Developing a Cross Country Team at Michigan State University;
Recruiting, Team Management & Philosophy, and Training
Identify and Gain Information
<table>
<thead>
<tr>
<th>Athlete</th>
<th>HS PR’s</th>
<th>Mileage</th>
<th>Personality</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rachele Schulist, sophomore, 4th</td>
<td>2:17, 2:12s 4:56, 10:57, 17:39MIS</td>
<td>35HS 70-75F</td>
<td>Redefiner, relentless</td>
</tr>
<tr>
<td>Lindsay Clark, junior, 13th</td>
<td>2:18, 4:55, 10:49, 17:52MIS</td>
<td>40HS 70-75F</td>
<td>Positive, caring</td>
</tr>
<tr>
<td>Leah O’Connor, senior, 17th</td>
<td>2:15, 5:01, 18:49MIS</td>
<td>&lt;20HS 65-70F</td>
<td>Hilarious, shameless, cares deeply</td>
</tr>
<tr>
<td>Julia Otwell, senior, 21st</td>
<td>2:18, 4:55, 10:49, 18:19MIS</td>
<td>30-35HS 65-70F</td>
<td>Joyful, free spirited</td>
</tr>
<tr>
<td>Sara Kroll, senior, 61st</td>
<td>2:13, 4:46, 10:50, 17:53MIS</td>
<td>40HS 70F</td>
<td>Moxie, demanding</td>
</tr>
<tr>
<td>Katie Landwehr, junior, 119th</td>
<td>2:18, 5:06, 10:49, 18:05 OH St Champ</td>
<td>35HS 60-65F</td>
<td>Grit, stubborn</td>
</tr>
<tr>
<td>Sara Stassen, 4th year senior</td>
<td>2:14, 5:21, 19:44MIS</td>
<td>&lt;20HS 45F</td>
<td>Positive, focused</td>
</tr>
<tr>
<td>Melanie Brender</td>
<td>11:18, 19:30MIS</td>
<td>45-50HS 80-85F</td>
<td>Will, heart</td>
</tr>
<tr>
<td>Emma Drenth</td>
<td>2:27, 5:15, 11:34, 18:28MIS</td>
<td>20-25HS 45F</td>
<td>Relentless, doer of all, peace keeper</td>
</tr>
</tbody>
</table>
Processed Based Outcome and Growth Mindset
Ownership & Trust
Team Centered Mentality
How We Manage It
Workouts – 09 – 15 through 09 – 21 – 15

Tuesday – Everyone - Warm-up set, Workout w/specifics and GS TBA

Wednesday – Everyone – Warm-up set, sprints at Golf Course - 1st and 2nd year people Med Ball - 3rd – 5th year people HM - (plus 2 – 1 - 2 x 10, alt leads 3 x 10, bent leg skips 1 x 10 w/each lead) – < 60 – pm run only, > 60 - am run as needed for mileage plus PM run At GC

Thursday – Everyone – Warm-up set, strides after run - < 60 – pm run 40 – 50 min - > 60 - 50 – 60 min run

Friday – Everyone - am (before 8:00am) - shakeout 10 – 15 min w/3 -4 easy strides – Race – GS – Lateral lung 6 x each direction, rocket jumps x 10, push-ups x 10, planks 2 x 20 seconds on each plane, push-up toe walk x 8, leg swings 5 x each leg on each plane (this GS for people working out)

Saturday – Everyone – LR unless you have met this for the week 60 – 1:45

Sunday – Meet mileage needs or off

Monday – Everyone – warm-up set – Workout on River trail w/specifics and groups TBA - 1st and 2nd year people - hurdle mobility (over/under2 x 6 w/each lead, continuous lead 1 x each lead, bent leg skips 2 x 10 w/each lead) – 3rd – 5th Med ball (HM and Med Ball replace GS – switch after Wednesday WO)

I have learned over the years that when one’s mind is made up, this diminishes fear; knowing what must be done does away with fear.  ROSA PARKS

When you blame others, you give up your power to change. Anonymous

Success is how high you bounce when you hit bottom.  GEORGE SMITH PATTON JR.

The bravest are surely those who have the clearest vision of what is before them, glory and danger alike, and yet notwithstanding go out to meet it.  THUCYDIDES

Bart, you're saying butt-kisser like it's a bad thing!  Homer Simpson
1. Threshold Running
2. Race pace bouts
3. 5:00 repeats
4. Sets of 600/500m, 400m, 200m
5. Hills
6. Fartlek or combination session
7. Barefoot sprinting and strides
I am not fast enough.
I am not smart enough.
I am not strong enough.
I am not good enough.
Yet.
Yet.
The one word hanging on the end that changes a message of despair to a message of hope.
Yet.
I hang on to it closely because if I lose it I have lost faith in myself and if I have lost faith in myself then yes, I will never be good enough.
Yet.
Added so my dissatisfaction causes self-improvement instead of self-defeat.
Yet.
Keeping my hunger for success from devouring my self-esteem.
Yet is a promise to myself.
Yet is striding, reaching, stretching for today’s best to be better than yesterday’s and expects tomorrow’s to be better than today’s.
Yet is an anticipation of greatness.
Yet is a message to my competitors that there is more to come;
that I am coming for them.
Yet acknowledges the naysayers and then spits on them;
you’re right, I’m not good enough, but I will be.
Yet does not dismiss my past accomplishments;
it proclaims that I’m not done.
Having goals is the opposite of giving up.
Tackling flaws is the opposite of accepting limitations.
Do not mistake my acknowledgement of my imperfections for doubt.
Do not mistake my current inadequacies for inability.
Do not mistake my drive for defeat.
Do not mistake my yet for yielding.
Because yes,
I am not fast enough.
I am not smart enough.
I am not strong enough.
I am not good enough.
Yet.
But I know I will be;

And that is enough.
Bibliography


