



2016 University of Illinois Men's Cross Country

# 30 Years in the Making

# Background

- Born & Raised in Kelso, Washington
- Father was the long-time coach of track & field and cross country at Kelso High School
- Ran at Iona College, where I later assisted
- 1<sup>st</sup> Head Coaching job was at Lamar University in Beaumont, TX
- Now in 5<sup>th</sup> year at the University of Illinois



# The 2016 Cross Country Seasonal Goals

- Make the National Championships for the 1<sup>st</sup> time since 1986
- Improve our Big 10 finish from last year
- Approach every meet with the mindset of trying to win.

Training

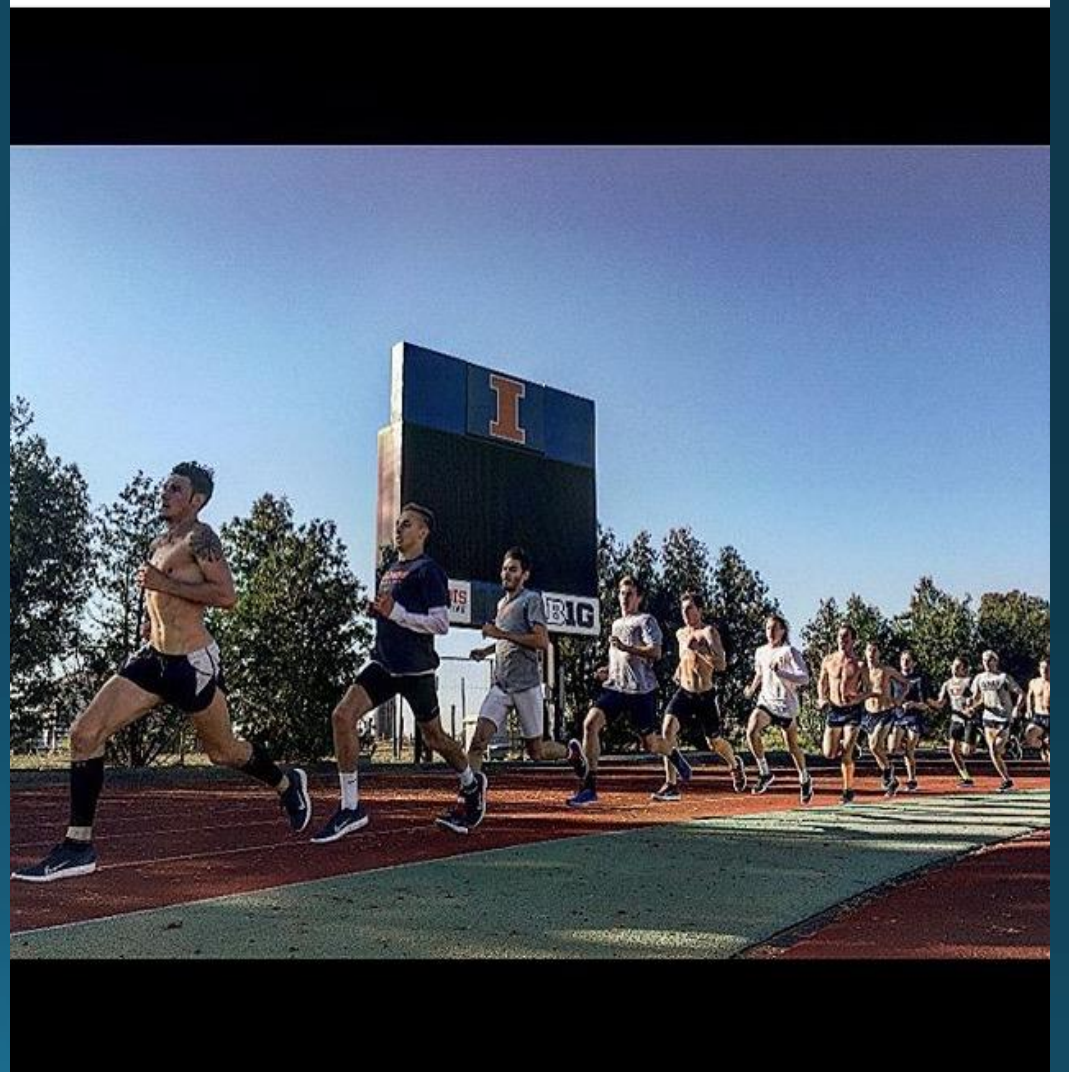


# Some of our Training Language:

- Buffering
- Flush out
- 6:00
- MLR
- Watchless

# 2016 XC Schedule

- 9/2 Hawkeye Invite
- 9/10 Bluegrass Invite
- 9/24 Roy Griak Invite
- 9/30 Joe Piane Notre Dame Invite (Good story)
- 10/14 Ed Nuttycombe Wisconsin Invite
- 10/21 Illini Open
- 10/30 Big Ten Championships
- 11/11 Midwest Regional Championships
- 11/19 NCAA Championships



# August 15<sup>th</sup> through September 4<sup>th</sup>

## Week 1

8/15: Mileage + 200's

8/16: Fartlek → 41:00 of 3  
on/3 off, 3 on/2 off, 3 on/1 off

8/17: MLR

8/18: 6:00 + barefoot strides

8/19: Watchless

Tempo → 17:00 warning track  
of baseball field with 800  
meter jog + 4 mile tempo +  
5x400 with 200 meter jog

8/20: Long run

8/21: OYO-on your own

## Week 2

8/22: Mileage + 200's

8/23: Fartlek → 6x5:00 with  
3:00 recovery on practice  
football field

8/24: MLR

8/25: 6:00 + barefoot strides

8/26: Watchless

Tempo → 37:00 on XC course,  
jog to track, hard but  
controlled 1600 meters

8/27: Long run

8/28: OYO

## Week 3

8/29: Mileage + 200's

8/30: 1600m repeats every  
8:30 alternating between  
baseball field and track

8/31: MLR

9/1: 6:00 + barefoot strides

9/2: Race at Iowa; Group  
workout: 30:00 watchless  
tempo

9/3: Long run

9/4: OYO



# September 5<sup>th</sup> – September 25<sup>th</sup>

## Week 4

9/5- Mileage + 200s

9/6- Fartlek → 40:00 to 50:00  
of 4 on/3 off; 3 on/2 off

9/7- MLR

9/8- 6:00 Run + Barefoot  
strides

9/9- Buffering Session → 3 x  
800m w/5:00 rec (2:05-08) + 2-  
3 x 11:00 tempo w/4:00 rec; or  
Pre- Race

9/10- Race; or Long Run

9/11- Off; everyone got to their  
mileage in 6 days

## Week 5

9/12- Mileage + 200s

9/13- 6 x 1600m w/400m jog  
rec cut-down (4:40 → 4:30)

9/14- MLR

9/15- 6:00 Run + Barefoot  
strides; Pre- Race

9/16- Tempo → 30:00 to  
40:00

9/17- Long Run

9/18- OYO

## Week 6

9/19- Mileage + 200s

9/20 25:00 tempo + 5:00-  
4:00-3:00-2:00-1:00 all with  
90 sec rec

9/21- MLR

9/22- Normal Mileage day +  
5 x 150m

9/23- Pre Race

9/24- Roy Griak (Big Ten  
Preview)

9/25- Long Run- OYO

# September 26<sup>th</sup> – October 16<sup>th</sup>

## Week 7

9/26- Mileage + strides

9/27- 4 mile tempo watchless  
w/1600 jog rec + 6 x 400m  
w/200m jog

9/28- Easy Mileage

9/29- Pre-Race

9/30- Notre Dame (5<sup>th</sup>, 1 pt  
out of 4<sup>th</sup>)

10/1- Long Run

10/2- Completely off

## Week 8

10/3- OYO

10/4- 6 x Mile repeats every  
8:30, starting in the high  
4:40s → down to low  
4:20s/high 4:teens

10/5- MLR

10/6- Normal mileage, no 6:00,  
barefoot strides

10/7- 3 mile tempo w/600 jog  
rec + 10 x 200 w/50m jog + 3  
mile tempo (very windy)

10/8- Long Run

10/9- Mileage, OYO

## Week 9

10/10- Mileage + 200s

10/11- 1200m w/first 200 in  
30-31 w/400 jog + 4 mile  
tempo w/400 jog + 1200m  
cut-down

10/12- Mileage w/barefoot  
strides

10/13- Pre- Race

10/14- Wisconsin (27<sup>th</sup>)

10/15- ????

10/16- ????

Ed Nuttycombe Wisconsin Invite

# October 17<sup>th</sup> – 23<sup>rd</sup>

10/17- 5-4-3-2-1-1-2-3-4-5 w/1:45-2:00 after the 5s & 4s; 90 after the 3s & 2s; 30 sec after 1's

10/18- MLR

10/19- Mileage + barefoot strides

10/20- 6:00 tempo on BBF + 2K tempo on track + 6:00 tempo on BBF + 3 X 1600m all w/3:00 rec

10/21- Long Run

10/22- OYO

10/23- Mileage + 5 x 150s



# October 24th- October 30th (B1G's)

10/24- Mileage + barefoot strides

10/25- Workout → 6 x 1k tempo w/60 sec rec + 1k hard

10/26- Mileage

10/27- Flush out → 10:00 brisk + 800 hard

10/28- Mileage + barefoot strides

10/29- Pre Race

10/30 Big 10 Championships (6<sup>th</sup>; 7 points from 4th)

# October 31<sup>st</sup> to November 6<sup>th</sup>

10/31- OYO

11/1- Long Run

11/2- Easy Mileage + barefoot strides

11/3- 2/3rds of run at 6:00 pace

11/4- 5 x 1k tempo w/60 sec rec on BBF {6:00 jog} 5 x 1k progression on the track w/60 sec rec

11/5 Semi Long Run

11/6 OYO

# November 7<sup>th</sup> to November 13<sup>th</sup>

11/7 - Mileage + 200s

11/8- 3 mile progression w/400m jog + 4 x 400 w/100m jog

11/9- Mileage w/barefoot strides

11/10- Pre-Race

11/11- NCAA Midwest Regional Meet (3<sup>rd</sup>)

11/12- OYO

11/13- 10-11 miles

# Thoughts & Additions & Changes

- Pre Race routine
- Racing
- Weights
- Tapering
- Overthinking
- Crossword puzzles
- I'm sure there's more.....



# Questions?

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