

# HOW TO BUILD AND SUSTAIN CHAMPIONSHIP TEAMS







# THINGS OUTSIDE MY CONTROL

OTHER PEOPLE'S  
**ACTIONS**

OTHER PEOPLE'S  
**OPINIONS**

## THINGS I CAN CONTROL

MY **ATTITUDE**

MY **EFFORT**

MY **BEHAVIOR**

MY **ACTIONS**

to be a great team member


OTHER PEOPLE'S  
**FEELINGS**

OTHER PEOPLE'S  
**MISTAKES**

**ADVERSITY**

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# FOCUS ON THE BASICS

- ▶ Confidence: Workouts, Races, Personalization
  - ▶ Consider: Sound Physio/Psycho/Mechanical
  - ▶ Culture: Commitment by ALL!
  - ▶ Composure: Control Variables
  - ▶ Competition: Individual & Team Success via Scheduling
  - ▶ Communication: Athlete and Coach - Vocabulary
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# BUILDING AND SUSTAINING A CHAMPIONSHIP CULTURE:

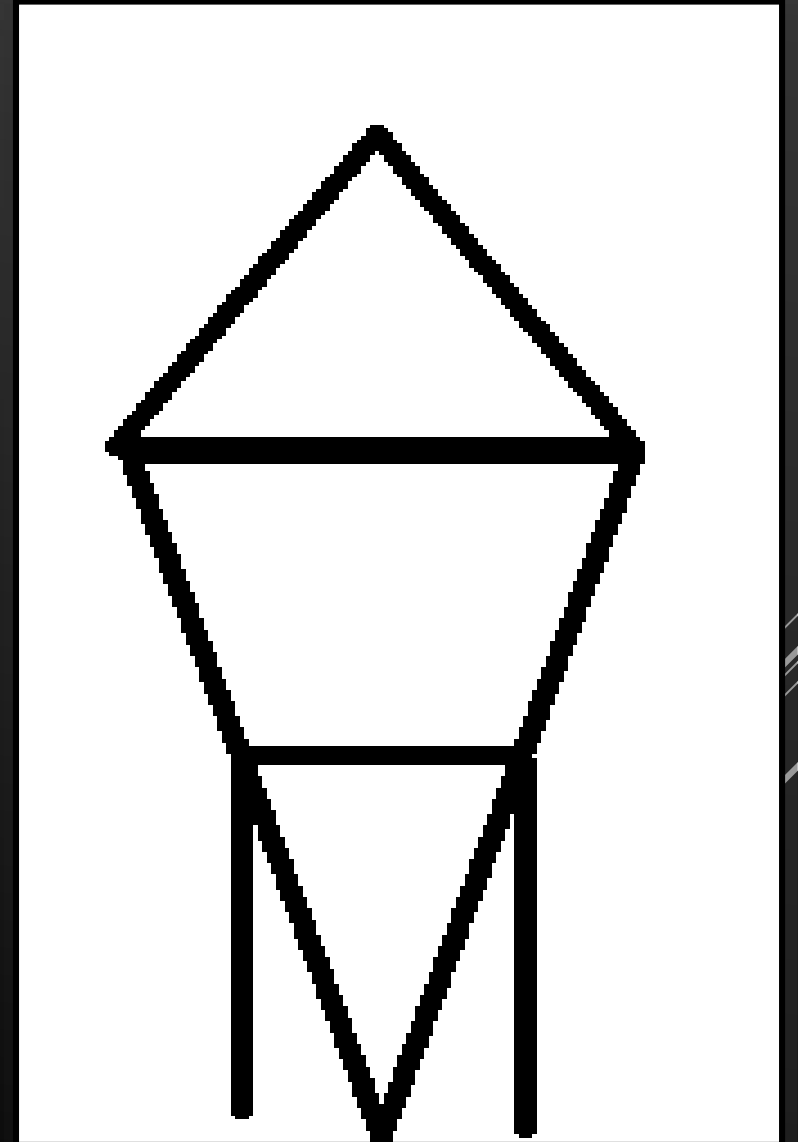
- ▶ Have a Vision: Become the Anchor
  - ▶ Recruitment of Athletes and Staff
  - ▶ Accountability by the Athlete
  - ▶ Ownership by the Athlete
  - ▶ Commitment by the Athlete
  - ▶ Establish Goals and Benchmarks
  - ▶ Establish a Plan – Enact the Plan
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# THE PLAN:

- ▶ Train to Race!
  - ▶ Identify: Primary & Secondary Event
  - ▶ Training Progression & Development
  - ▶ Holistic Stress Management
  - ▶ Goal Planning and Benchmarks
  - ▶ Know Your Opposition
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# A PLAN: *THE DIAMOND*

- ▶ IDENTIFY:
  - ▶ Start Point
  - ▶ End Point
  - ▶ Competition Point
  - ▶ Reference Chart
  - ▶ Benchmarks
  - ▶ Scheduling



# TRACK/ CROSS COUNTRY TRAINING EMPHASIS

## Competition Phase:

- 1) Hold volume for Aerobic = Moderate Taper Anaerobic
- 2) Volume Adjusted = Week On - Week Off (-5-10)
- 3) Track: Interval to Repetition Sessions
- 4) Hill Repeats: 40-200m
- 5) Race Preparation/Simulation/Blends
- 6) Summit Competitions

## Base Phase/Early Competition:

- 1) Hold Volume w/ 2-3 Weeks → /Wk (-10)
- 2) Accelerations: 2 Days/Wk - 80-150m
- 3) Fartlek OR Track Intervals
- 4) Hill Repetitions: 80-800m w/ = Rec
- 5) Cruise Interval to Track Interval = @ Date RP/Goal RP/Blends
- 6) Intro Racing @ Under/Over Primary Event

## Preparation Phase:

- 1) Volume Progression: Previous Season → 60mi /Wk
- 2) Accelerations: 2 Days/Wk - 40-100m
- 3) Incorporate Fartlek: 1'-5' ON w/= or less recovery
- 4) Hilly Fartlek: ON:OFF
- 5) Intro Cruise Intervals: 3'-7' ON w/1' or less Recovery
- 6) Intro Tempo Efforts

Summit Race

First Day of Training



# NEWCOMER ATHLETE

	XC Season/Track Season		( 1 )	( 3 )	( 5 )	( 6 or 7 )
T/B	Aug. 15	Feb. 15	Recovery/ACC	Cruise Interval or Fartlek	Recovery/ACC	OFF Long Recovery
B	Sept.	March	Cruise Interval or Tempo	Recovery/Accelerations	Interval	Recovery Long
B/EC	Sept. 15	March 15	Interval/Tempo	Repetition	Race	Recovery or Long
EC	Oct.	April	Interval/Tempo	Repetition/Race Prep	Race	Recovery or Long
LC	Oct. 15	April 15	Interval	Repetition/Race Prep	Race	Recovery
LC	Nov.	May	Repetition	Race Prep	Race	Recovery Long OFF
P	Nov. 15	May 15	Repetition	Race Prep	Summit Race	OFF Recovery Long

# VETERAN ATHLETE

XC Season/ Track Season		( 1 )	( 3 )	( 5 )	( 6/7 )
July	Jan.	Recovery	Recovery	Fartlek	Recovery
July 15	Jan. 15	Recovery	Fartlek	Recovery	Long
Aug.	Feb.	Fartlek/Interval	Recovery	Tempo	Long
Aug. 15	Feb. 15	Fartlek/Interval	Recovery	Tempo	Long
Sept.	March	Fartlek/Tempo	Interval	Recovery	Long
Sept. 15	March 15	Interval/Tempo	Repetition	Race or Negative Split	Recovery or Long
Oct.	April	Interval/Tempo	Repetition	Race	Recovery or Long
Oct. 15	April 15	Interval/Accelerations	Repetition/Race Prep	Race	Recovery or Long
Nov.	May	Repetition	Accelerations/Race Prep	Race	Recovery
Nov. 15	May 15	Repetition	Race Prep	Summit Race	Recovery

Arkansas Women's Distance Squad - Mileage Reference Chart				
Weekly	Long Run	AT Run	Interval	Repetition
40	8	4	3.2	2
45	9	4.5	3.6	2.25
50	10	5	4	2.5
55	11	5.5	4.4	2.75
60	12	6	4.8	3
65	13	6.5	5.2	3.25
70	14	7	5.6	3.5
75	15	7.5	6	3.7
80	16	8	6.4	4
		When Peaking:		
Weekly mileage	3 weeks out AE/AN	2 weeks out AE/AN	Summit Week AE/AN	
40	-4/-6	-6/-8	-10	
50	-5/-7	-8/-10	-12	
60	-6/-9	-10/-12	-14	
70	-7/-11	-12/-14	-15	
80	-8/-14	-14/-16	-20	

“HAVE A VISION

“IT IS NOT STEALING IF YOU DON'T GET  
CAUGHT...”

“FIND A MENTOR”

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