

BUCKNELL CROSS COUNTRY TRAINING AND MAKING SPORT VISIBLE AND RELEVANT AT YOUR SCHOOL by Kevin Donner

COACHING HISTORY

2001 – Present	BUCKNELL UNIVERSITY Head Coach Men's and Women's Cross Country/Track and Field Coaching cross country, middle distance, long distance
1995 – 2001	SAINT FRANCIS UNIVERSITY (PA) Head Coach Men's and Women's Cross Country/Track and Field Coaching cross country, middle distance, long distance, throws
1993-1995	CENTRAL MICHIGAN UNIVERSITY Assistant Women's Track and Field Coach Coaching throws (1994); sprints and hurdles (1995)
1984-1993	UNIVERSITY OF DETROIT MERCY Head Coach Women's Cross Country/Track and Field Coaching cross country, middle distance, long distance, sprints, hurdles and throws

TEAM CHAMPIONSHIPS

Women's Cross Country	1986, 1987, 1997, 2001, 2005, 2006, 2007, 2009, 2015, 2016, 2017, 2018
Women's Indoor Track & Field	2002, 2003, 2004, 2005, 2006, 2007, 2008, 2010, 2012, 2013, 2015, 2017, 2018
Women's Outdoor Track & Field	2002, 2004, 2005, 2006, 2007, 2009, 2010, 2011, 2013, 2015, 2016, 2017
Men's Cross Country	1999, 2000
Men's Indoor Track & Field	2012
Men's Outdoor Track & Field	2010, 2011, 2012, 2013

I. HOW I GOT INTO COACHING

- A. Fell into it
- B. Part-time
- C. No Science background
- D. Weak with technology
- E. Juggling other jobs
- F. Get a "real job"
- G. What else do you do?
- H. Non traditional route

II. INFLUENCES AND MENTORS

- A. High School Coach
 - 1. Tony Magni
 - 2. Football and Baseball
- B. College Coach
 - 1. Earl Clark
 - 2. First coaching job
- C. Clinics and Symposiums
 - 1. Kelly Sullivan – Oregon State
 - 2. Joe Franklin – New Mexico
 - a. Simple
 - b. Science and technology
 - 3. Pat Shane
 - a. BYU fartlek
 - b. Ferritin
 - 4. USATF Level II
- D. Friendships
 - 1. Sue Parks – Eastern Michigan
 - 2. Harry Groves – Penn State
 - 3. Craig Fuller – Central Michigan
 - 4. Kevin Hadsell – Toledo
- E. Online Videos, Flotrack, Milesplit
 - 1. Grand Valley – Jerry Baltes Fartlek
 - 2. Dave Smith – Oklahoma State – mile repeat
- F. Books
 - 1. Bill Bowerman
 - 2. John McDonnell – written by Andrew Maloney, Saint Francis, PA
- G. Art Gulden - Bucknell
 - 1. Alumni stories
 - 2. Athletes on my first team – 2001
 - 3. Hulme Challenge – 200s in sub 30 till you drop

III. BUCKNELL CROSS COUNTRY TRAINING

- A. My Definition of Volume
 - 1. High – men 80+; women 60+
 - 2. Medium – men 60-79; women 45-59
 - 3. Low – men 40-59; women 30-44
- B. Summer
 - 1. Mid-June to early July
 - a. Low volume
 - b. Strides 2 times per week
 - 2. Early July to end of July
 - a. Medium volume
 - b. One day a week (fartlek – tempo – 200s)
 - c. Strides 2 times per week
 - 3. End of July to mid-August
 - a. Medium to high volume
 - b. Strides 2 times per week
 - c. One day a week (fartlek – tempo – 200s)
 - 5. Training Logs
 - a. Online – Running 2 Win – Mike Stahr
 - b. Accountability

- c. Helping my own running
 - 1. Good example
 - 2. If I can do it – you can do it
- d. Compliance
- C. Early Season – Mid-August to Third Week of September
 - 1. Maintain August volume
 - 2. 2-3 doubles per week (20-30 minute light run or cross train)
 - 3. Tuesday – Friday – harder days
 - 4. Fartleks – Tuesdays
 - 5. Progression runs, tempos, 200s – Friday
 - 6. Shorter races – 4K – 5K – 6K – 4 Miles
 - 7. Long run - Sundays
 - a. Men – 12-16 miles
 - b. Women – 8-12 miles
 - 8. Details and strength work – Mondays and Thursdays (circuit training, sprint drills, ankle mobility, strides, 8-10 sec. hill sprints)
 - 9. On own Wednesday – recovery run and hurdle mobility
 - 10. Train through the meets
 - 11. DDO – Designated Day Off every 2-3 weeks depending on meet schedule

Typical week without a meet

Typical week with a meet

- D. Mid-Season – 4th week of September to 3rd week of October
 - 1. Increase intensity on Tuesdays
 - a. 1000 meter repeats
 - b. Mile repeats
 - c. Progression in times
 - d. Very little rest – 45 sec. 1000s 1:15-Miles
 - 2. Benchmark workouts - Fridays
 - a. “Michigan”
 - b. Bald Eagle Hills
 - 3. Bigger Races – Penn State, UVA
 - a. Secondary meets for non-varsity
 - b. Lock Haven, Paul Short-Brown, Lafayette
 - 4. Long Run – Men 12-16 miles; women 8-12 miles
 - a. Friday race or workout – 2nd half will be steady to tempo.
5:45-6:05 – men 6:40-7:10 – women
 - b. If Saturday Race – easy
6:50-7:10 – men 7:40-8:10 – women
 - 5. Designated Day Off – every 2-3 weeks
 - 6. Details Monday and Thursday – drills, ankle mobility, general strength, strides, hill sprints
 - 7. Recovery run on own on Wednesday – hurdle mobility
 - 8. Continue 20-30 minute doubles – Tuesday, Thursday, Friday for men; Tuesday-Thursday for women.
 - 9. Prediction runs - fun
 - a. No watch
 - b. Athletes write times
 - c. Monday or Thursdays (6 or 8 or 10 miles)
 - d. prizes

Typical week without a meet

Typical week with a meet

- E. Championship Season – 4th week of October to 2nd-3rd week of November
 - 1. Volume – low-medium to high depending on individual and projected last meet

2. Tuesday intensity decreases
 - a. Men 5x4 min – progression start at tempo – end at race pace
 - b. Women 4-5x3 min – progression start at tempo – end at race pace
3. Fridays – off track progression, fartlek or tempo runs and end at track for faster intensity (1x1600, or 1000 for women) Our runners love these types of workouts.
4. Designation Day Off – Sunday before League and Regional – 2 weeks apart
5. Long run – 11-14 miles for men; 7-10 miles for women
6. 3200 time trial under lights
 - a. Pick teams
 - b. Friday between Leagues and Regionals
 - c. #8 and below – race
 - d. #1-7 – fartlek – pace setters men 9:20-9:30; women 11:05-11:20
 - e. Lot of fun
7. Monday – easy – details, strides; general strength, 8 sec. hill sprints
8. Thursdays – easy – no lower body strength work, lots of strides
9. We don't Pre-Meet on course – already know it – important to race on championship courses during the season
10. Non-competing athletes still train throughout
11. Blue-Orange Intrasquad scrimmage Indoor Track – Sunday after NCAA Regional for Non regional runners

Typical week - Leagues

Typical week – no meet

- F. Transitional – Downtime – be a real college student – we don't meet
 1. 14 days – jog 20-25 minutes every 3rd day (10 days off – 4 days jogging)
 2. Mobility exercises – prevent tendons, ligaments from getting soft
 3. General strength
- G. Indoor Track – 2nd week of December to 1st week of January
 1. Low volume
 2. Rebuild base
 3. Lots of strides
 4. General strength Monday and Thursday

IV. RELEVANCE – VISIBILITY – RESPECT FOR PROGRAM

- A. Gotta do more than just recruiting and coaching
 1. Fundraising
 2. Clinics – camps
 3. Community service
 4. Bring in guest speakers
 5. Home Meets
 - a. Media
 - b. Entry Fees
 - c. Parents – fans
 - d. Spectator friendly
 - e. Purpose of each meet
 6. Fan bus for track and field
 7. Dress for success
 - a. Office
 - b. Appearance at meets
 - c. Team travel
 8. Get to know all high school coaches in area
 - a. Free clinic

- b. Roundtables
- 9. Media
 - a. Quotes to SID after every meet
 - b. Newspapers
 - c. TV
 - d. Free lunch at home meets
- 10. Make Program "Indispensable"