

Season Planning for Cross Country

Evaluation...Where do I Begin?

Personnel

- Experience
- Skill/Talent
- Leadership

Schedule

- What meet(s) are we training towards
- Work from the key meet(s) backward to the beginning
- What workouts will we need to do to be prepared for these meets.
- Review all transportation, food and housing needs
- Know how to say No!

Team Goals...Realistic

Individual Goals...Realistic

Psychological Considerations

- Identify individual Needs and Motivations
- Balance Goals and Aspirations
- Access Parental Support (needs)
 - establish point of control
- Team Dynamics...good and bad
- Knowledge of the Sport
- Introduce the Challenges of Training
- Basic Communications
 - vocabulary
 - style, content, timeliness of written communication..
 - Am I understood?
 - Are we all aware and on the same page?
- Leadership
 - Who is really in charge?
- Your goals vs. Their goals
- Developing Enjoyment and Love of the Sport

Elements of Training and Integration

Physiological Elements and Categories
Injury Prevention ...job 1
Strength & Flexibility
Speed development and running facility
General Endurance
Specific Endurance
Work / Relief Ratio

Season Structure

End of School meetings

Returns
New to the team

Summer
voluntary team led: leaders must know the vocabulary, goals, etc.
You are still in charge

Practice Begins

Division of the season
Plan and articulate the divisions and goals of the season

Early Season
Training and Racing Goals
Balance speed, volume and intensity
Create sense of common purpose

Championship preparation Season (mid-season)
Appropriate meet challenges
Race specific training
Races as part of Training
Changing roles within the team
Evaluate team and individual progress

Championship season

Fun, enjoyment, eagerness
Maintain reasonable volume
use appropriate intensity
Retain all elements of training (stay focused)
look at the weather report every day

Post season

Awards and gatherings
Assess season
Recovery and transition to track

If you're lucky....it never ends.

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