed Prep	Pre-Comp: Connect General to Specific	Competition Phase: Specific Race Prep

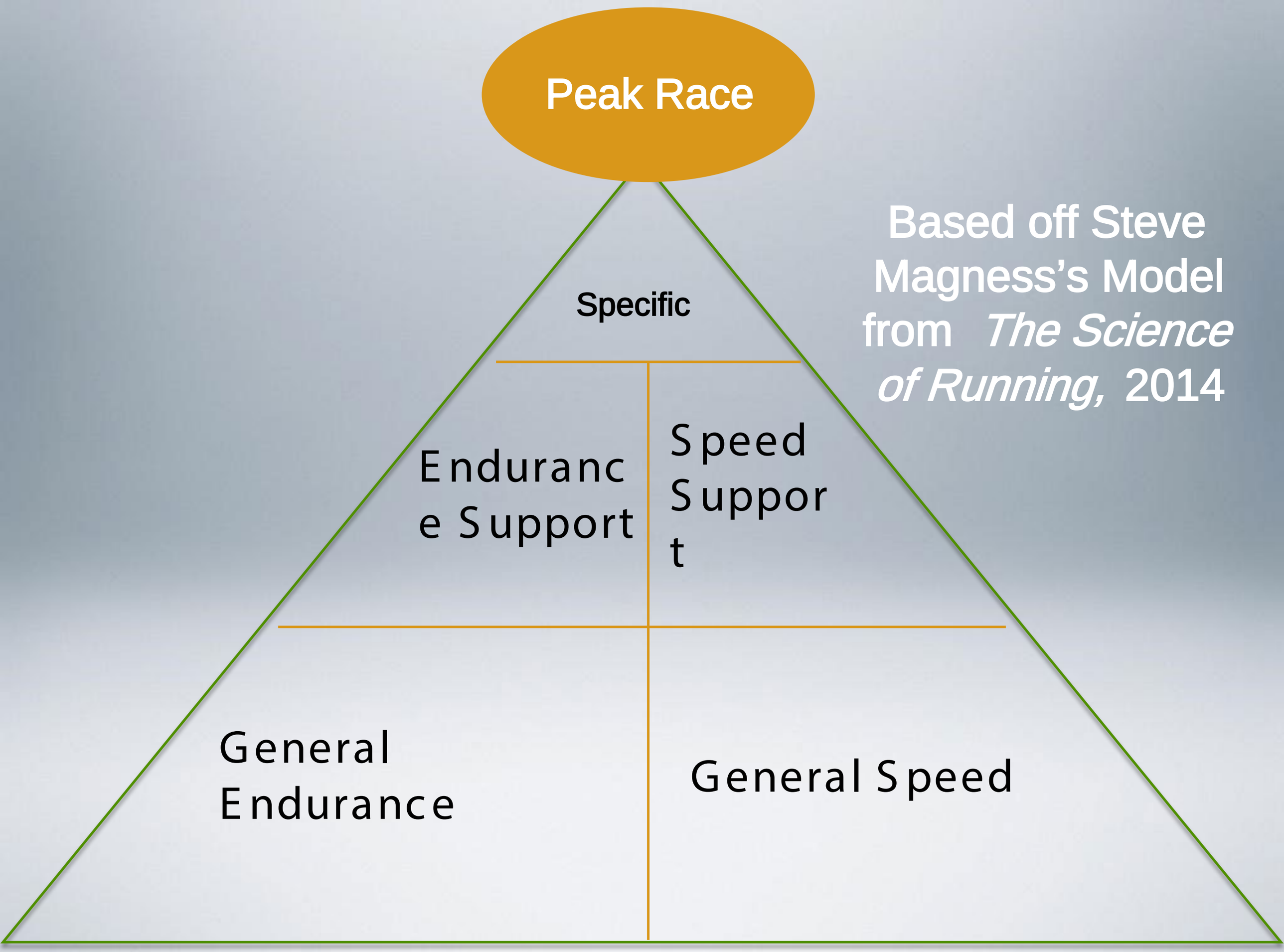
Peak Race

- What is the date of your peak race?
- How many weeks do you have to prepare?
- What other races are important?
- What are your most important workouts?
- How will you progress towards those workouts?


Peak Race
Specific
1600/3200
Efforts
April -June
5k/10K
Efforts
800/1600
Efforts
March -April
Volume, Long
Runs, Pickups,
Rhythm Runs
and Tempo Runs
Hills, Sprints,
Strides,
Surges,
“Jumpies”
Jan-Feb

DEVELOP A BASE OF BOTH SPEED & ENDURANCE





Based off Steve Magness's Model from *The Science of Running,* 2014

Example of Progressing the Long Run and Pure Speed for a 4th Year Runner

Week	Long Run	Pure Speed
1	50	Strides
2	60	Strides
3	70	4x10 sec hills
4	80	6x10 sec hills
5	90	8 x 10 sec hills
6	70 Minute Progression	10 x 10 sec hills
7	80	8 x 30 meters
8	90 Minute Progression	10 x 10 second hills
9	75 minutes	8 x 40 meters
10	80 Minute Progression	10 x 10 second hills
11	90 Minute Progression	8 x 50 meters
12	Run to Denver (15 miles)	8 x 60 meters



EVERYTHING IS ALWAYS PRESENT

Everything is Always Present

- **Train all paces, at all times of the year**
- **What changes is the emphasis of each during the phase of the season: *Base, Pre-Comp, or Specific***
- **14-21 day cycles**
- **It's a balancing act of speed and endurance**



TRAINING EFFORT EXAMPLES	BASE or General Phase (Jan - Feb)	PRE-COMP (March - April)	COMPETITION (May-June)
Aerobic Runs (30 to 60 mins)	Main Focus	Important	Maintenance
Long Runs (60 to 90 mins)	Main Focus	Important	Maintenance
Pure Speed (40 - 100 meter)	Main Focus	Important	Maintenance
High End Aerobic	Main Focus	Important	Maintenance
Endurance & Speed Support	Maintenance	Main Focus	Important
1600/3200 Specific Work	Maintenance	Important	Main Focus
Racing	Maintenance	Important	Main Focus

EXAMPLE OF EVERYTHING BEING PRESENT:

- Mid-Season
- Upperclassmen Boy
- Most interested in the 1600/3200 meter events

Mon	Tue	Wed	Thur	Fri	Sat	Sun
90 min progressive long run (Easy, Medium, "Extra-medium)	45 min recovery + "Jumpies w/ Jess"	4x1K @ XC effort w/ 2 mins rest + 5x200 @ quick w/ 1 min rest	A.M. 25-30 recovery P.M. 40-45 mins recovery + strides	50-60 minutes + "Jumpies w/ Jess"	9 x 300 @ 1600 effort w/ 100 walk recovery + 4 x 120 cutdowns	Optional 30-45 mins easy
50 minutes + strides	6x600 @ 3200 effort w/ 90 secs rest + 4 x 80 meter sprints	A.M. 30/P.M. 40 mins + "Jumpies w/ Jess"	45 mins + 6 x 10 second hill sprints	Pre-Meet: 30 mins + 4x120 cutdowns	Important 3200 meter race	Optional 30-45 mins easy



Maintain What Has Been Built

	Sample Key Workout	Sample Maintenance Workout
Long Run	90 minute Progression in February	70 minutes easy in April
3200 Specific Work	6x800 in March	1x800, 4x400, 1x800 in May
Threshold Work	20 min Threshold Run in January	2 Mile Threshold run + 4 x 300 @ mile effort in April
1600 Specific Work	4 Sets of 500-300-200 w/ 1 min rest (4 b/t sets) in March	2 Sets of 500-300-200 in May

PROGRESS TRAINING FROM GENERAL TO SPECIFIC



Train General to Specific

Speed Development

Hill/flat sprints, 800 meter pace, 30-60 second hills, Rhythm work @ 1600/3200 pace

1600/3200 meter race efforts

Endurance Development

5K/10K efforts, Tempo Runs, Rhythm Runs, Long Runs, Total Volume

What about Vo2 Max work?

Conditioning Phase: Last XC Race through December

Endurance/Strength:

- Aerobic running 25 to 50 minutes
- Long run up to 60 minutes
- 1 or 2 hilly runs a week
- Focus on aerobic fitness via gradual mileage buildup up after time off
- Optional moderate progressions or negative split run once a week if feeling good
- Intensity is low this time of year

Speed/Specific:

- Strides: 6-8 x 100
- Surges: 20-30 seconds during the second half of a run w/ 2-3 mins easy running b/t each surge
- Stride Laps: 100 on/100 jog for 4-5 laps
- Hill Sprints: 6-8 x 10 seconds w/ walk back recovery
- Can be done most days.
- Intensity is low

Racing: None + Time off after XC

General/Base Phase: January-February

Endurance/Strength:

- Aerobic running of 25 to 60 minutes
- Doubles of 25-30 mins once or twice a week
- Long runs of 60 to 90 minutes
- Progressive long runs (“easy” to “medium” to “extra-medium” effort)
- Tempo/Threshold workouts of 15 to 25 minutes
- Rhythm Runs of 4 to 6 miles
- Fartleks: 1 to 4 minute segments at 10K down to 3K effort
- “Hoffman Hills”
- 1K to 1 mile repeats @ 10K effort w/ short recovery (1-2 mins)

Speed/Specific:

- Continue w/ strides, surges, stride laps, and hill sprints from previous phase after easy runs (Feet can “move fast” everyday)
- 30 to 60 second hills w/ walk or jog back recovery
- “Hoffman Hills”
- Rhythm work from 100 to 400 meters at specific 800, 1600, or 3200 efforts with plenty of rest. (Ex: 8-12 x 200 at 3200 effort down to mile effort w/ 200 jog recovery)

Racing: Occasionally as dictated by the athlete. A race can replace a workout.

Pre-Competition Phase: March-April

Endurance/Strength:

- Aerobic running of 25 to 60 minutes
- Doubles of 25-30 mins once or twice a week
- Long runs of 60 to 90 minutes
- Progressive long runs (“easy” to “medium” to “extra-medium” efforts)
- Tempo/threshold or Rhythm workouts or Fartleks @ 10K effort still important, but less frequent
- Traditional Intervals
  - 6x800 + 4x80
  - 1600, 800, 1600, 800 + 4x120 cutdowns
  - 4x1000 + 5x200

Speed/Specific:

- Continue w/ strides, surges, stride laps, and hill sprints (Feet can “move fast” everyday)
- Finish quality days with 3-6 x 50 to 150 meter sprints or cut-downs
- Broken Intervals
  - 3-4 sets of 500-300-200 @ mile effort w/ 1 min rest and 4 mins b/t sets
  - 3 sets 600-400-200 @ mile effort
- Occasional 8-12 x 30 to 60 second hills as maintenance w/ walk or jog back recovery
- Repetition Work
  - 8 x 400 w/ 2 mins rest
  - 9 x 300 w/ 100 walk recovery

Racing: Can race often this time of year, especially if inexperienced. Races typically replace a quality workout day for that week.

Competition Phase: April to May/June

Endurance/Strength:

- Aerobic running of 25 to 60 minutes
- Doubles of 15-25 mins once or twice a week as maintenance/recovery
- Long run frequency reduced to once every 10 to 14 days. Length also cut back
- Progressive long runs cut back and used as maintenance, along w/ occasional tempo/threshold efforts.
- Broken/Mixed pace intervals used:
  - 1 x 1600 (4R), 2x800 (2R), 4x400 (1R)
  - 2x1000 (3R), 2x500 (2R), 1x1000 (3R), 5x200 (75R)

Speed/Specific:

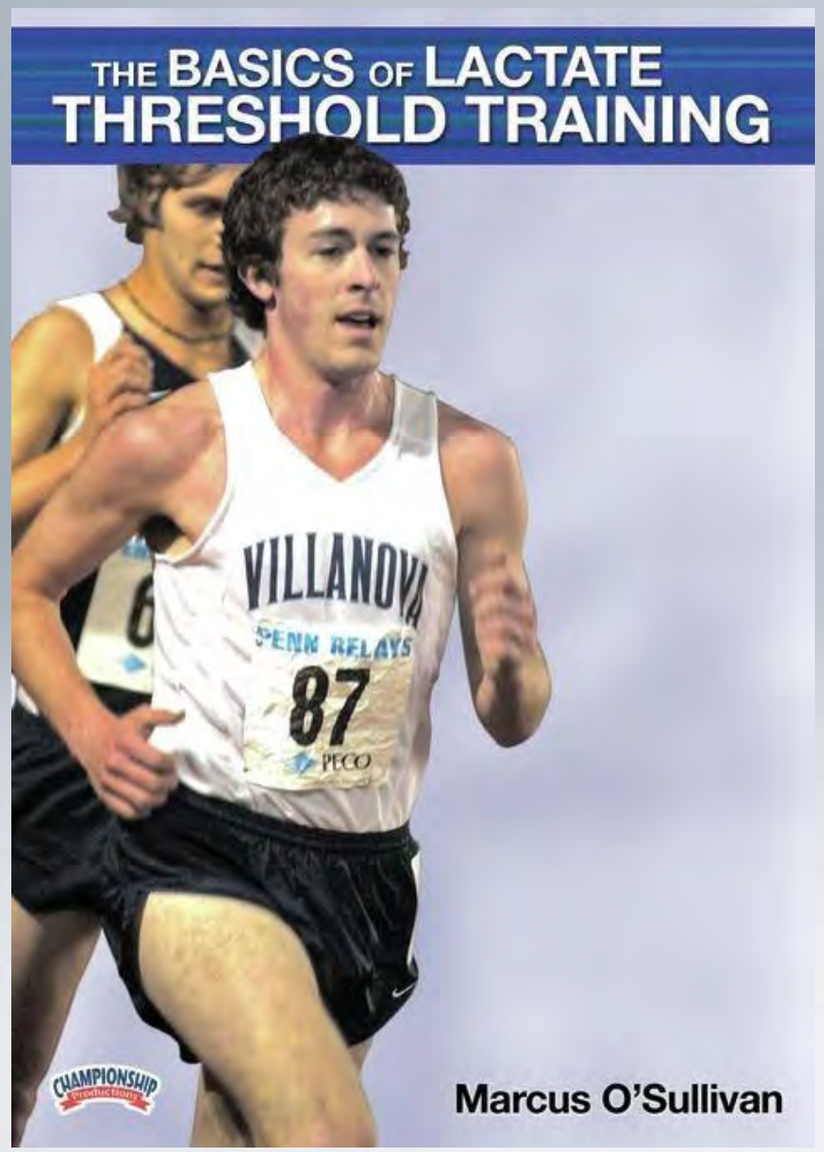
- Continue w/ strides, surges, stride laps, and hill sprints (Feet can “move fast” everyday)
- Finish quality days with 3-6 x 50 to 150 meter sprints or cut-downs
- Broken/Mixed Pace efforts used
  - 3-4 x 600 @ mile effort (1R) 200 @ 800 effort (4-5 mins b/t sets).
  - 1x800, 4x400, 1x800
- Repetition Work
  - 4x400 w/ 1 min rest
  - 2x400 (2R), 3x300 (90R), 4x200 (1R)
  - 8x200 w/ 1 min rest

Racing: Most important races of the year. Allow for plenty of recovery.

Example of Using 2 methods of Specific 3200 Progression

- 6 x 1K @ Threshold effort w/ 60 seconds rest.
- 16-20 x 200 @ 3200 down to 1600 pace. Diagonal jog across the infield rest.
- 5 x 1K @ 10K Effort w/ 90 seconds rest
- 10 x 400 w/ 75 seconds recovery.
- 4 x 1K @ 5K Effort w/ 2 minutes rest
- 6 x 600 w/ 90 seconds recovery
- 3 x 1K @ 3K Effort w/ 90 -120 seconds rest
- 800, 4x400, 800 w/ 60 -90 seconds recovery

MARCUS O'SULLIVAN
VILLANOVA UNIVERSITY







RUNNING ONCE VS. TWICE A DAY

FINAL THOUGHTS





QUESTIONS?

THANK YOU!!!

JONATHAN DALBY: 816 -529-8987
JHDALBY@DCSDK12.ORG

WWW.VISTANATIONXC.COM

@VISTANATIONXC



Vista Nation XC Guide to Tempo Runs and Rhythm Runs

Rhythm Runs: Medium Effort

- Start the run at an easy pace and finish at a moderate intensity. Feel invigorated at the end and not heavily fatigued from the effort.
- “I’m just outside of being comfortable. I am sweating more than normal, but can talk without too much trouble.”
- “I can say a short sentence or two before I need to stop talking.”
- Approximately 1 minute slower than your current 5K pace. 20-30 seconds slower than tempo effort.



Tempo Run and Intervals: Medium-Hard Effort

- A pace that feels comfortably hard, but under control. Breathing is more intense than your rhythm run, but not labored. The goal is a hard but under control workout that results in feeling invigorated, not torn down.
- “I can still talk, but I am slightly breathless and definitely sweating more. Starting to get outside of my comfort zone.”
- “I can still talk but I don’t really want to. I am definitely sweating a lot more.”
- “I can say a short sentence (i.e. “I love tempo running.”) before I need to take a breath.”
- Approximatley 30 seconds slower than your current 5K pace.



See the next page for pacing guide help for those that like to use more exact times instead of effort descriptions.

Pace Guide

The times below are not meant to be exact. They are meant to help you have a general idea on how to pace a rhythm or tempo workout. Being reasonably close is good enough.

Estimated Current Mile Time	Estimated Current 5K Time on Similar Course & Conditions	Rhythm Run Effort Pace Per Mile	Tempo Run Effort Pace Per Mile
4:13-4:19	14:33-14:55	5:20-5:28	5:05-5:13
4:20-4:26	14:55-15:18	5:28-5:36	5:13-5:20
4:26-4:33	15:18-15:42	5:36-5:45	5:20-5:28
4:33-4:41	15:42-16:07	5:45-5:54	5:28-5:36
4:41-4:49	16:07-16:34	5:54-6:04	5:36-5:45
4:49-4:57	16:34-17:03	6:04-6:14	5:45-5:54
4:57-5:06	17:03-17:33	6:14-6:25	5:54-6:04
5:06-5:16	17:33-18:05	6:25-6:37	6:04-6:15
5:16-5:27	18:05-18:40	6:37-6:49	6:15-6:26
5:27-5:38	18:40-19:17	6:49-7:02	6:26-6:38
5:38-5:50	19:17-19:57	7:02-7:17	6:38-6:50
5:50-6:03	19:57-20:39	7:17-7:32	6:50-7:02
6:03-6:17	20:39-21:25	7:32-7:49	7:02-7:17
6:17-6:32	21:25-22:15	7:49-8:07	7:17-7:33
6:32-6:49	22:15-23:09	8:07-8:28	7:33-7:52
6:48-7:07	23:09-24:08	8:28-8:50	7:52-8:12
7:07-7:27	24:08-25:12	8:50-9:15	8:12-8:33
7:27-7:49	25:12-26:22	9:15-9:41	8:33-8:55
7:49-8:15	26:22-29:51	9:41-10:11	8:55-9:41



Good to Great: Transforming JV Runners into Varsity Competitors

Jonathan Dalby
Mountain Vista High School

Why Coach?

- **Athletics leads to improved academic performance, physical fitness, and social development in all high school athletes. Adolescent children will make better choices when being part of a team that positively impacts their passion for sport.**
- **Competitive running provides an opportunity to become the best version of ourselves.**
- **Running and being a part of a team is fun!**

#1 BESTSELLER
THREE MILLION COPIES SOLD

Why Some Companies
Make the Leap...
and Others Don't

GOOD TO GREAT

JIM COLLINS
Coauthor of the bestselling
BUILT TO LAST

Training Process

Learning Success and Failure

The Other 22 Hours of The Day

Mental Toughness

Building Great HS Runners

Positive Team Environment

Positive View of Competition

Everyone has a Purpose

Relationship w/ Coaches

Training Process

- The best training plan in the world isn’t as important as a plan that fosters following it.
- The process is more important than the goal.
- Athletes are given ownership of their training, the coaches are helping them along the way.
- Every kid on the team is given the same opportunities to contribute and improve.







- Frosh: 20:27 1st 5K
  19:07 PR
- Broke 5 mins for the first time at the end of Jr. Year
- Sr Year XC: 15:58 and top 30 at state XC

The Other 22 Hours of the Day

- The other 22 hours of the day are more important than what happens at practice.
- Sleep
- Nutrition
- Hydration
- Iron/Ferritin
- “2% Rule”
- Rest and nutrition are framed as a positive performance enhancer
- “We don’t want you to be normal student-athletes”





Positive
Team Environment

Positive Team Environment

- This is a place where everyone belongs.
- A safe place to try and fail in front of each other.
- Everyone is important. Everyone contributes. Everyone is a leader.
- What does it mean to be a good teammate?
- “You have something to get up for every morning. You’re loved. You have a team.” -Coach Joe Vigil



The Power of Symbols





The Power of Symbols

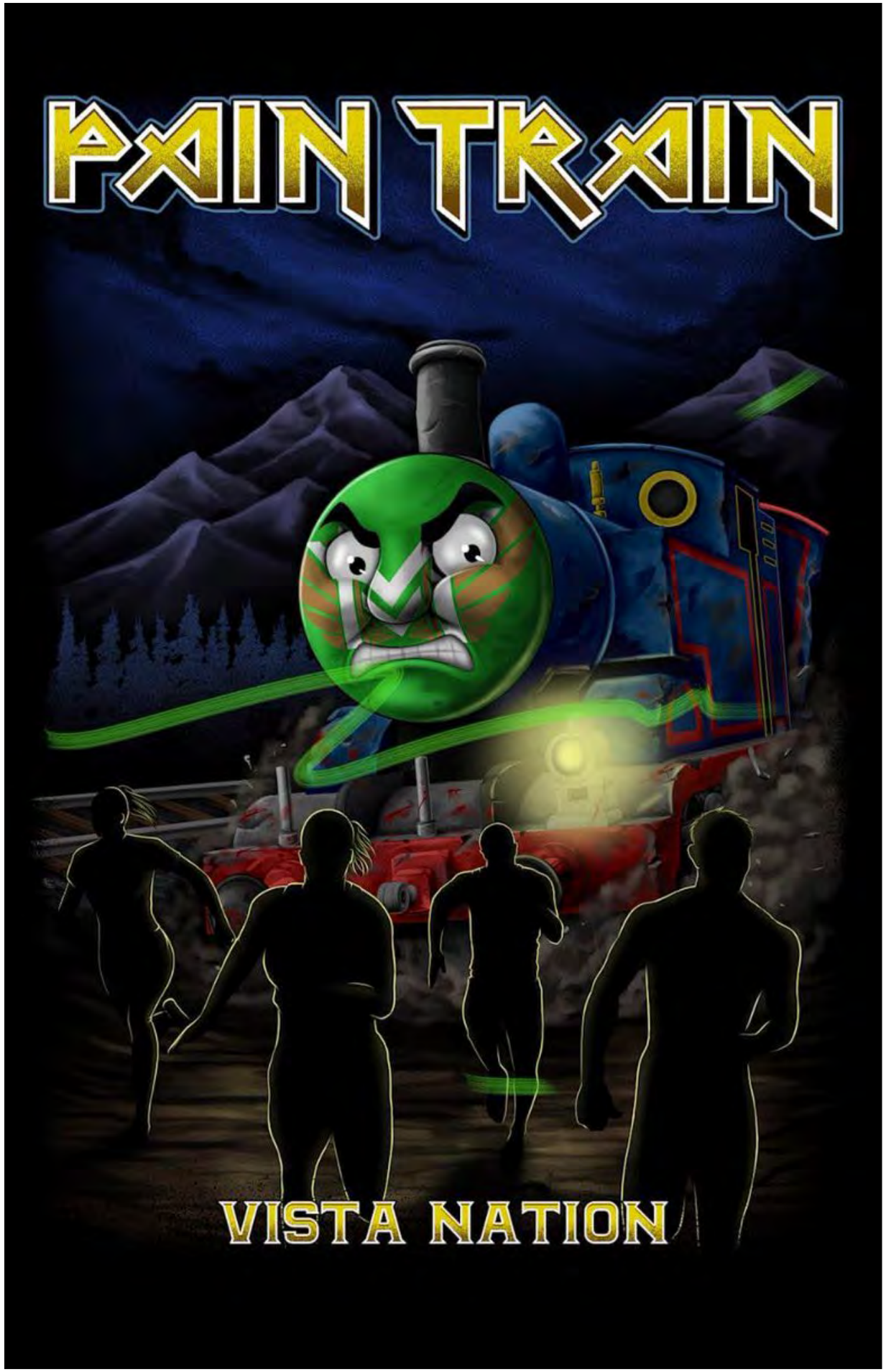









A B C
1 2 3


PAIN TRAIN
VISTA NATION

Relationship with Coaches

- Build relationships by being consistent
- Coach your 8 minute miler with the same attentiveness as your 4 minute miler.
- Celebrate failed race plans or workouts when going into the “unknown”.
- Our door is always open to every athlete, everyday.
- Celebrate all of them in front of the team.



Everyone Has a Purpose

- Positive Peer Pressure
- Everyone has to feel necessary to the overall success of the team
- Everyone is heading in the same direction
- Goal setting as a team w/ everyone, not just our top athletes




HARDEST
TERM TO
MAKE

Positive View of Competition

- Competition brings out the best in us.
- Grateful that our competitors can help us to become the best versions of ourselves.
- Racing vs. Time
- Putting athletes in stressful situations when they are young.
- Racing younger athletes more often




Mooney


18
6
8
4
COLORA
CK AND F

Mental Toughness

- Mental toughness is a skill that can be taught.
- View stress as a positive thing.
- Vista Nation is a safe place to fail
- “What is going to happen?” vs. “What can I control?”
- Post-Race Debrief
- How well did I execute my race plan? What was my effort like? What went well? Where can I improve for next time?
- Talk to a coach about your debrief after the weekend.




SOUTHWEST
1882
2014








VT
ARMY
11
12

Success and Failure

- Learning success and failure at a high level is one of the best lessons you can teach.
- The more you put in, the more you will learn this.
- Becoming the best versions of ourselves through running.
- Comparison with others is an enemy of the Great




CHAMPIONS
NCAA
NCAA
NCAA


SOUTHWEST
4994
3822
3593


MIZZOU
SOUTHEASTERN CONFERENCE
DAVIS HELMERICH





21:00 mins as a Freshman
18:45 as a senior, All-State
3200





- Frosh: 20:45 and 2:16
- Sr: 16:00, 4:26 (altitude), and 1:57
- The reason we won NXRSW in 2015
- Currie Video

Resources and Credits

- Good to Great: Why Some Companies Make the Leap and Others Don't **(book) Jim Collins**
- Quiet Strength: The Principles, Practices, and Priorities of a Winning Life **(book) Coach Tony Dungy**
- Championship Team Building: What Every Coach Needs to Know to Build a Motivated, Committed, & Cohesive Team **(book) Jeff Jansen**
- Peak Performance: Elevate Your Game, Avoid Burnout, and Thrive with the New Science of Success **(book) Steve Magness**
- Sir Ferguson's Formula: 8 Leadership Lessons from the Former Manchester United Coach **(article) Harvard Business Review**
- Tradition Class Pride: Building a Cross Country Dynasty **(book) Ben Rosario**
- Sacred Hoops: Spiritual Lessons of Hardwood Warriors **(book) Phil Jackson**

Resources and Credits

- The Science of Running **(book) - Steve Magness**
- Daniels' Running Formula **(book) - Jack Daniels**
- Road to the Top **(book) - Joe Vigil**
- Winning Running **(book) - Peter Coe**
- Divergent Thinking: Inside the Mind of John O'Malley **(article) - Anthony Holler**
- High School Running Coach **(website) - Jay Johnson**
- Culture of Belonging: Interview w/ NAU Coach Mike Smith **(podcast) -** ScienceofRunning.com
- "If You Can't Be Great, Be Good"Coach Mike Smith after winning a National Championship **(podcast) -** ScienceofRunning.com
- Coach Ben Rosario Show **(podcast) - Ben Rosario**
- High School Training: How to Develop an Entire Plan **(articles) - Steve Magness**
- Threshold and Middle Distance Training **(DVDs) - Marcus O'Sullivan of Villanova**

QUESTIONS?

JONATHAN DALBY: 816529-8987
JHDALBY@DCSDK12.ORG

WWW.VISTANATIONXC.COM

@VISTANATIONXC





CREATING A CULTURE OF SUCCESS

Culture and Training

The best training plan in the world isn't as important as creating a culture that fosters following it.




NORRIS × PENROSE
COLORADO HIGH SCHOOL
STATE CHAMPIONS
2017-18
VISTA

Vista's Culture in 2007

The Bad

- 4 kids the first summer
- Never been to state
- Subpar League finishes
- Negative culture
- No idea how to train
- No buy-in
- One of the worst 5A teams in Colorado

The Good

- Great community
- Great school
- Tons of potential
- Big middle school program
- Lots of places to run
- Coach Eric Selle

Get the Right People On Staff

- Being great with high school kids is more important than knowing a lot about training.
- Get people on board that share and support your vision




CITY TOUR
LUV

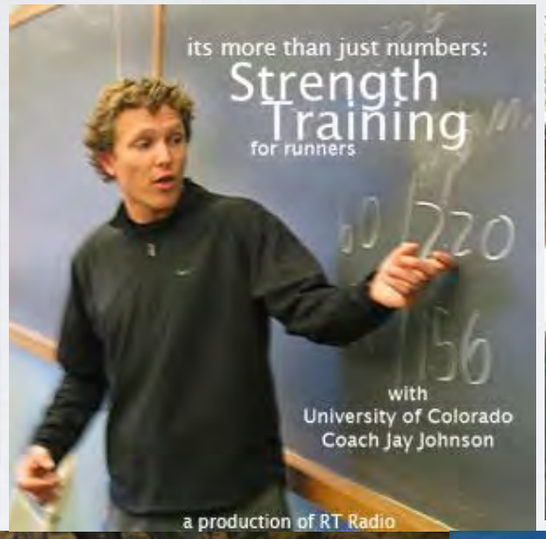
COACHING TREE

None of us know it all. Share the knowledge.









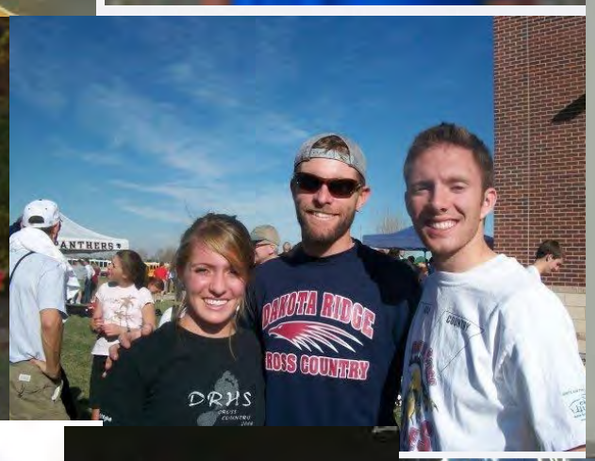


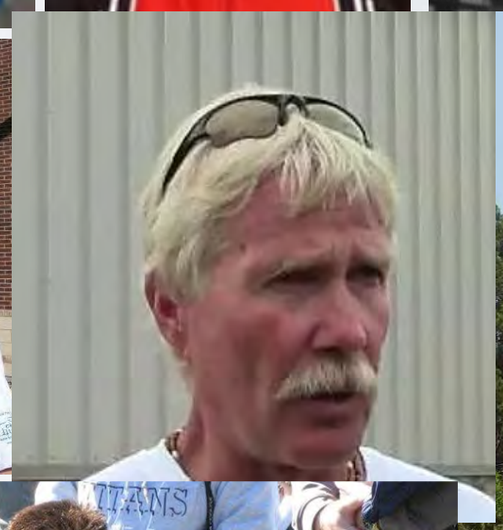
































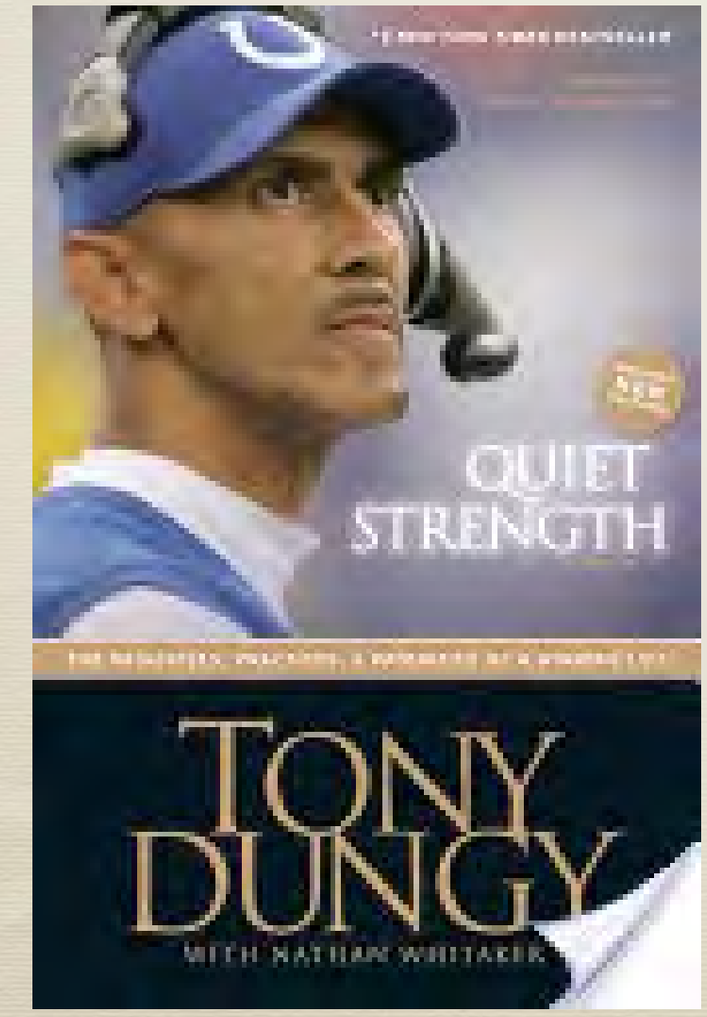


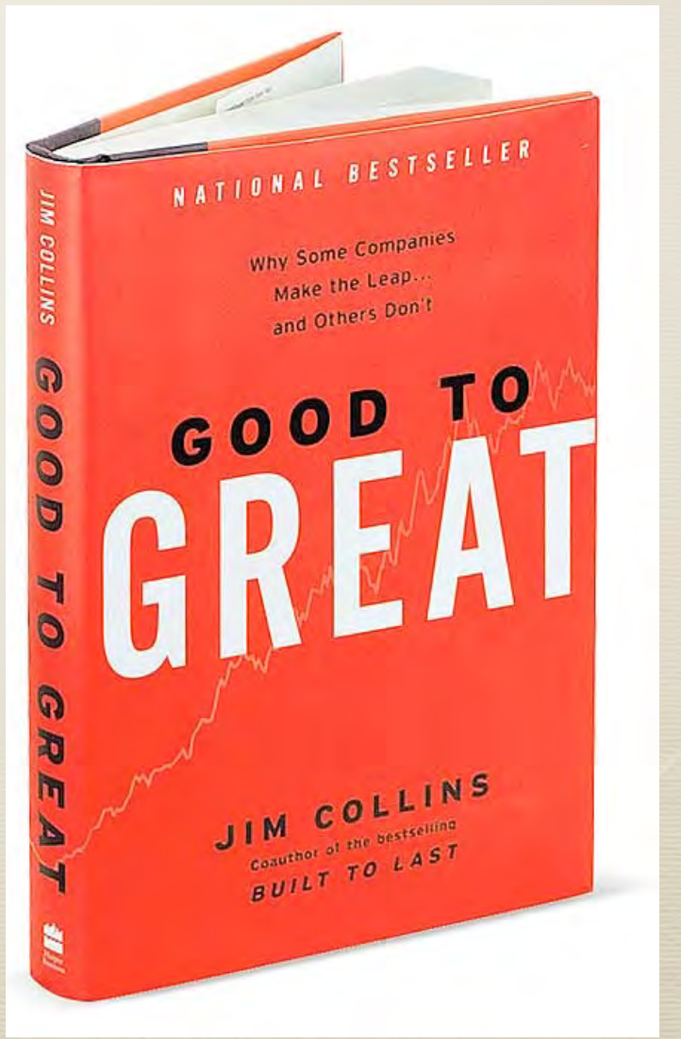
GREG COPLEN

VALOR CHRISTIAN HIGH SCHOOL

Coaching Resources

- Tony Dungy, “Quiet Strength”
- Jim Collins “Good to Great”

















Develop a TEAM culture of success and have fun!

Develop a TEAM culture of success and have fun!

- Have things that are unique to your program that kids identify with
- Social is more important than running to most HS kids
- Once they know running is cool, challenge them physically and mentally
- Get everyone moving in the same direction, not just your varsity





Vista Nation XC Culture



Vista Nation



Names Down Legs



Camping Trip



Run To Denver



Superman Shirts and Trophies

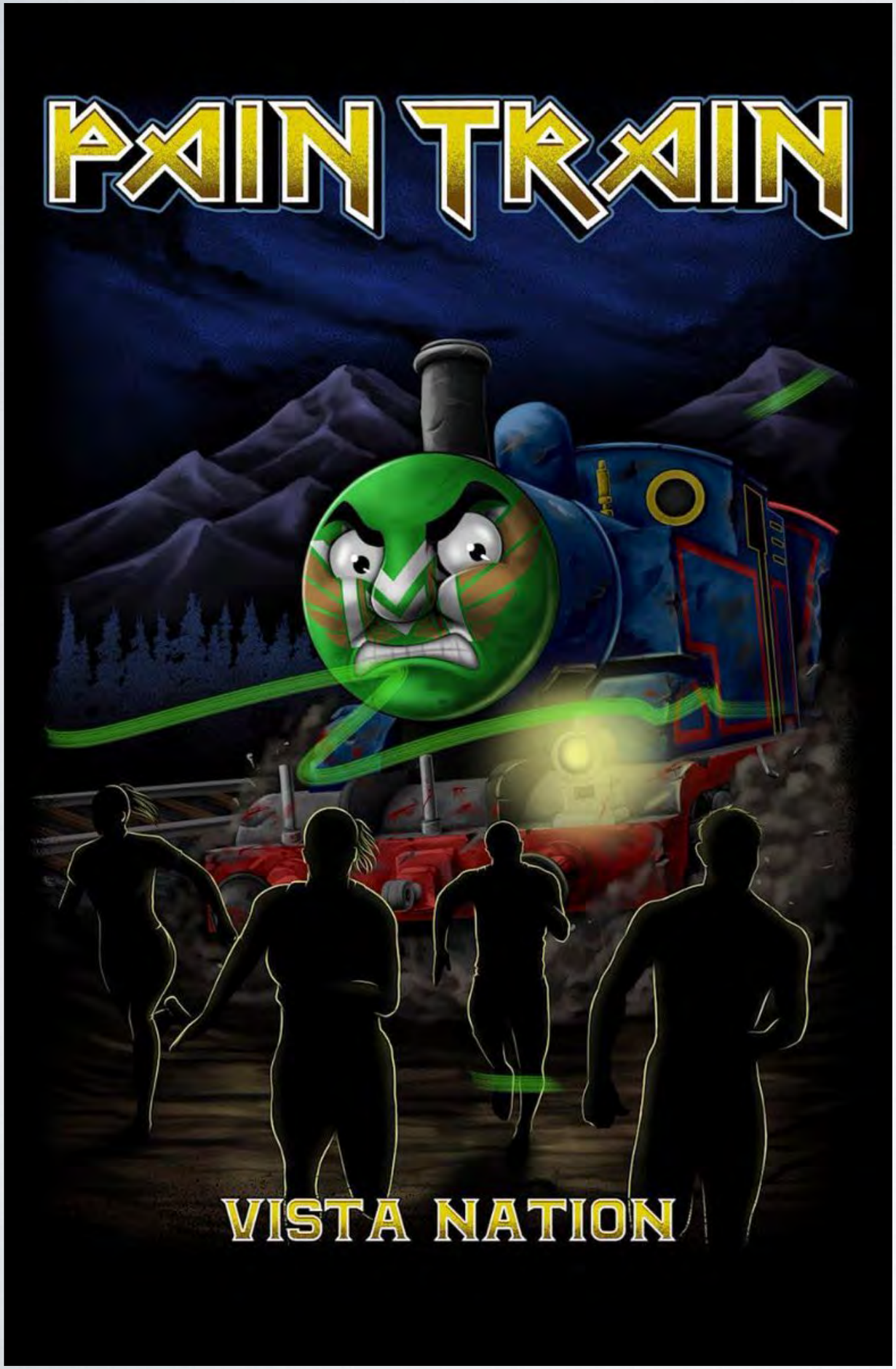

vista

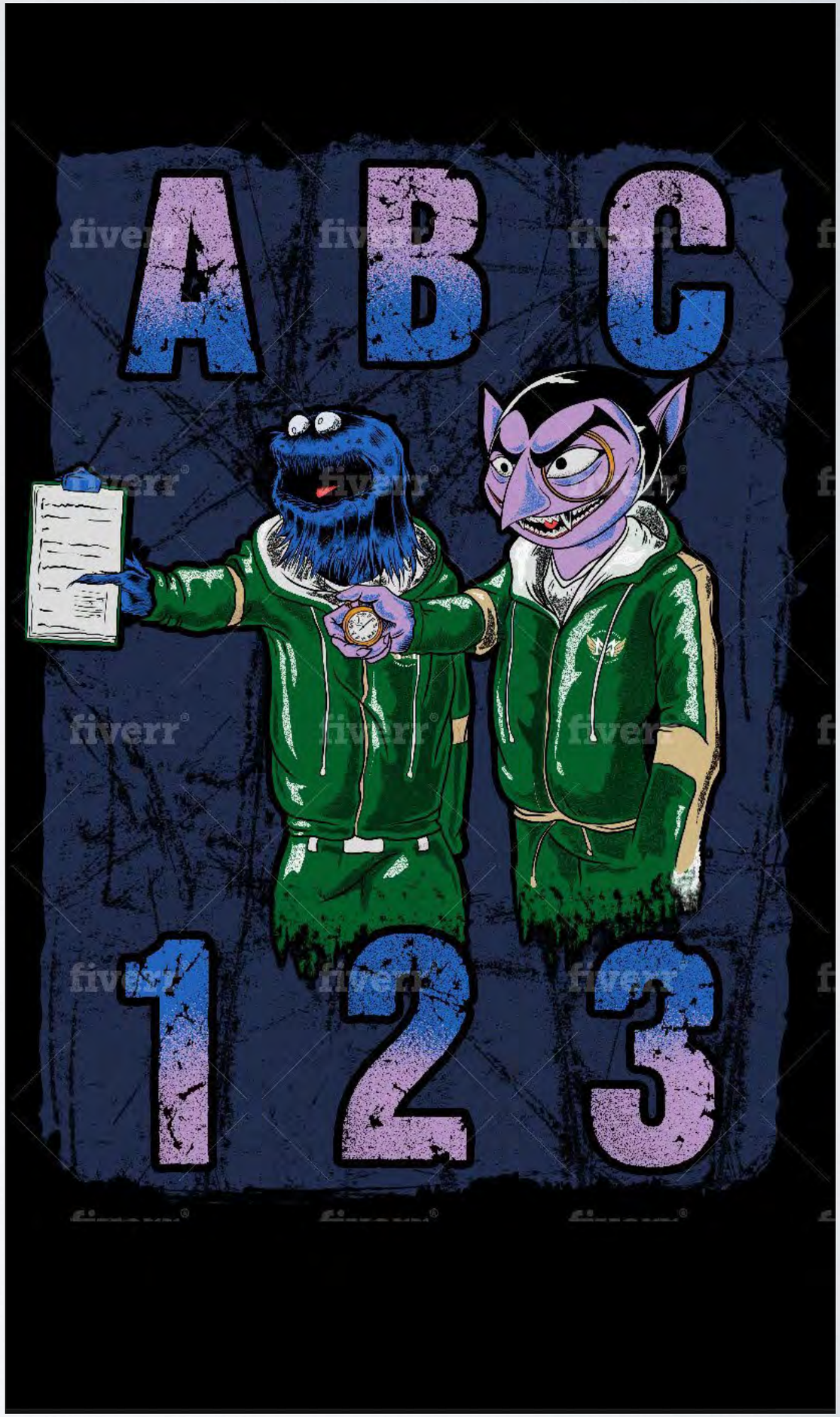

最难的团队
山景远越
有氧怪物


VISTA
NATION
XC


MOUNTAIN VISTA
CROSS COUNTRY


MOUNTAIN VISTA
CROSS COUNTRY


PAIN TRAIN
VISTA NATION


A B C
1 2 3

HEADING IN THE SAME DIRECTION



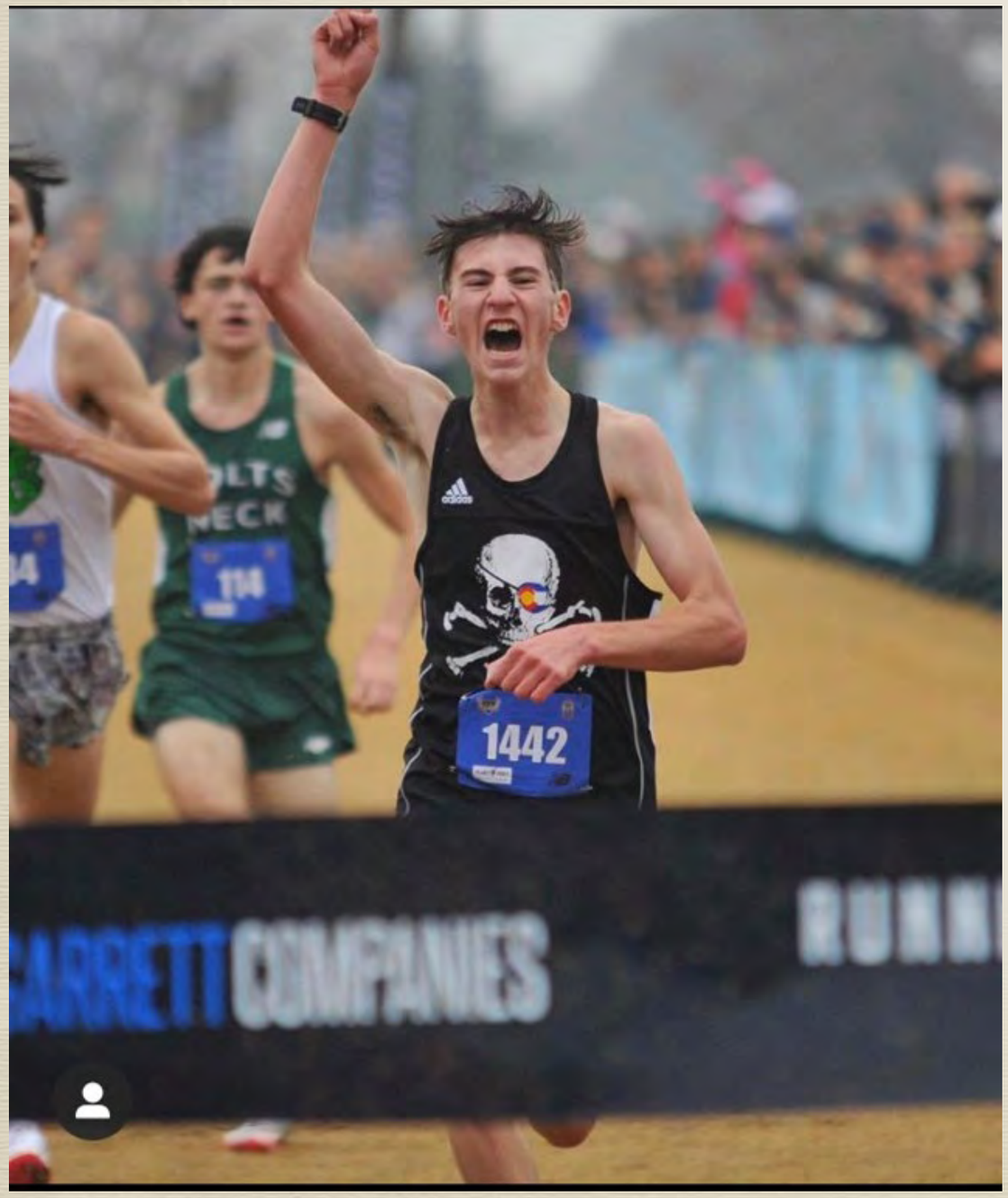
Create a Sense of Belonging Where Everybody Feels Necessary to the Team's Success



“Hardest Team To Make”



Choose a Goal and Work Towards It

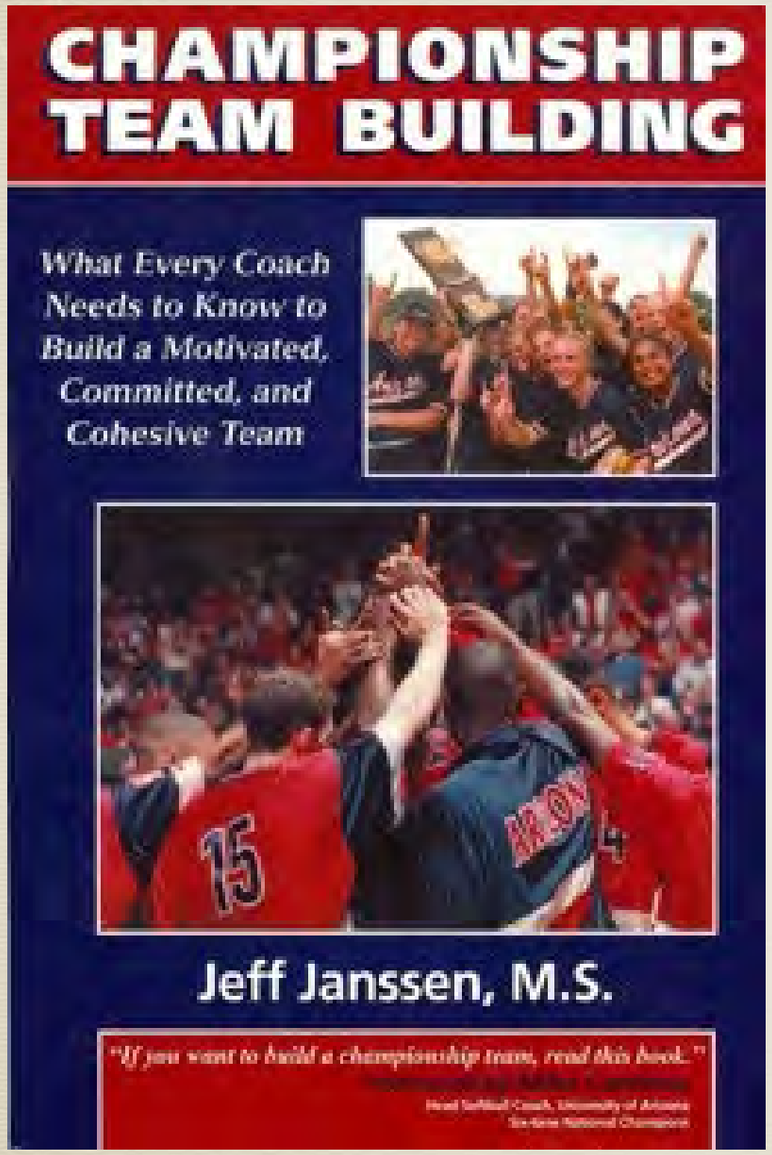


- Help your kids set goals as a TEAM
- Team Goal Setting BBQ
- Focus on the process more than the outcome
- Get your upperclassmen to take the lead

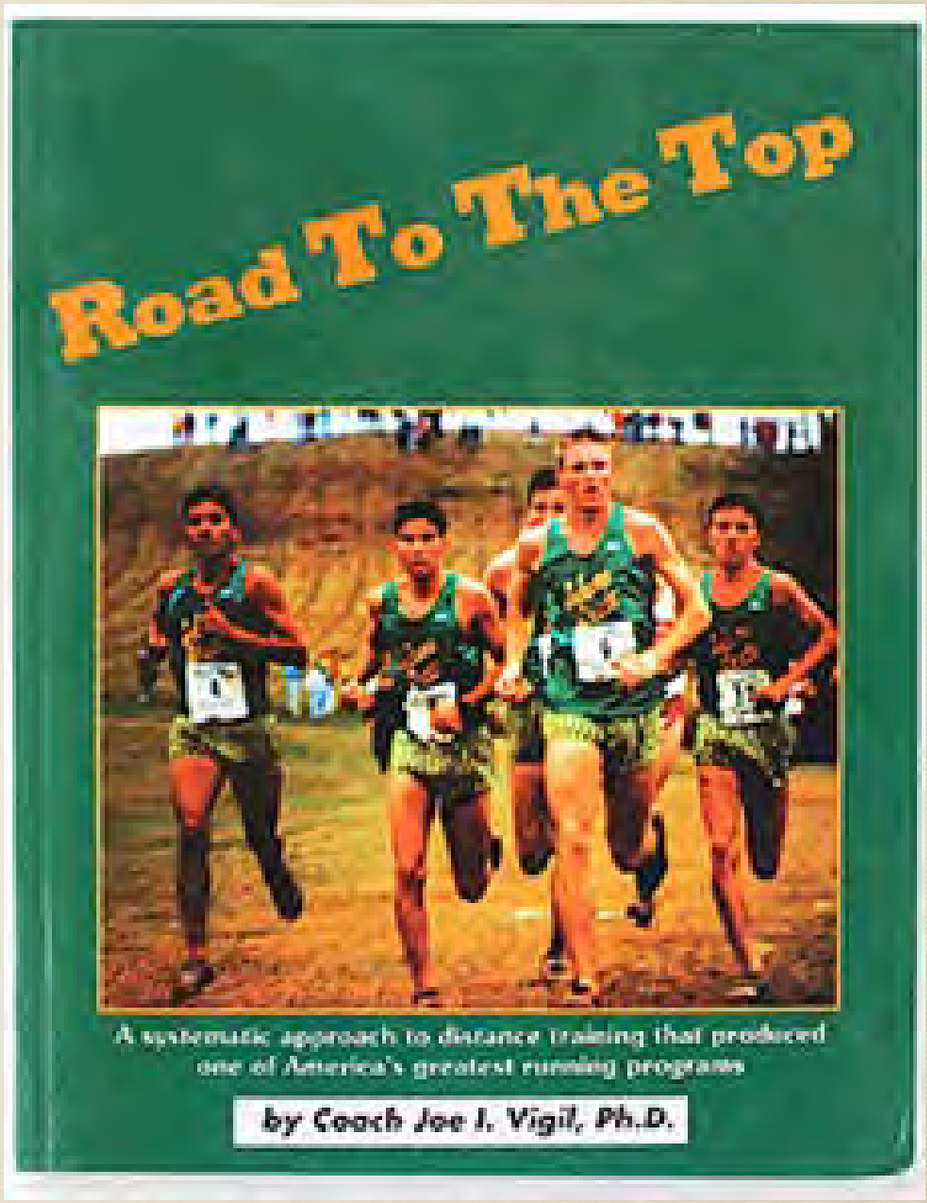


THE PROCESS IS MORE IMPORTANT THAN THE GOAL

Coaching Resources



Championship Team Building
by Jeff Jansen



Road to the Top
by Dr. Joe Vigil
Chapter 11 "Team Dynamics"



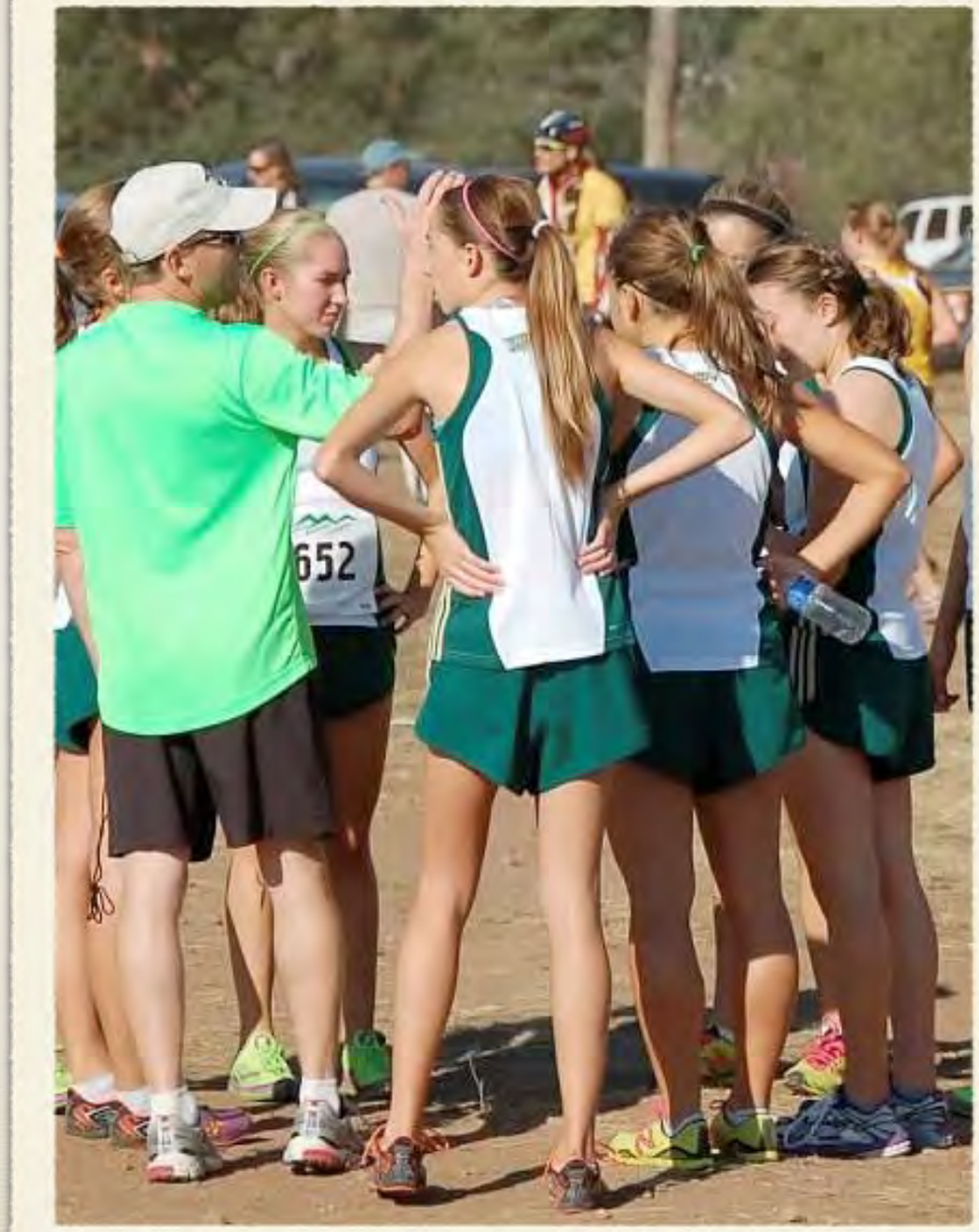
ENCOURAGE TAKING CHANCES AND FAILURE

2018 NXN Finish



Communication

- **Communicate your vision to everyone involved**
- **Teach kids and parents what it will take to achieve goals**
- **Technology can help, especially when communicating with parents (we use emails, Final Surge, Twitter, and a blog)**
- **Weekly training plans for athletes and parents to see via Final Surge**



Parent and Community Involvement



Mountain Ridge Middle School XC



Supportive Vista Nation Parents

Parent Involvement

- Parents are your best support system
- Parents want to help, let them!
- The more involved your parents are the more buy in they will have for your TEAM vision



Community Involvement





- Support your feeder programs and coaches. Help get kids excited about running in your community!
- If you don't have them, find ways to make running more visible in your community
- Know who your local club coaches are.
- Things we do: MS XC, Kids Run America Program, Elementary XC Race
- Relationship w/ MS coaches


AZTEC CONTAINERS
LIBERTY
MRMS
adidas


519
575
489
XC
626
554
594
VISTA
NATION
XC
616

Coach Towards The Future

- Keep freshman and new runners involved
- Spend as much time with the freshman as you do the seniors
- By the time they are seniors, they won't need you as much
- "Success is contagious"

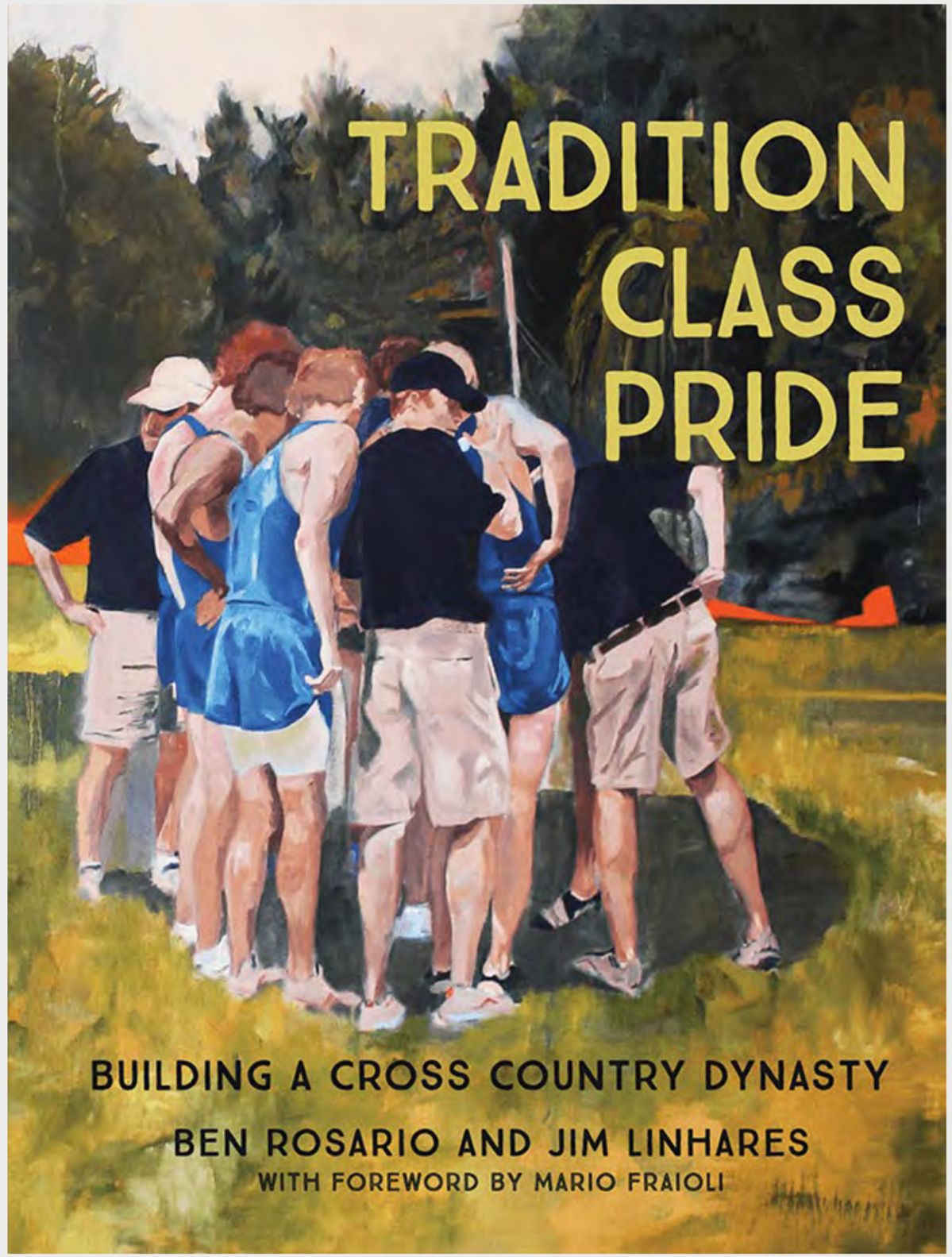


FERGUSON'S FORMULA

Harvard Business Review




PODCAST


TRADITION
CLASS
PRIDE
BUILDING A CROSS COUNTRY DYNASTY
BEN ROSARIO AND JIM LINHARES
WITH FOREWORD BY MARIO FRAIOLI

BE PATIENT


ENROSE
VISTA
VISTA
VISTA
COLORADO HIGH SCHOOL
STATE CHAMPIONS
A GIRLS CROSS CO
2017-18
STATE CHAMPION
COLORADO HIGH SCHOOL
STATE CHAMPIONS
YS CROSS COUNTRY
2017-18
STATE CHAMPION
WELLS FARGO

BE PATIENT



BE PATIENT







QUESTIONS?

THANK YOU!!!

JONATHAN DALBY: 816 -529-8987
JHDALBY@DCSDK12.ORG
WWW.VISTANATIONXC.COM
@VISTANATIONXC





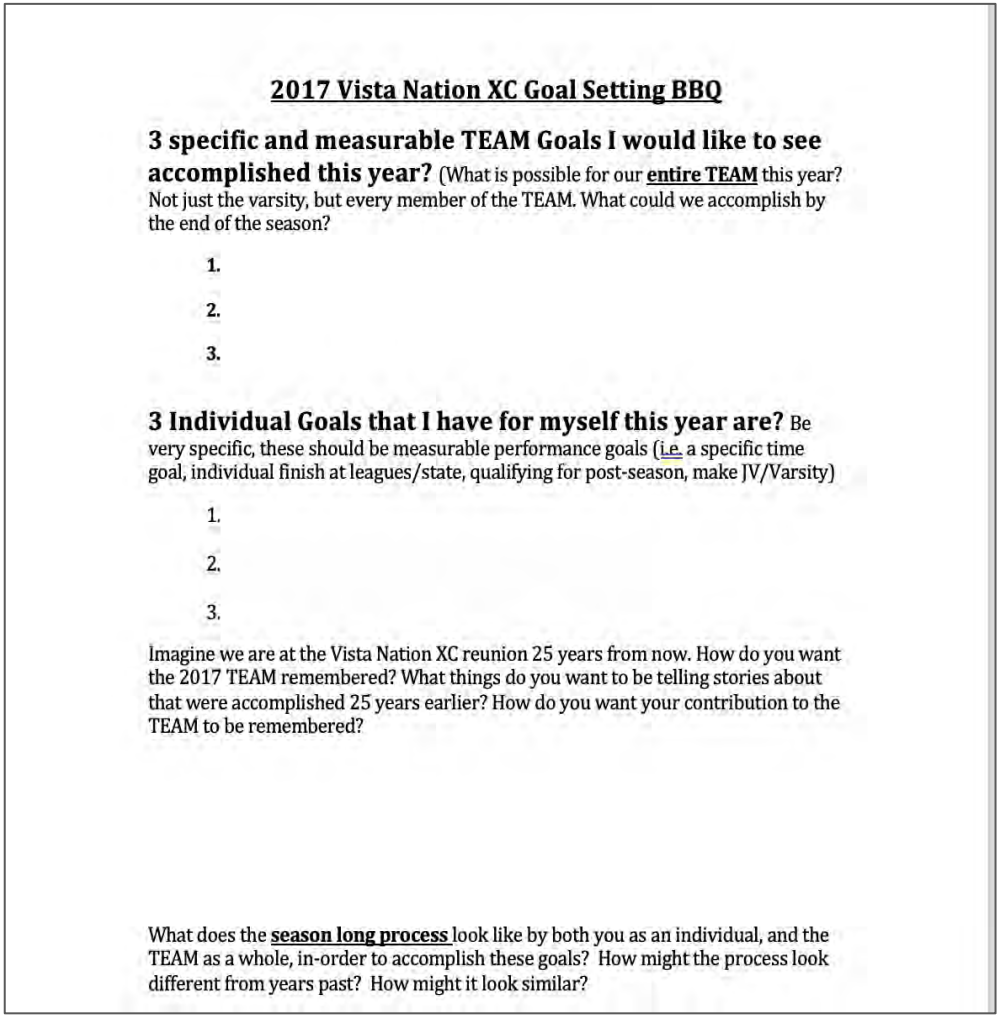


Helping Athletes Create Goals, Develop Accountability, and Navigate Pressure

Jonathan Dalby
Mountain Vista High School

Start w/ the End in Mind

- Help kids set goals together as a team
- Team goal setting BBQ
- Focus on the process more than the outcome
- Upperclassmen take the lead
- Everyone is involved including freshman and new runners
- Not a varsity meeting
- Coaches disappear until needed
- Training decisions are made based on these goals



2017 Vista Nation XC Goal Setting BBQ

3 specific and measurable TEAM Goals I would like to see accomplished this year? (What is possible for our **entire TEAM** this year? Not just the varsity, but every member of the TEAM. What could we accomplish by the end of the season?

1.
2.
3.

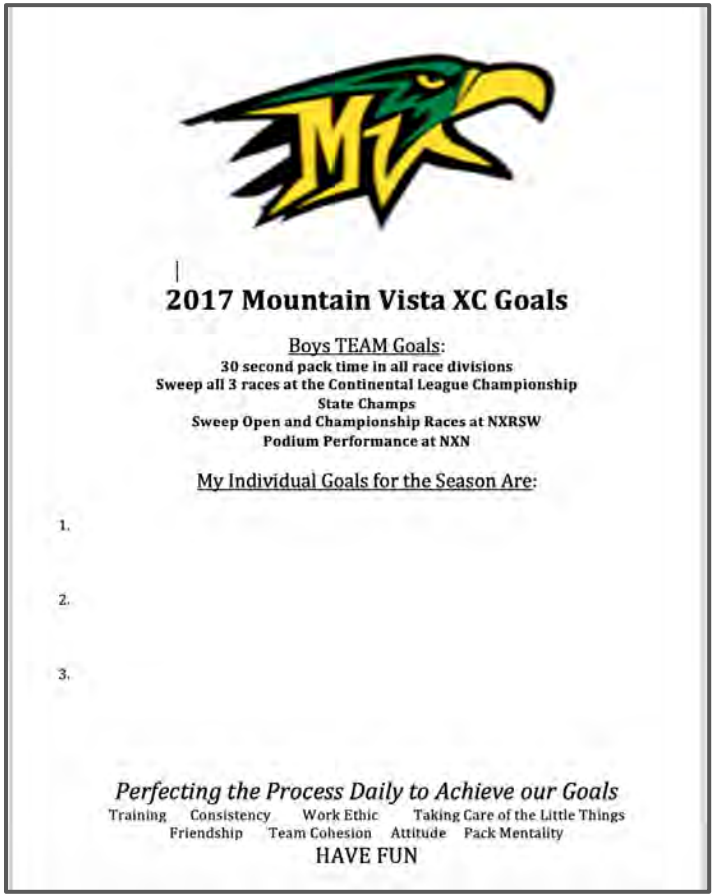
3 Individual Goals that I have for myself this year are? Be very specific, these should be measurable performance goals (i.e. a specific time goal, individual finish at leagues/state, qualifying for post-season, make JV/Varsity)

1.
2.
3.

Imagine we are at the Vista Nation XC reunion 25 years from now. How do you want the 2017 TEAM remembered? What things do you want to be telling stories about that were accomplished 25 years earlier? How do you want your contribution to the TEAM to be remembered?

What does the **season long process** look like by both you as an individual, and the TEAM as a whole, in-order to accomplish these goals? How might the process look different from years past? How might it look similar?

Starting With the End in Mind



2017 Mountain Vista XC Goals

Boys TEAM Goals:

30 second pack time in all race divisions
Sweep all 3 races at the Continental League Championship
State Champs
Sweep Open and Championship Races at NXRSW
Podium Performance at NXN

My Individual Goals for the Season Are:

1.

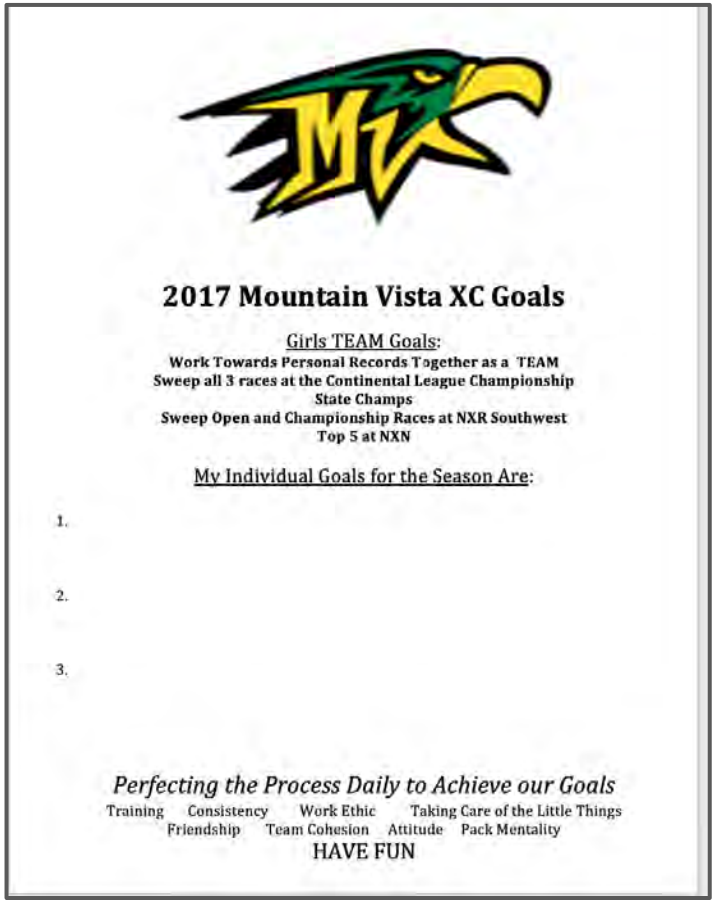
2.

3.

Perfecting the Process Daily to Achieve our Goals

Training Consistency Work Ethic Taking Care of the Little Things
Friendship Team Cohesion Attitude Pack Mentality

HAVE FUN



2017 Mountain Vista XC Goals

Girls TEAM Goals:

Work Towards Personal Records Together as a TEAM
Sweep all 3 races at the Continental League Championship
State Champs
Sweep Open and Championship Races at NXR Southwest
Top 5 at NXN

My Individual Goals for the Season Are:

1.

2.

3.

Perfecting the Process Daily to Achieve our Goals

Training Consistency Work Ethic Taking Care of the Little Things
Friendship Team Cohesion Attitude Pack Mentality

HAVE FUN

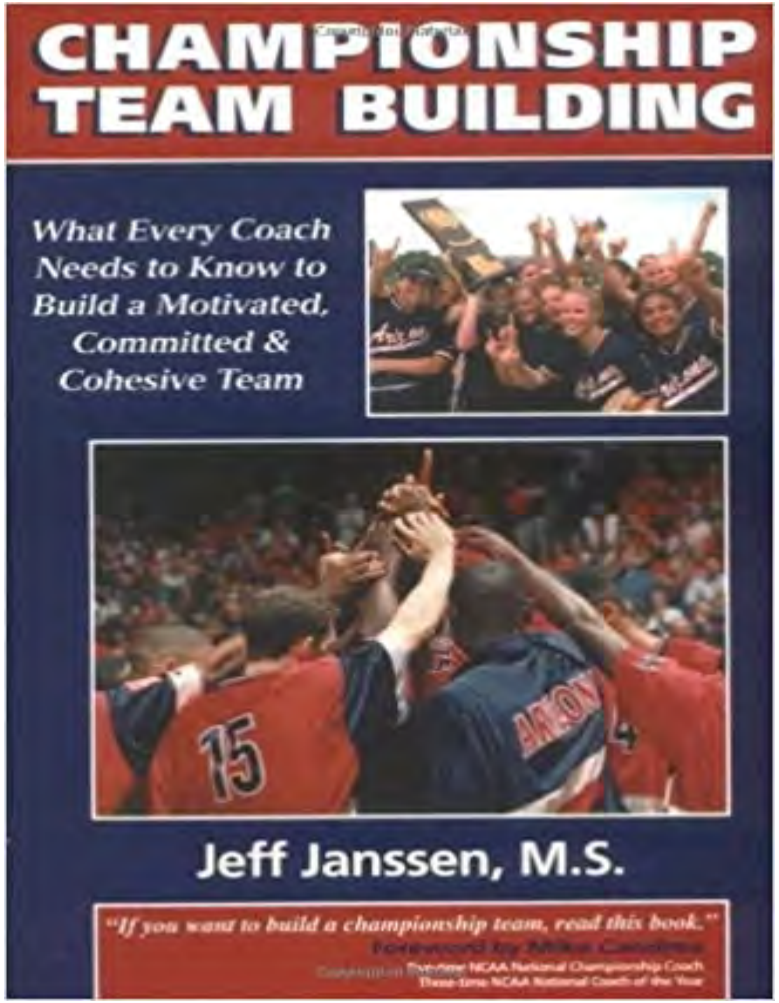
Boys and Girls Combined Goals from the 2017 BBQ

- **Sweep the League Championship (JV, Open, Varsity)**
- **Sweep State Championship**
- **Top 2 at NXRSW in the Championship and Open Races (Both Boys and Girls)**
- **Top 5 finishes at NXN and take a shot at the podium**



Process Meetings

- Holds everyone accountable
- Check in during the season on our progress
- Places the emphasis on the process to achieve our goals instead of the actual goal itself
- Every member of the team takes part
- Rate our progress on each “process goal” on a scale from 1 to 5
- Add up the team totals
- Leads to great conversations and creates athlete ownership




NORRIS ★ PENROSE
VISTA
COLORADO HIGH SCHOOL
STATE CHAMPIONS
5A GIRLS CROSS COUNTRY
CHSAA
2018-19
WELLS FARGO

Are goals always positive?

Positive

- Creates a mission for teams and individuals
- Develops accountability
- Can accelerate growth of the team and individuals
- Focusses the process
- Pressure viewed as an opportunity to become a stronger person
- Becomes a productive challenge when our “Why” is clearly defined
- Focus on what can control

Challenges

- Pressure becomes a threat
- Feeling of never enough
- Feelings of overwhelming expectations after achieving a goal (where do I go next?)
- Time and place goals not achieved can be viewed as a failure
- Upset about things that are out of our control
- Overtraining to achieve goal
- Identity and self-worth might be tied to the goal
- Fear of failure



“Who we become as a result of the chase (process) is the most important.”



Two Questions Every Runner is Asked After a Race

1. What place did you get?
2. What time did you run?







"I came into this sport concerned with how fast I could run and how well I could place. The first lesson you taught me, Running, was a large serving of humility; it was the realization that I cannot succeed in this sport alone."

Positive View of Competition

- Competition helps athletes deal with pressure
- Grateful that our competitors can help us to become the best version of ourselves.
- Being Competitive vs. Chasing Time
- Athletes can practice pressure situations in workouts
- Racing more often may help athletes deal with pressure



Mental Toughness

- Mental toughness is a skill that can be taught.
- View stress and pressure as a positive performance enhancer.
- Vista Nation is a safe place to try and fail (celebrate it!)
- Your teammates get to be witnesses to your efforts
- “What is going to happen?” vs. “What can I control?”



Race/Workout Reflections

- **Post-Race Debrief** : Questions are not about time or place.
  - What was my effort like?
  - What things did I do well that were in my control?
  - What do I want to try differently next time?
- Talk to a coach about your debrief after the weekend.



Final Thoughts



Thank You!

JONATHAN DALBY: 816 -529-8987
JHDALBY@DCSDK12.ORG
WWW.VISTANATIONXC.COM
@VISTANATIONXC



"Improving the Process Daily to Achieve our Goals"

Directions: Rank each part of the Vista Nation process goals based on where we are today.

- A 1 being we are not doing a very good job of improving this part of the process daily as a TEAM
- A 5 being we do an awesome job of improving this part of the process daily as a TEAM.

Circle One: Boy -or- Girl

1. Training 1 2 3 4 5

2. Dedication 1 2 3 4 5

3. Consistency 1 2 3 4 5

4. Work Ethic 1 2 3 4 5

5. Taking Care of the Little Things 1 2 3 4 5

6. Friendship 1 2 3 4 5

7. Team Cohesion (is everyone on the same page/moving in the same direction)
   1 2 3 4 5

8. Positive Attitude 1 2 3 4 5

9. Consistently Challenging Self in Training
   1 2 3 4 5

10. Having Fun 1 2 3 4 5

Name: _____ **Grade:** _____

The purpose of this form is to help the coaching staff to better understand what is motivating you as an individual this season.

My individual goal(s) for the 2020 track & field season are?
Try to be as specific as possible. These could be things like running a specific time, making varsity, running at state, placing at different meets, running on a relay at state, etc.

Do you currently have any long-term athletic goals? If yes, explain:
(run a certain time, earn a college scholarship, make varsity in XC next fall, etc.)

What am I willing to do as an athlete to achieve these goals? What does the process look like for me as an individual?

Are there any particular skills or event areas you want to improve or develop this season?

Getting to Know You:
Why did you decide to join Mountain Vista Track and Field this season?

Where does track and field fit into your priorities currently?

Do you have any worries or concerns this season that you would like to let the coaches know about?

Do you have an event that is your favorite? Are their events you need to develop more confidence in?

Please drop off in Coach Dalby’s room (#L503) by Tuesday