

# The Importance of the Track Season and Attention to the Little Details



# Our Season

- Superior training weather in December, January and February so we take advantage and try to get develop a strong mileage base. During this time, it is much easier to build up our mileage compared to the over 96 degrees/97 percent humidity days of summer!
- Mandatory practice January 21<sup>st</sup>
- Pre Season Classics Allowed February 4<sup>th</sup> (We won't compete then)
- First Regular Season Meet Allowed February 11th
- Our first meet will be our home meet on President's day. We like to give our athletes more training time before we open up!
- Last Regular Season meet date April 6<sup>th</sup>.
- State Championship May 3<sup>rd</sup> and May 4<sup>th</sup>





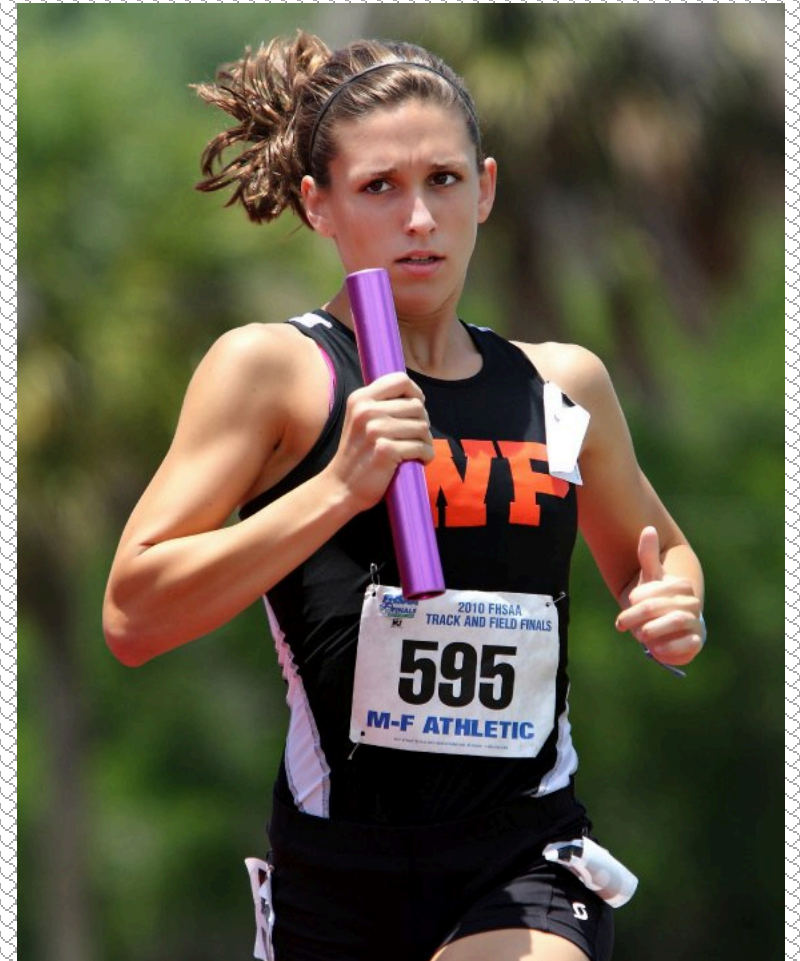
- Track times attractive to colleges, Cross Country times too much variability due to varying course length, terrain, and weather.
- Prepare athletes for college.
- Develop speed and versatility.
- Variety helps break up the monotony.
- Track is awesome. It is FUN to run fast!
- Athletes enjoy running relays.





# Event Selection

- **Consider the team's depth in each event.**
- **Depth amongst competition in Conference and State Series.**
- **Training age/athlete's background**
- **Emphasis on Relays and the Team**
- **Foot Speed**



# Race Preparation

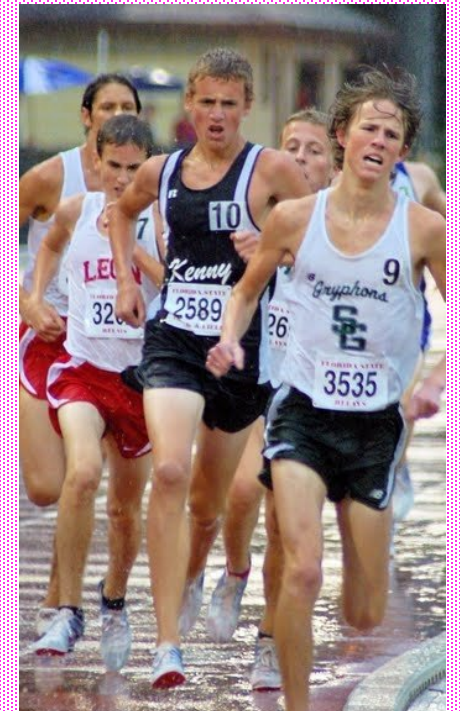
- Number of races and race selection
- Race up and down in distance
- Benefits of the 4 x 400
- Going out fast/getting in position
- Training feels harder than races
- Short and long ladders keep training interesting





# My Experiences/Beliefs

- **It's all about the mile! If you can run a strong mile, I can move you up or down. If a girl can run a fast 1600m, then coming through in 5:30 or faster for her first mile of a 3200m/2 mile will feel much easier.**
- **May want to pick a season to focus on an event shorter or longer than an athlete's primary event. Focusing on foot speed or strength will work on one's weakness and you just might find another event in which an athlete can excel.**
- **Relays are super fun so let your stud(s) join in on the excitement! I have found most of my super stars' favorite memories came from winning a relay not individually.**



# My Experiences/Beliefs continued...

- Don't double/triple athletes often, unless the 2<sup>nd</sup> event is the 4 x 400m. In Florida, the 4 x 400 is the last event and a great workout and tons of fun! Our athletes build the strength to double/triple in the post season through their workouts, not regular season races.
- Plan out an athlete's personal racing schedule for the entire season, working backwards from their projected last meet.
- Keep your mileage base up and threshold workouts as long as possible.
- Mix up the workouts using various ladders to keep it interesting and allow kids to be able to pick it up/surge in races. We always end with something short and fast!
- Work on the 3<sup>rd</sup> lap of the 1600m and the 6<sup>th</sup> lap of the 3200m, both are places where athletes commonly slow down. One way we do that is with sets of decreasing 400s.

Example: 3 sets of 3 x 400m in (75, 74, 73) with 200 jog between 400s, 400 jog in between sets. It gets hard midway through the 2<sup>nd</sup> set!

# Additional Workouts

- 3.5 mile tempo around Lake Baldwin
- 1600m, 1200m, 800m, 400m, 200m (Recovery 3 min, 2.5 min, 2 min, start 200m when ready, usually a few min)
- 3 x 1600m, 400m (2 min in between)
- 800m, 400m, 400m, 300m, 200m, 200m (400 jog in between)
- 1200m, 800m, 400m 800m, 400m, 400 m (400 jog in between)
- 800m, 600m, 400m, 400m, 300m, 200m, 200m (400 jog in between)
- 2000m tempo followed by 3 x 400m and a 200m (2 min after tempo, 3 min after 400)
- 400 hard, 1000 tempo, 400 hard, 1000 tempo, 1000 tempo, 400 hard  
(Recovery 2 min after tempo, 3 min after 400 sometimes start with tempo, always end with the 400 though)
- 1.5 miles, 1600m, 800m, 400m, 200m. (3 min rec, 2.5 min, 2 min, 200m when ready)



# The Little Details

- I constantly preach, "Champions take care of the little Details."
- Champions pay attention to nutrition, hydration, post run stretching, icing, proper warm up, communication about potential injuries, adequate sleep, proper cool downs.
- I remind my athletes to be a Champion you don't have to be the race winner, but instead, you take care of the little details to be the best you can be.
- All I ask is to give your best. Your best today may be different than your best tomorrow or yesterday, if you are sick, sore from high mileage, had 5 tests today, etc.

# The Little Details Continued...

- **Positive attitudes are contagious and so are negative ones! It is VERY hot in Florida and can be quite miserable training in the awful heat and humidity. We race in this same heat and our competitors also have to deal with the same poor conditions. How we deal with the challenge determines our success on race day.**
- **The coaches, captains and top runners set the team culture. They are role models and should lead through both words and actions. We demand utmost sportsmanship, and encourage team wide hard work, kindness and team spirit.**
- **Celebrate the success of your team mates and competitors alike. Of course we want one of our Wildcats to win, but if they don't, our competitors are making us better too and we want our athletes to be kind and good sports!**





# QUESTIONS?



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