



Cross Country season from a coach and athlete perspective

Brad Jenny - Doane XC and Track coach since 1999, 800 runner in college

Annika Pingel - Doane Alum and Current XC and Track coach, ran everything in college

Coaching philosophy - Relationships; Show up, Work hard, Have a great attitude

Consistency - In coaching and in training, more important than perfection

Collaboration - Working with athletes to get the best out of them, when they have some ownership in the program there is more buy-in, more buy-in produces better results

Individualization - Training each person the way it works best for them

Summer training - consistency most important

- Start with easy miles
- Add hill sprints and workouts
- Increase miles and intensity
- Have a goal at the end of the summer we are working toward
 - Team time trial?

Early season - adjusting to training and racing

- Volume goes down to adjust to new stressors
 - Intensity often goes up when team is all together
 - School stress is real
 - More accountability in running and lifting may add to work load

Mid-season - staying motivated, learning about yourself, training with intent to race better

- Hopefully in a good place to train really well and race strong
- Make sure we are learning from training and racing to get better mentally
- Make sure there is continued team building - can be forgotten after early season

Late season - ready to race as well as you can

- Rest and recovery are a premium
- Quality work while pulling back volume
- Talking to the team about what workouts make them feel good
- Bringing it all together to have our best race when it counts

ATHLETIC DEPARTMENT

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