

Iowa Central
Distance
Philosophy &
Training Plan



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5 Minute Synopsis

- Improve the fitness level of your athlete
- Don't screw them up
- Coach their MIND – that is the limiting factor in performance
- How you manage your team is where you can make the DIFFERENCE!

- I run an NJCAA Division I program with an NCAA Division III mentality.

- What does that mean?

Division I or Division III

- Recruit everyone
 - **TAKE-A-AWAY #1: *Just say "NO"***
- Opportunities for all
- Coach #1 and #40 equally
- Same standards for participation = academics
- Relationships and Experiences are the key

My Background

- Genetically predisposed to not be an athlete
- Moved to Fort Dodge, IA (population 25,000) in January 2004
- Finished my 15th cross country season here this fall

- BA – Luther College (1996)
- MS – Springfield College (2001)

Since Coming to Iowa Central

- Women's Cross Country – **7 NJCAA Titles***
- Women's Half Marathon – 4 NJCAA Titles
- Women's Indoor Track and Field – 4 NJCAA Titles
- Women's Outdoor Track and Field – 2 NJCAA Titles

- Men's Cross Country – 3 NJCAA Titles
- Men's Half Marathon – **6 NJCAA Titles***
- Men's Indoor Track and Field – 5 NJCAA Titles

** NJCAA Record*

Assumptions & What You Need to Know

- Working with athletes for two years at most
 - Some have started other places and come here to finish up
- 70% of the team is brand new each year
- No “Senior” leadership
- Culture & Tradition must be taught

7 Keys to Our Success

1. Team Culture / Atmosphere / Tradition
2. Relentless Recruiting
3. Academics
4. Meet Scheduling
5. Strength Training
6. Communication
7. Training Plan

Key #1 - Team Building Retreat

- 5 Night Team Building Camp
 - Each team member pays \$100
- Team Challenges / Bandanas
 - Tower Building
 - Watermelon Relay
 - Scavenger Hunt
 - Canoe Derby
 - Breast Cancer Shirt Design
 - Miniature Golf
 - Bowling
 - Skits
 - Kitchen Duty



North Lakeland
Discovery Center

Team Building Retreat

- Family Oriented Fun
- Entire XC/TF Coaching Staff
- Coaching Staff Families

- Daily Challenges & Trail Runs
- Free Time – hiking, canoeing, kayaking, basketball, napping

- Teams take turns preparing & serving meals to each other
- Evening Camp Fire Activities (*build trust & friendships*)



Key #1 - Culture / Atmosphere / Tradition

- Team Meeting on move-in day
 - Team Meeting 2 weeks later
- Team Rules / Expectations
 - Kid friendly language
 - One and done
 - Tardy policy

Key #2 - Relentless Recruiting

- New team each year
- Recruiting Coordinator
- 10 Men's & 10 Women's Cross Country Scholarships
 - Amount based on ability/talent level
 - "Full-ride" or international scholarships
 - Rely heavily on Pell Grants, academics, Iowa & Bordering States
- Typically 10-15 women and 20-35 men in XC program
 - Yes, that is a lot of walk-ons!

Cost for a Nebraska Student

High School GPA \geq 3.00 (15-18c)

Tuition	\$5,900
Housing Deposit	\$125
Room/Board	<u>\$6,850</u>
	\$12,875

Out of State (15-18 credits)

Tuition	\$8,200
Housing Deposit	\$125
Room/Board	<u>\$6,850</u>
	\$15,175

Key #3 - Academics

- This is why they are in college!
- Employment beyond IC
- Team study hall
 - Entire XC/TF Coaching Staff checks grades
- Poor Grades or attendance = no travel
 - Make examples early

Key #4 - Meet Scheduling

- Early season / shorter distance meets
- Lots of High School Boys learning to race at 8k
 - Progress your distances
 - 5k to 6k to 4m
 - Team results
 - Who races? **Is EVERY meet important?**
 - Will hold anyone out for the smallest thing (injury/academics/attendance)

Key #4 - Meet Scheduling

- First competition – Region Time Trial (5k)
No Spikes / Target Mile Pace / Pack Running
- Do not race ridiculously fast courses early on!
- Emphasis on JV Athletes & Schedule: Region, JV Cup, HM

Key #5 – Strength Training

- Have a sound plan, make time for it
- Pre-Season – only core exercises, nothing in the weight room.
 - 45-60 minutes total build up to 1 minute per exercise
- In Season
 - Tuesday & Thursday – Circuit Days
 - Wednesday, Friday – Core days
 - Saturday (post meet) – “mini-core”
- **PURPOSE:** address as many of the common weaknesses or inefficiencies on our team with a 14-station circuit (Groups of 3)

FMS Circuit

- Functional Movement Screen (FMS)
 - Identify weaknesses / inefficient movements
 - 7 tests / 10-15 minutes per person by our Athletic Trainer
- Initial screening took place August 20th – 22nd prior to first competition
- By September 11th we were in the weight room 2 days per week completing 1-2 FMS circuits each day.
- Retested at the end of the month

Our FMS Circuit

- #1 – Single Leg Swiss Ball Jack Knife
- #2 – Dumbbell Box Step Ups
- #3 – Dead Bugs
- #4 – Mountain Climbers WITH Band (alternating legs)
- #5 – Goblet Squats
- #6 – Shin Stretch (On Rollers)
- #7 – Torso Twist WITH Band
- #8 – Single Leg Push Up on Barbell
- #9 – Calf raises
- #10 – Pretzel Stretch / Iron Cross
- #11 – Windshield Wipers
- #12 – Single Leg Good Mornings WITH Band
- #13 – Hamstring Roller
- #14 – Bench Bridges

FMS Testing Results

- Scoring
 - 1 = poor 3 = excellent
 - Final score is summation of all 7 movement scores
 - Highest score would be $7 * 3 = 21$
- Initial testing of 17 athletes
 - Averaged 13.8
- Retest of same 17 athletes
 - Averaged 15.8

Key #6 – Communication

- How do I build trust?
 - Trust them first until proven otherwise
 - Allow them to be kids, they will mess up. Be there to pick them up
 - 1 Day Rule
- Befriend them but make sure you aren't their friend.
- Coach them equally. Treat them equally. No favorites!
 - Scholarship vs Walk On Varsity vs JV
 - Men vs Women #1 vs #40

Key #6 – Communication: Campus Visits

I want my athletes to be more:

RESPONSIBLE
ACCOUNTABLE
PUNCTUAL

Young adults capable of making good decisions to be successful in their next step after Iowa Central

Do I have to try out to be on the team?

Key #6 – Communication: Individual Meetings

- During Preseason upon return from Team Camp
 - How has the athlete settled in so far / Transition from HS
 - Roommates / issues
 - Goals for XC/TF/Academics/Training
 - Sophomores – Plans beyond Iowa Central
 - Prior Training Volumes / Training Age / Injury History
- Post XC (Nov/Dec)
 - Oral post season evaluation
- Track Season (Jan)
 - Goal Setting for Indoor / Outdoor / Training

Key #6 – Communication: Weekly Meetings

- 3-5 minute motivational video
- Housekeeping items
- Return Training Logs
- Address the past weekend's competition or practice
- 2 hand outs for the week
 - Daily Schedule
 - Spreadsheet with mileage
- Meet with Athletic Trainer

Tuesday, September 18 (Bus #)

RACE SIMULATION WORKOUT (MENTALLY CHALLENGING!!)

2:00 pm – Workout Sunkissed Meadows (12 miles men / 10.5 women)

Everyone – Short Warm up.

Long Cool down: Marion, Lilian, Winrose, Marta, Abeba, Florance (10m); Jhordan, Ezekiel, Innocent, Will Whalen (11 m)

Women: 2000m at tempo pace; 3 minute rest; 3x800m at race pace (half rest); 3x400m (each one faster); 90s rest

Men: 3200m at tempo pace; 4 minute rest; 4x800m at race pace (half rest); 4x400m (each one faster); 90s rest

5:00 pm – FMS Circuit Training

Wednesday, September 19

2:30 pm – Follow the leader at Kennedy Park

Followed by Hurdle Drills at Rec

8:00-10pm Cross Country Team STUDY HALL in AST 105 (mandatory)

Thursday, September 20

2:00 pm – Easy Run in Town / Followed by Mini-Core

University of Arkansas Group (Chile Pepper Festival)

Bring Training Logs

Depart from Cafeteria after dinner 5:30pm in Van #47

Drive 4 hours to Kansas City, MO tonight

Wingate by Wyndham – 7 rooms

4231 N. Corrington Ave

Kansas City, MO 64117 816-452-6212

Pool until 10pm / Breakfast 6-9am

Friday, September 21

7:00 am – Team Breakfast / 7:30 load bus

Leave for Fayetteville, Arkansas (3:45 away)

Run course (5miles/3 miles) when we arrive

@ Augustana College (Rock Island, IL) With Coach Ekel & Caleb

JV Departs from Café at 9:10 am (dismissed after 8 am class)

3:00 pm – Women's Gold Race (6k)

2018 Triton Cross Country Week 7 Plan (75% Vol)

17-Sep 18-Sep 19-Sep 20-Sep 21-Sep 22-Sep 23-Sep

First Name	Last Name	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total	GOAL
Marion	Bartilol	0	10	5	4	3	7	13	42	42
Lilian	Busienei	0	10	5	4	3	7	13	42	42
Winrose	Chesang	0	10	5	4	3	7	13	42	42
Jade	Ford	0	8	2.5	2	7.5	2	11	33	30
Stacey	Fox	0	8	2.5	2	7.5	2	10	32	26.25
Mackenzie	Gaherty	0	8	2.5	4	3	7	13	37.5	37.5
Marta	Lukijaniuk	0	10	7.5	4	3	7	13	44.5	45
Janet	Nyamboneka	0	8	2.5	2	7.5	2	11	33	30
Abeba	Sullivan	0	10	7.5	4	3	7	13	44.5	45
Florance	Uwajeneza	0	10	5	4	3	7	13	42	42

Long

First Name	Last Name	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total	GOAL
Thomas	Bryant		9	2.5	4	9	3	10	37.5	37.5
Noah	Bundrock		9	5	4	9	3	15	45	45
Jhordan	Ccope Tapara		11	7.5	8	5	9	15	55.5	56.25
Miguel	Coca		9	5	4	9	4	14	45	45
Aaron	Cox		9	2.5	4	9	0	10	34.5	30
Trevor	Darling	2	4	2.5	4	4	4	8	28.5	37.5
Caleb	Delauriers							BIKE	0	30
Lars	Elsbernd		9	2.5	4	9	3	10	37.5	37.5
Moise	Habineza		9	5	4	9	4	14	45	45

Key #6 – Communication: Training Logs

- Meet Schedule
- Warm Up Routine
- Core Routine
- Weekly Diary / Log Pages
- Goal Sheet
- Race Evaluation
- History / Records / Top Times
- ICXCTF Code of Conduct

Athlete Biography

Athlete Name _____ M/F _____ Frosh/Soph _____

High School _____ Class/Division _____ of _____

Height _____ Weight _____ BMI _____

Weight on: Sept 1. _____ Oct 1. _____ Nov 1. _____

DOB _____ Age _____ Training Age _____

Years of HS Cross Country _____ Years of HS Track and Field _____

Years of MS Running _____ Total Years of Running _____

HS PRS: 800m _____ 1500/Mile _____ 3k/5k _____ XC 4k/3m/5k _____

College PRS: 800m _____ 1500/Mile _____ 3k/5k _____ XC 5k/6k/8k _____

Average MPW Last year _____ Largest MPW last year _____ Longest Run ly _____

DISTANCE RUNNING LOG

Goal for the week: _____

"In order to succeed, we must first believe that we can"
-Nikos Kazantzakis

Date/Day	Miles & Minutes	Hours of Sleep	Morning Heart Rate	Workouts & Comments (How did you feel today?)
Mon 8/20				
Tues 8/21				

Goal Sheet

Meet: **Region XI Time Trial**

Date: **8/25/18**

Location: **Bettendorf, IA**

List at least 3 goals for this meet. Be specific:

- 1.
- 2.
- 3.

Any additional tactics or strategies?

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Share, Comment, and Annotation Icons

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Race Evaluation

Meet: **Region XI Time Trial**

Date: **8/25/18**

Location: **Bettendorf, IA**

Height: _____

Weight: _____

BMI: _____

Weather Conditions/Temperature _____

Race Course Difficulty (scale of 1 to 10, where 1 is easier) _____

Finish time _____ Overall Place _____ Place on our team _____

Your mile splits _____, _____, _____, _____

In general, were you pleased with your performance? _____

Why, or why not? _____

Key #6 – Communication / Key #7 – Training

- One Training Plan with 40ish variations
- Not a dictatorship
 - Our Training Plan Reflects the Goals of the Athletes
 - I welcome input / make them part of the process
- JV athletes like the structure
- Varsity athletes will have ideas on
 - Volume
 - Doubles
 - Rearranging daily schedules to fit / Days Off

Key #7 - Training Plan (Daily)

- Meet in Courtyard / Receive Email From Training Room
- Warm up Routine
- Daily Announcements
- Break into training groups if necessary

- Return from run
- Strides / stretch / training room / weights / etc.

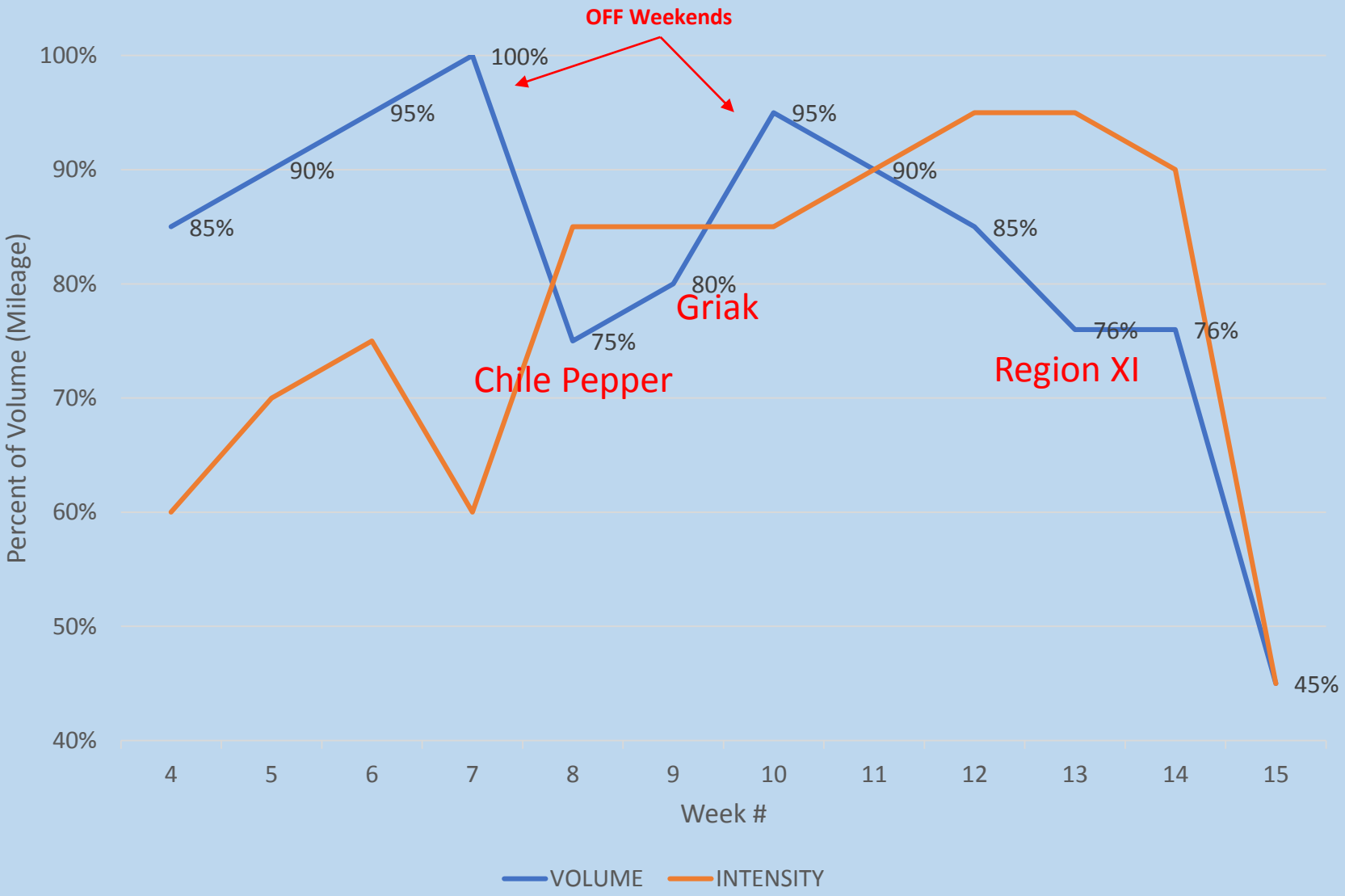
Key #7 - Training Plan (Weekly)

- Monday – Day Off / Team Meeting
- Tuesday – Hardest day of week
- Wednesday – Recovery Day (*could be doubles*) / Lab Day
- Thursday – Moderate Day
- Friday – Pre-Meet Day
- Saturday – Race Day
- Sunday – (7 am) Long Run Day

Key #7 - Training Plan (Fall)

- Pre-Season(Weeks 1-3) is for building (***relationships & mileage***)
 - 3x per day
- First 1-2 weeks I will give them a mileage range for the day
- Training Plan starts at week 4

Planned Volume (Fall)



Planned Volume (Season)



Considerations

It is a **PLAN**. It changes (a lot).

“Ready to Play” from Injury

Transitional week(s)

Adjust “max” and recalculate

Competing at Indoor Nationals?

No – recovery week while I am gone

Yes – drop volume further

Workouts

- Have benchmark workouts
- Most are timed, some are better off being perceived effort
 - A lot of that in winter training / weather dependent
- RECORD KEEPING
 - 15 years of performances on each course and each workout
 - See where our team is now compared to past teams

Conclusion

RELATIONSHIPS

EXPERIENCES

THANK YOU!

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