

Secrets to winning in Distance Running – Session 1

- I. Introduction
- II. The *ART* of Coaching – being creative
- III. Planning the season – working backwards
 - a. The Big Picture
 - b. Micro cycle
 - i. Breaking it down – see handout
- IV. Tracking your runner's progress
 - a. Their training log
 - i. Breaking it down – see handout
- V. Race Plan
 - a. Preparing your athletes mentally – see handout
- VI. Race Splits
 - a. Breaking it down – see handout
- VII. Race Assessment/Critique
 - a. Helping your athletes assess their strengths & weaknesses (see handout)
- VIII. Q & A

For Further Information or to request handouts:

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