

Training Tactics and Season Planning

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General Philosophy

- Every kid is an athlete: Find a way to unlock the competitor within
- Coach the athletes, not the sport
- Go "All In" as a coach: Total commitment 24-7-365
- Earn every athlete's trust
 - Listen
- Earn every athlete's respect
- Be an example
 - Run with your athletes as much as possible

Goal Setting

1. Be realistic
2. Don't underestimate your athletes
3. Don't promise the moon if you're not confident you can deliver
4. Don't be afraid to promise the moon
5. Get out of your comfort zone
 - Make goals challenging
 - Don't be afraid to fail

Three-Level Progression

Freshmen: Focus on Leg speed and core strength (injury prevention)

Goals: Get them to love the sport

Have fun

Keep them healthy

Sophomores: Focus on Aerobic development

Goals: Show significant improvement

Learn race tactics

Become students of the sport

Be patient: Success comes with experience

Juniors & Seniors: Put it All Together

Goals: Dissect habits, strengths and weaknesses

Teak form

Show marked improvement

Further running education

Take more risks

The Season

Established the goal of winning state for 2006 in 2004 as a team

Keys to Success

1. Great senior leadership
2. Outstanding work ethic
3. Great communication

Training

Periodization: Based on volume more than energy systems
Always working on the whole runner

- Phase I: Early base phase from late May into early June
- Phase II: Base Building 12 weeks: June 5 to Sept. 3
- Phase III: Competition ~ 12 weeks: Sept. 4 to CIF Finals
- Peak: 10 days prior to State Finals

Keys

- Establish a training rhythm and **keep it consistent**
- Build in rest
- Build in strength early
- Treat the Long Run as a workout “LFD” not “LSD”
- Treat the race as a **workout**
- Keep it simple

What we did This year

- One speed, tempo, or repeat workout per week in season
- 70 mpw at peak mileage: From Sept. 4 to Nov. 11
- No Two-a-days
- Down weeks for key races
- Long runs up to 14 miles
- Worked on improving confidence from day one