

**SUMMIT HIGH SCHOOL
NATIONAL
GIRLS XC CHAMPIONS - 2018**

COACHES

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- When we were hired by Summit HS we decided we would utilize the same philosophy that Jim had used in the past coaching Olympians and club runners. The first thing we did was the following;
- BE HONEST WITH THE ATHLETES
- ENCOURAGE RESPECT AND APPRECIATION OF COACHES ABILITY TO COACH AND HELP
- YOU CAN COMMUNICATE WITHOUT MOTIVATING
- BUT YOU CANNOT MOTIVATE WITHOUT COMMUNICATING

Cross Country

Training to train: We start in July with organized workouts on Monday, Wednesday and Friday. We do not record times from these workouts. The athletes run how they feel. There are no set time goals.

Mondays are usually on the grass at Drake Park. We have a 400-meter circuit with one hill. There are several different types of workouts:

1. 3-person relay running 400 meter repeats.
2. Repeat 400 meters depending on fitness level.
3. 4x 800 with 3 min rest between.

Wednesdays usually an easy 30-45 min run

Fridays – Sawyer Park - grass – Fartlek running.

Rest of the week run how they feel.

In August we try and get the athletes to run most days. If not an organized workout, run up to one hour easy. Monday through Friday we have the runners follow the Schedule including the following warm-up drills:

Daily Team Warm Up and Drills

800 meters easy warm-up run

Forward Skip - 50 yards

Backwards Skip - 50 yards

Side Shuffle with arm swings - 50 yards

Backwards run - 50 yards

Knee Pulls – 6

Quad Pulls – 6

Toe Touch – 6

Side Lunges - 5 yards

Regular Lunges - 10 yards

A-Skips - 4 X 20 yards

B-Skips - 2 X 20 yards

Getting the Right Training Groups

We hold a 4K team time trial in late August and based on the runner's times they are placed into three running groups called black, silver, or green. Runners of similar ability train together to get the most out of their training. Runners are often motivated to improve, and we allow them to run themselves into different groups during the XC season.

When school starts, we get serious when we introduce hill workouts and hard sessions on the grass.

Hill Workouts (Monday)

For hill workouts, we ask our co-ed runners to run at 90-95% effort using one of two hill areas that are about a mile from our school and the team can jog to these hills to warmup for the workout.

One hill where we train is 500 meters to the top and we have it marked off in 100-meter segments. We instill in our runners that we run past the top, not just run to the top and stop.

The second hill is Overturf Butte, a loop we are run clockwise or counterclockwise, 365 meters uphill and 425 meters downhill, or 425 meters uphill and 365 meters downhill. In a workout we will mix up the direction; for example 6 clockwise and then 6 counterclockwise.

Grass Workouts (Wednesday)

At the beginning of every grass workout day we put runners in co-ed groups based on similar pace and depending on the workout and tell them to run at either 80% or 90% of their race pace.

The total distance of the grass loop is 800 meters and comprises:

- a 10 meter hill leading to
- 200 meters which is slightly downhill on an asphalt path
- the remaining long grass section is a mixture of wet to swampy grass due to the sprinkler system putting too much water on the grass and with drainage issues this leaves up to 2 inches of water for the runners to splash through. (Need flippers not training shoes!)

Easy Runs Format (Tuesday, Thursday, Friday, Sunday)

Easy runs are 1.5 - 2 minutes slower than race pace. For example, if race pace is 6 min miles, then an easy run is at 7.5 - 8 min mile pace.

We don't have our runners do tempo runs because we believe easy days are very important to recover from hard days and we believe that it is very difficult to get high school runners to do tempo runs in groups that are specific to their individual speed.

Easy Runs Notes (Tuesday, Thursday, Friday, Sunday)

We try and have co-ed runners of similar abilities run together on their easy runs, but we know that some runners will choose to run in groups that are above their easy pace and they are in essence doing a long tempo run or a hard run which may compromise their training and ability to fully recover from hard training days.

This can be a recipe for injury or burnout and one that we try to avoid. Easy should be easy, recovery days are ways to consolidate all the hard training that was done, and easy days are when the body repairs itself and grows stronger.

Race Day (usually Saturday)

On race day Jim will walk the course and tell our team and coaches where all the holes, wet spots, and dangerous corners are located.

If he has any concerns about holes or dangerous parts on the course, he will share this information with the race organizer to encourage safety for all runners.

Then Jim meets with the varsity runners and explain the race strategy for the day.

Race Day

- An hour before the race the varsity girls will go for a group warm up run.
- Fifteen minutes before the race the team will go to the starting box and start their drills and strides.
- Coaches and captains will be at the start with bags to take warmups and other clothing back to the tent.
- If it's a cold day coach Carol will have olive oil on hand to give to the girls so they can rub it on their exposed skin to keep themselves warm at the start of the race. As the race progresses the skin heats up and the layer of olive oil "sweats" off.
- Coaches are strategically placed around different parts of the course to yell out split times, encouragement, and sometimes that all important "go now" (if you can) directive.

Preparing for NXN

- ✓ Our varsity girls' team raced 10 races in the 2018 season.
- ✓ Our 8th race was State, 9th race was Nike Cross Regionals (NXR), and 10th race was Nike Cross Nationals (NXN).
- ✓ All season long the whole team cheered each other.
- ✓ We trained the runners for early season and mid-season races by training at “today’s” race pace; the current pace our runners were racing at early and mid season.
- ✓ We cranked up the training in late season for State, NXR, and NXN training at goal pace, which we call “winning pace” the pace that we think each individual athlete will be capable of racing at on the big day.

Getting Ready to Race as a Team in NXN

- We had the team train through State and NXR; they didn't taper during this time. Easy days were always emphasized.
- From NXR to NXN we tapered for one week before NXN where we eliminated hills, and weights, and cut back overall running.
- An important point to highlight is that to compete in the NXN and race our best we needed our team to commit to staying in Bend and training with the entire team during the Thanksgiving school break.
- That conversation started well before State and the girls informed us that they were staying in Bend during the holidays to train hard for the championship.
- Runners and parents recognized this great opportunity to be competitive at State, NXR, and NXN. Our whole team trained together for the first time ever over Thanksgiving and it ultimately showed in our NXN race results.

The NXN race strategy was to go out quick, but not too quick. We had to get the team to believe in themselves and that they can win this. They put in the hard work and on the start line it was time, "to take the lid off the kettle". And, at the 4K mark it was the time to go for it all, for the final 1K.

Below is our final preparation for the National Championships:

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
28 1-1 ¼ miles easy	29 Hills- 8X400, jog back 90%	30 45 – 60 minutes run, drills and core, 4x150 pick ups	31 3x800 grass last 400 on track 4MR	11/1 45-60 mins Core 4x150 pick ups	2 Leave for State champs - Eugene 30 min easy 4x150 pick ups	3 OSSA STATE CHAMPS 6A First Place Team
4 45 min easy run	5 Hills: 5X100 jog back 5x300 jog back 90-95 %	6 45 – 60 minutes run, drills and core, 4x150 pick ups	7 Grass: 4x800 2MR	8 45-60 mins Drills & Core 4x150 pick ups	9 Depart for Boise 30 min easy Strides & drills	10 NXN Regionals Boise First Place Team
11 Travel back to Bend	12 45-60 mins Core 4x150 pick ups	13 Hills 8x 400, jog back 90%	14 45-60 mins Core 4x150 pick ups	15 Grass: 4x mile with 4 min rest	16 30-45 min easy Core 4x150	17 45 – 60 min easy Core 4x 150
18 Easy run 1 hour or cross train	19 Hills 6 (100/walk 50/200/walk 50/ 100) jog back, at 90%	20 45-60 mins easy Core 4x150 pick ups	21 Grass 3x800 2MR, jog 5 min 3x800 2MR	22 45 – 60 min easy run Core 4x 150	23 Grass 1600/1200/800/400 with 3MR	24 1 hour easy
25 Easy run 1 hour or cross train	26 Grass: 8x200 with 200 jog 95%	27 45 mins Core 4x150 pick ups	28 Mile on track Race pace minus 20 seconds	29 30 min easy run Core 4x 150	30 30 min warm with strides	12/1 Nike Cross Nationals, Portland – First Place Team

The Whole Story.....

Above is what we prescribed; it worked for the team in 2018.

With Jim's health issues in mid October, we were not so sure if he would be around to see the results of what we had planned.

Now that we won the big race, the challenge is to see if we can repeat. Every year athletes change both physically and mentally and that is the fun and the challenge.

...and the Next Chapter

We coach the people not the event: people have challenges in life:

- Puberty, in love, break-up, heart broken, school not going well.
- “Where do I go to college and will I be on the team?”
- A myriad of problems. Coaching track is easy, cross-country is a different kettle of fish.
- Seven personalities and each must be dealt with individually.

This is what makes it exciting as all girls have to be firing on top cylinders on the day of the race.

