Topics on Coaching Distance Runners

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PHYSICAL ABILITIES

* Performances & Marks
* Physique
* Athletic Traits (speed, endurance, strength, etc.)
* Training and Injury History
* Family Athletic History (Genes?)

* Recognizing Talents
*Recognizing Talents*

Running Mechanics
* Foot Strike
* Knee Lift
* Back Swing
* Smooth and Efficient
* Coordination and Agility
Intellectual, Mental and Social Factors

* General Intelligence
* “Perfectionist” and “Laid Back” Personalities
* Mental Health Issues
* Family and Cultural Background
* Personality Traits

* Recognizing Talents
The Importance of Aerobic Strength and Long Runs
Training for a Purpose
Weekly Mileage

Aerobic Strength and Mileage
*Consistency in Training*

*Volume, Intensity, and Overall Training Load*
*The Importance of Recovery*
*Training Results Over Long Period of Time*
Training Kings and Queens
Do you have a Indicator Workout?
Performers in Races
Coach’s Role

Racers and Trainers