

Keys to *DEVELOPING* a Fast Freshman Girl into a Faster Senior

JEREMY HASELHORST - PL SOUTH HS

HEAD GIRLS CROSS COUNTRY & ASSISTANT TRACK (GIRLS DISTANCE)

jeremy.haselhorst@plcschools.org

402-312-3315



COACHING RESUME

25 years coaching ladies, 22 @ PL South

CROSS COUNTRY

3x State Champions (2010, 2014, 2015)

- 11 Top-5 finishes
- Qualified for state 18 out of 22 years
- Current Streak – 17 consecutive state meets

30 individual state medals – 16 ladies

- Current Streak – 11 years with a medalist, 8 different ladies

TRACK & FIELD

2x State Champions (2023, 2025)

2x State Runner-Up (2019, 2024)

State Medalists (# in last 5 years):

- 800 – 8 (5 – 5 different ladies)
- 1600 – 12 (6 – 5 different ladies)
- 3200 – 10 (4 – 3 different ladies)
- 4 x 8 – 9 (4)

Mental Performance Mastery Certified Coach



WHAT DO YOU SEE?



Jane Hedengren

Recent graduate of Timpview HS (Utah)

2024 Nike Cross National Champion in
Course Record of 16:32.7

June 5th @ HOKA HS Girls Championship
Mile Race she broke the girls HS 1 mile
record by almost 5 seconds, running 4:23.50

June 8th @ Brooks PR Invitational she set the
High School 2-mile record in 9:17.75



Women remain vastly underrepresented in health research, with only 6% of sports science studies focusing exclusively on female physiology.

That means most products, protocols, and recommendations are built for men, and women are often left to adapt or go without.

That's not just a gap. It's a barrier.

MOMENTOUS EMAIL ON JUNE 13TH, 2025

A SUPPLEMENT COMPANY



You notice what happens sometimes to female athletes. She hits puberty; her times get slower or plateau. She is confused; she is working harder than ever. Clueless adults who are overly invested in her "performance" will grieve, as if her worth is based solely on PRs. This makes you scared of growing up.

Seeing girls go through this is confusing because there is a story once told to you about running: 'You get out what you put in.' You've heard there is a direct line between effort and improvement, between wanting it more and winning. This is a 'truth' written by men, based on the experience of boys and men. Your male teammates are bathing in testosterone, a dramatic performance enhancer. You will not. You are about to bathe in different hormones, hormones that, more often than not, temporarily interrupt that promised straight line of improvement.

You'll see girls react to a changing body in three ways: give up, ride it out, or fight against it. With 100 percent confidence, I can tell you the best choice is to ride it out. The best is yet to come.

Go to the school where you can order French fries and do it without shame. Go to the school where the majority of girls look athletic and healthy, with hydrated muscles, and get their periods. Listen to how they talk about themselves--and one another. Listen to what they value.



"Dear Younger Me"
-Lauren
Fleshman
MileSplit



QUESTIONS I'VE ASKED MYSELF

If ladies in my program regularly run their fastest as a freshmen/sophomore, what does that say about my training program and coaching decisions?

How do we make staying healthy a priority in our program?

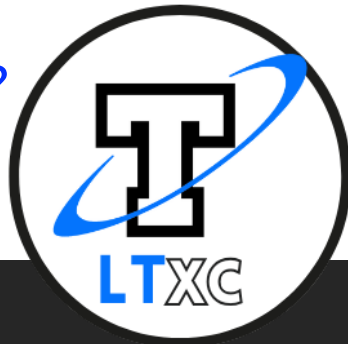
- Avoid common female injuries – hip issues, IT Band, Stress Fractures

How can I use the fact that I only coach ladies as a competitive advantage?

If the female plateau is inevitable, how do we make it as short as possible?

What makes female distance runners uniquely different from males? Is this item an ASSET or a LIABILITY?

Am I trying to maximize their freshman year, or their career (including college & beyond?)



FOCUS TODAY

3 THINGS BEFORE MORE MILES

1. Mechanics
2. Mindset
3. Maturity

3 CRITICAL CONVERSATIONS

1. Food is Fuel (RED-S)
2. Female Athlete Triad
3. Ferritin/Iron Levels

LTXC PROGRAM GOAL: Run a LOT (as a Senior)!
HOW? Stay healthy so we can stack quality
training block on top of quality training block
& repeat for FOUR years!



OUR GOAL - GIVE HOPE: Show improvement over 4 years throughout our program's history!

Our program's last 4 state medalists.

Kaylie C. ('21)	9 th	10 th	11 th	12 th
State XC	19:34.0	18:42.5	18:37.1	18:31.3
3200	11:24.04	11:07.25	Covid	10:50.61
1600	5:28.52	5:19.97	Covid	5:02.04
800	DNR	2:31.1	Covid	2:17.58

Kaitlyn S. ('24)	9 th	10 th	11 th	12 th
State XC	19:41.2	20:18.7	18:48.9	19:00.2
3200	DNR	12:23.33	11:22.27	10:51.34
1600	5:31.58	5:23.08	5:12.37	5:01.80
800	2:32.9	2:27.2	2:18.57	2:18.52

Deavion D. ('22)	9 th	10 th	11 th	12 th
State XC	20:44.6	21:38.7	20:03.6	19:41.0
3200	12:39.82	COVID	DNR	DNR
1600	5:44.84	COVID	5:16.86	5:16.51
800	2:31.4	COVID	2:21.4	2:17.7

Marissa G. ('25)	9 th	10 th	11 th	12 th
State XC	20:47.8	21:32.1	DNR	19:15.5
3200	DNR	DNR	DNR	11:10.05
1600	5:37.71	5:23.61	5:23.71	5:02.88
800	2:30.9	2:24.7	2:23.5	2:18.2

MECHANICS before more miles!

Build a Better ATHLETE, Not Just a Better RUNNER!

Coach Jay Johnson – Build the Chassis to Support a Big Engine!

Focus on Strength that Supports: Hips, Posture, & Movement Patterns

Too Many Miles on a Weak Chassis = Injury!

Strength Minimizes the Plateau!

**Short Hill Sprints, Med Ball Work,
Body Weight Strength, Get in the Weight Room**



MECHANICS before more miles!

- *Fix the Floppy Foot! – Small Shin Angle**
- *Fix the Foot that Flips Out! – Pull the Foot to Your Behind**
- *Fix the Tight Rope Walker! – Feel Feet Under Hips**
- *Get Tall! – Big in the Front, Small in the Back**

RESOURCE:
altis.world

Free Motion IQ
Biomechanics
Course

Too Many Miles on Poor Mechanics = Injury!

Proper Mechanics Minimizes the Plateau!

**We spend quality time on Mini-Hurdles,
Skipping, Hopping, Plyos, Strength!**



MINDSET before more miles!

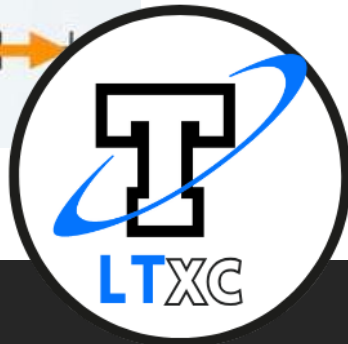
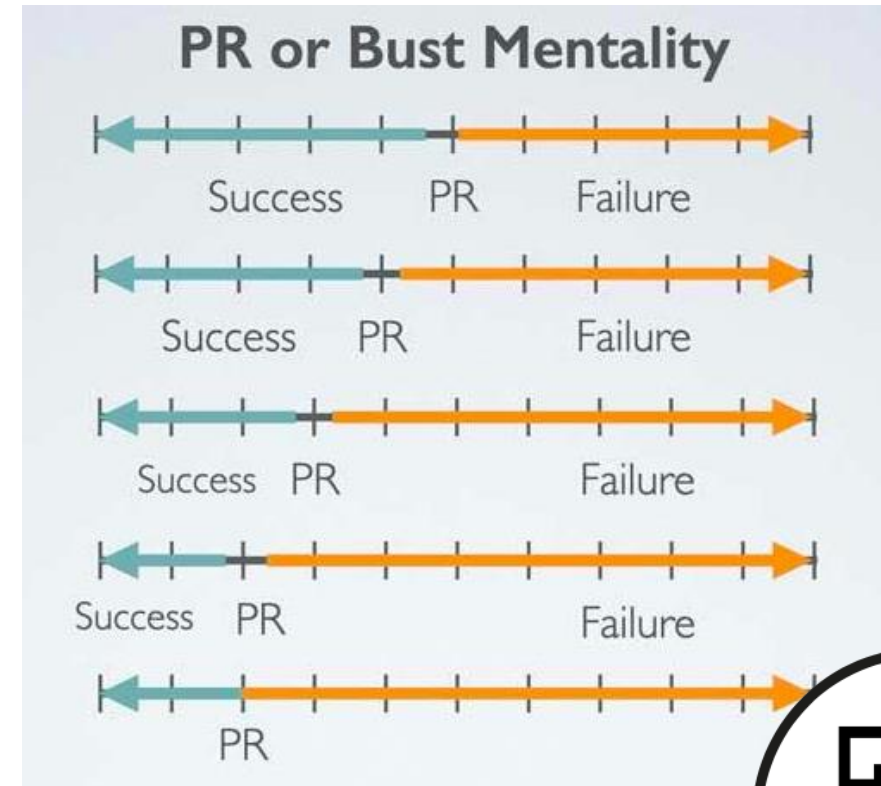
Can she handle “**FAILURE**”?

Is her **IDENTITY** wrapped up in her performance?

Does she have a healthy **BODY IMAGE**?

What’s her relationship with **FOOD** and **REST**?

Don’t expect an underclassman to **LEAD**!



MINDSET before more miles!



Let Her Mind Catch Up to Her Body (I see the opposite in boys)

She will probably have the physical capability to do the work before the mental

HOW WE DEVELOP OUR LADIES' MINDSET:

- **Journaling (see QR Code)**
- **Minimize goal times at practice until they can mentally handle not hitting them (Process > Results)**
- **Lots of little conversations**



MATURITY before more miles!

HABITS: Fuels, Hydrates, Recovers, & Sleeps like a CHAMPION!

MENTAL: Has a strong GROWTH mindset!

GOALS: Is process focused over results focused!

PHYSICAL: Her body has changed from a girl to a woman!



BONUS

Specific Adaptation to Imposed Demands (SAID Principle)

- Have a progression and be ready to take the next step when things plateau (over months, not weeks)
- Don't take the next step until performance & training shows you need to!

Minimum Effective Dose

- “Less is More” for as long as you can, then up the dose
- Just because a talented freshman CAN do more doesn't mean she should!
- Let her race with the big dogs and train like a freshman



LTXC Big Picture Training Development

	FRESHMEN	SOPHOMORES & JUNIORS	SENIORS
Miles Per Week	15-25	25-35	35-55
Weekly Training Sessions	4-5 running 1 cross training/walking	5-6 running 1 cross training (?)	5-8 running 1 cross training (?)
Regular Season Track Meet	max of 10 laps in 2 races <i>*I prefer they not run 3200, I'd rather focus on being faster</i>	max of 12 laps in 3 races <i>*Introduce 3200 to Sophomores</i>	max of 12 laps in 3 races
Championship Season Track	2 races – 3 if no 3200	3 races – 4 if no 3200	3 races – 4 if no 3200
Comments	ADJUST TO HIGH SCHOOL Focus is on mechanics & building a better athlete	LEARN HOW TO TRAIN! Juniors -- little change b/c of extra stress – ACT test, AP classes, Leadership	If they take a late start, then 2 days of doubles a week. We won't sacrifice sleep!
Thought	What if being in your program for the 1 st time is enough of a new stimulus?	When the "plateau" hits, focus on raising her floor!	Time to go ALL in!

NOTE: There are exceptions to every training progression!

AEROBIC IS THE WAY!

Race distance (m)	% $\dot{V}O_{2\max}$	% Aerobic	% Anaerobic
800	115–130	60–70	30–40
1500	105–115	80–85	15–20
3000	~100	85–90	10–15
5000	95–100	90–95	5–19

This type of table is built using data from WORLD CLASS MEN.
DURATION of the event means more than the DISTANCE.

Our Training is based on LOTS of Fartlek, Hilly Runs,
Cutdowns, Steady Runs! (Even during Track)



AEROBIC IS THE WAY!



Anatomic and physiologic considerations

Aerobic performance

Aerobic capacity in female athletes is typically 10% lower than male athletes when normalized for lean body mass. Factors contributing to a lower aerobic capacity in women are smaller hearts and thoracic cavities with smaller lung volumes, less blood volume, fewer red blood cells, and less hemoglobin. The gap in female endurance performance records compared to males is narrowing for marathons and triathlons, but may not equalize due to inherent differences in body composition and aerobic capacity.

Anaerobic performance

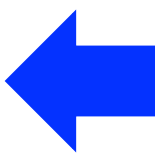
Females have a lower maximal anaerobic threshold than males, which may be due to differences in muscle mass and/or training differences.

The Female Athlete

Handbook of Sports Medicine and Science

IOC Medical Commission Publication

Published in 2015



If this is true for Olympic caliber women, what does it mean for our HS athletes?



LTXC Example from '25 Track Season

	Marissa	Ashlyn	Emily
Grade	Senior	Sophomore	8 th Grader
Max MPW	42	30	22
Weekly Training Sessions	8 Total in 6 Days 6-8 Running, 0-2 Cross Train	6 Total in 6 Days 5-6 Running, 0-1 Cross Train	5-6 Total in 6 Days 5 Running, 0-1 Cross Train
Incoming PRs	1600: 5:23.61 -- 800: 2:23.5	1600: 5:43.71 -- 800: 2:33.3	1600: 5:12.90
New PRs	1600: 5:02.88 -- 800: 2:18.5	1600: 5:10.14 -- 800: 2:16.77	1600: 4:55.06
Biggest Growth Area	Mindset & Fueling	Mindset & Commitment to the Process	Mechanics, 1 Training Plan, & fewer "Hard" days
State Meet Performance	4x8 – State Champ 3200 – 5 th 1600 – 3 rd	4x8 – State Champ 800 – 2 nd 1600 – 4 th	1600 – State Champ JH State Meet Record

Our “Big Track” Workout

3 times per season (Weeks 2, 5, & 9)

	Marissa (12 th)	Ashlyn (10 TH)	Emily (8 th)
Warm-Up	15 mins @ 7:30-7:45 pace	15 mins @ 7:30-7:45 pace	10 mins @ 7:30-7:45
Tempo	2k @ 6:28 pace w/ 5 min R	1600 @ 6:28 pace w/ 5 min R	1200 @ 6:28 pace w/ 5 min R
800s	x3 w/ 2:30 Recovery 3:00 – 2:56 – 2:52	x2 w/ 2:30 Recovery 3:00 – 2:56	x2 w/ 2:30 Recovery 3:00 – 2:56
400s	x3 w/ 2:00 Recovery 1:26 – 1:24 – 1:22	x2 w/ 2:00 Recovery 1:26 – 1:24	x2 w/ 2:00 Recovery 1:26 – 1:24
200s (Spikes)	x4 w/ 1:30 Recovery 40 – 39 – 38 – 37	x4 w/ 1:30 Recovery 40 – 39 – 38 – 37	x4 w/ 1:30 Recovery 40 – 39 – 38 – 37
100s (Spikes)	x4 w/ Walk Back Recovery Focus on Form & Feel Fast	x4 w/ Walk Back Recovery Focus on Form & Feel Fast	x4 w/ Walk Back Recovery Focus on Form & Feel Fast
Cool Down	15 mins @ 7:30-7:45 pace	10 mins Easy	10 mins Easy
Total Mileage	~8.25	~6.75	~6.25

CRITICAL CONVERSATION #1:

Food is Fuel (RED-S)



RED-S: Relative Energy Deficiency in Sports

Any Food > No Food

You can't eat like a bird and expect to
COMPETE like a lioness!



CRITICAL CONVERSATION #1:

Food is Fuel (RED-S)

Does your culture promote a **HEALTHY** relationship with food?

Are there any taboo foods/drinks in your program?
If Yes, Why?

What we do:

- *Provide Fuel after Practice
- *Talk about Fuel...EVERY DAY!
- *Educate our Ladies & their Parents

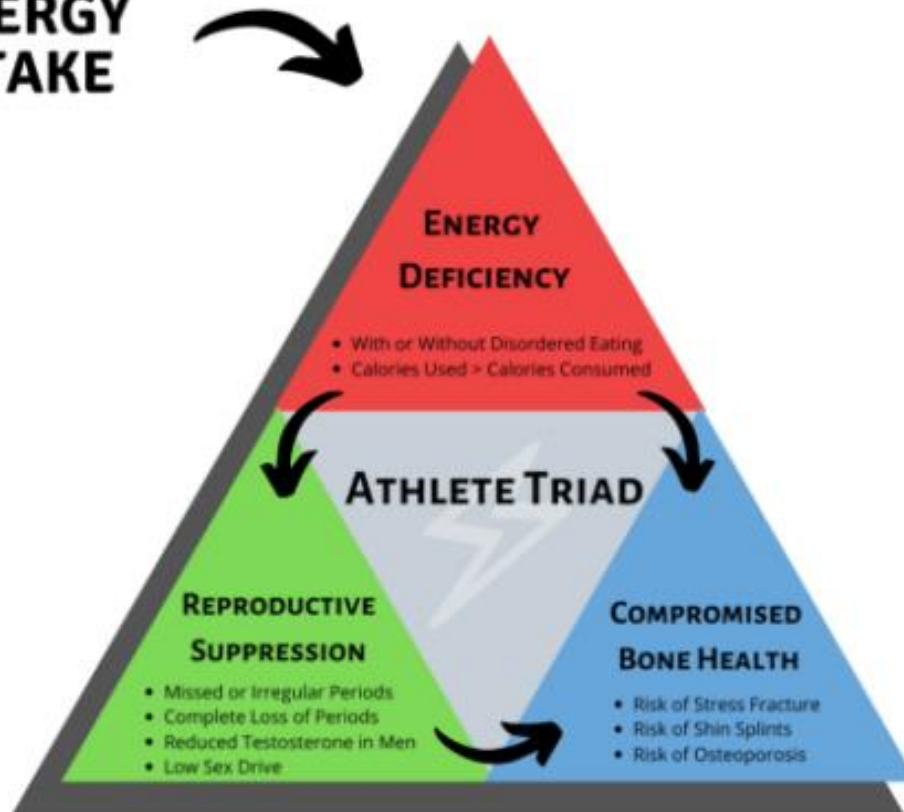


CRITICAL CONVERSATION #2:

Female Athlete Triad



**INADEQUATE
ENERGY
INTAKE**



=

**IMPAIRED HEALTH CAN
IMPAIR
PERFORMANCE**

YOU CANNOT REACH PEAK PERFORMANCE IF
YOU ARE NOT HEALTHY ENOUGH TO TRAIN

WHEN YOU ARE NOT
CONSUMING ENOUGH
CALORIES EACH DAY TO
MEET THE NEEDS FOR
YOUR LEVEL OF PHYSICAL
ACTIVITY, YOUR BODY
BEGINS TO ALTER
IMPORTANT SYSTEMS

**F.A.T.
Handout**



CRITICAL CONVERSATION #3:

Ferritin/Iron Levels (QR Code – Handout)



ITEM	What It Does	"Normal" Levels	Runner Needs
Ferritin	Storage Protein for Iron (Savings Account)	Anything > 10	> 40
Serum Iron	Critical Mineral for Producing Hemoglobin (Checking Account)	50 – 170	50 – 170
Hemoglobin	Protein Chain that delivers oxygen to the body	12.0-12.5	>13.5

We encourage our athletes to get their iron tested 3-4 times per year. Why? A single test is just a snapshot in time. Multiple tests show us a trend.

On our team we seem to see low iron levels hit during an athlete's sophomore-junior season, having data from their freshmen year helps see those trends!

What Tests Should You Have Done? Complete Blood Count (CBC) and Serum Ferritin

NOTE: You don't need a doctor's order to have these tests run.



**I would enjoy talking
with you more about
this – call, email, text!**

jeremy.haselhorst@plcschools.org

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