

Coaching High School Cross Country--Joe Tribble, Atlanta, Georgia

Three Presentations: Training (including my Background); Racing; & Maintenance
Each Presentation, 40 minutes then 10 minutes for Questions and Answers

I My Background

Mentors--High School running, University running; "Whatever makes you a better Cross Country Runner makes you a better person" Leon Greeson

My Coaching Cross Country--40 years, 1984-2023, I am Thankful to God for it all, *Soli Deo gloria*

30 State Championships--Each Championship Won by the RUNNERS, not the Coach

What worked for me (Dave Wottle)

How They Did It: Training, Racing, Maintenance

II Training--"the hardest thing is putting your shorts on" Ron Clarke

Training For Excellence, Runners Becoming the Very Best They Can Be; Winning

"Better to be Undertrained than Overstrained" Paul Koshewa

Friendly Competition on the Team; the Push-Pull Effect, Depth and Victory

Learning to Run Fast When You Can't or Don't Want to--The Key to the Whole Sport

It is *NOT* How You Feel, it is How You are Trained--Trust your Training

III Racing--"God has done His part, the rest is up to me" Billy Mills

"In Belgium a Cross Country runner dies three times in a race to win" William Van Dijk

"*Annat vain Kaiken*" Lasse Viren

The start is not decisive, the finish is decisive

You train together so run together especially in a race; pack running, side by side, *Curahee*

Keep moving throughout the race while others settle, up and OVER hills

Accept the pain, you must run well & fast when you are tired--again, that is the whole sport

run with Abandon, run with Confidence, run with Patience

IV Maintenance--Little things add up to big things

Sleep, Stretch, Recovery--running hard is easy; running easy is hard,

Eating and Drinking--Fuel the body, Recording efforts, the Everything bag

Becoming a student of your sport (Bill Bowerman)

Final Summary, Thank you