16 2 1 AND BEYOND

THE FALL AND THE RISE OF NORTH CENTRAL COLLEGE MEN’S CROSS COUNTRY TEAM

THE DOCUMENTARY

FOR MORE INFORMATION AND TO PURCHASE DVD GO TO: NCCHARRIER.COM

LIKE THE DOCUMENTARY: FACEBOOK.COM/NCCHARRIER

EMAIL THE FILMMAKER: RJMCNICHOLS4@GMAIL.COM
TRANSITIONING FROM CROSS COUNTRY TO TRACK
North Central College
Men’s Fall Track & Field
2013

ATTITUDE IS EVERYTHING

The “Process” is what gets you to the outcome you want to achieve.
Fall Track & Field

• 7 weeks
• Fall Coaching Begins Wednesday, September 25th
• Ends Tuesday, November 12th
• Time Trial on Friday, October 23rd (under the lights)
• Time Trial on Tuesday, November 12th (TBD)
• Technique Event Practice Schedule:
  • (check with event coaches for time & dates)
• Class conflicts will be handled on an individual basis.
• Please contact Coach Joel Williams and/or Coach Dan Benton if you have class conflicts.

* The res/rec fitness center will be open at 6:00 AM
Sprints/Middle Distance Practice Schedule

- **Mon - 3 PM**  Intervals at Lincoln Park
- **Tues - 3 PM**  Speed/Form Drills/Plyos/Technique work
- **Wed - 3 PM**  Hills @ Blackwell/Rotary & Stadiums
- **Thurs - 3PM**  Speed/Form Drills/Plyos/Technique work
- **Fri**  On your own

* Lifting will follow each day’s workout or fit it in on your own time
CROSS COUNTRY OR FALL TRACK?????

• 40 Man Squad Size
• Returners – based on previous years development/experience
• Freshman – based on High School profile/experience
• Ability to handle training – 2 workouts a day
• First week tryout
CROSS COUNTRY
JUNE
JULY
AUGUST
SEPTEMBER
OCTOBER
NOVEMBER

TRACK
DECEMBER
JANUARY
FEBRUARY
MARCH
APRIL
MAY
WHEN CROSS COUNTRY ENDS!

NCAA CHAMPIONSHIPS - NOV 23
FINAL EXAMS
WINTER BREAK
THANKSGIVING - TO JAN 5TH

43 DAYS
NO SUPERVISED PRACTICE
STAYING MOTIVATED

AEROBIC STRENGTH DETERMINES ANAEROBIC POTENTIAL
CONTINUING THE TRAINING PLAN

STRUCTURED TRAINING
MAINTAIN MILEAGE
CONNECTION TO TEAM
ACCOUNTABILITY
TRACK SEASON GOALS

POTENTIAL TO QUALIFY INDOORS

GREATER FOCUS ON OUTDOORS
STEEPLECHASE

TYPE OF ATHLETE
PHYSICAL
MENTAL

MILEAGE

AEROBIC STRENGTH
DETERMINES
ANAEROBIC
POTENTIAL

HURDLE DRILLS
MIDDLE DISTANCE

800 OR 1500

SPEED TYPE
OR
STRENGTH TYPE