THE ANATOMY OF A CROSS COUNTRY SEASON

Andrea Grove-McDonough
CONSTRUCTING TRAINING

- Old school calendar
- Bookends
  - Start with NCAAs
  - Work from back and front
  - Building off of the summer
  (Structure of the summer)
PRACTICE VENUES

• ISU Cross Country Course
  It has a 1 mile grass loop and an 800 meter grass loop

• Huxley
  Rails to trails-20+ miles of limestone/crushed gravel

• McFarland Park
  Hard loop/scenic loop

• Gravel Roads

**We utilize all of these for weather adjustment**
INITIAL CHANGES FOR 2014

• Kinder/gentler start to the season

• Went away from 2 workouts/week to 1 workout+LR/week
  (LR being 2nd workout)

• All workouts in first few weeks had a perceived exertion of 6-7

• We also went away from a LR post-race

• Pushed back our toughest training weeks by ~3 weeks
  (Post-Griak through week after Adidas Invite)

• Luxury of 2 additional weeks in November
  (Wisco/Regionals)
## August Training

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wed.</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
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</thead>
<tbody>
<tr>
<td>8/18 Athletes Report</td>
<td>8/19 Leave for team camp</td>
<td>8/20</td>
<td>8/21 3-5 mile “tempo”</td>
<td>8/22</td>
<td>8/23</td>
<td>8/24 Prog. LR (Huxley)</td>
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<tr>
<td>8/25</td>
<td>8/26</td>
<td>8/27 7-10x1K</td>
<td>8/28</td>
<td>8/29</td>
<td>8/30</td>
<td>8/31 Huxley marathon speed LR</td>
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The dates on this calendar are a week off
SEPTEMBER CHANGES

- 9/6-changed to marathon speed McFarland hard loop

- 9/9-changed workout due to weather
  (Workouts changed from Tuesday —> Wednesday: all subsequent workouts shift)

- 9/13-scheduled to be 3k repeats but switched to 500s
  (Perez)

- 9/20-Complete team meltdown

- Griak- Tired so we rested
  (Respect for the Griak)
OCTOBER
TRAINING/RACING
• Post-race: account for both mental and physical fatigue

• 10/7: We can win a National Title
  (Some adjustments to individuals)

• Bethanie is sidelined for most of October
CHAMPIONSHIP SEASON
Fartlek
NOVEMBER NOTES

• Extra recovery day post-Big 12s

• Complete adjustment to 2 possible workouts planned 11/5 or 11/6

• Crystal pulled from workouts after 11/5

• Weather puts us inside NCAA week

• Crystal/Margaret adjustments
Learning to Tune into your Body

- Pace?!
- GPS
- Purpose of the workout
- Pace setters
4 C’S

1. Confidence
2. Composure
3. Compete
4. Culture
HOW DO I MOTIVATE MY TEAMS?

• *FORGET* motivation. It’s a fickle and unreliable mind and it isn’t worth your time.

• Better to cultivate discipline than to rely on motivation. Force yourself to do things. Force yourself to get out of bed and practice. Force yourself to work.

• Motivation is fleeting and it’s easy to rely on because it requires no concentrated effort to get it. Motivation comes to you, you don’t even have to chase after it.

Disciple is reliable, motivation is fleeting. The question isn’t how to keep yourself motivated, it’s how to train yourself to work without it.
Having said that...

• Know your team
  (UCONN/ISU)

• Create a foe
  (West Virginia Speech)
“To me the X’s and O’s….They’re an important part of coaching but a relatively small part. Eighty percent of it is just relationships and atmosphere, what your daily routine and culture is.”

Steve Kerr
ATHLETE MANAGEMENT

• Know your athletes
  (Brigitte/Heather)

• Know your team
  (Be willing to go the extra mile)

• Check your ego at the door (The JZ Story)

• Direct athlete feedback
  (Is their assessment on par with mine?)

• Communication
  (Direct impact-Sam Bluske)
This is what makes it all worth it!