

Random Thoughts On The Way To 4 Minutes

Coaches

Always make positive comments (do not make negative, demeaning ones) that you can give regarding how training is going
i.e. "You get to do this, you don't have to!"

Everyone has good and bad days
1972 Summer work-out..warmed up, Coach was watching me run- said,
"That's it for today." Packed up and went home!

Use intermediate goals that pave the way for long term success
Almost every w.o. was designed to achieve long term success
i.e. running 200 repeats at race pace or faster not just to see how fast you can run but to realize that if you put 8 of them back to back you can achieve you goal

Don't worry about sleep on pre-race night- it will avoid negative thoughts
I always slept as much as possible..kept my mind off competition, meant I was relaxed
Another test was reading my Bible..if I read and could not remember what I had read..needed to pray more and relax more or I would give my race away

Training should be rewarding; not always fun, but always rewarding
It is your opportunity to reinforce why you are doing a particular type of w.o...i.e. sprinting at the end w.o. when tired will help you sprint at the end of your race when you are tired

Use your head during the majority of your race, use your heart later in the race
This is a good reminder that a disciplined early race pace bears good race results

Support the idea of not training when ill or injured..care for health concerns
Be discerning about what is a real injury or a pain barrier to train through

Eliminate the feeling of inferiority to others who are doing more training, do not compare -Build confidence in what you are doing...adjust as needed later

Try to have your runners enter some low-key practice races to experience details
Describe my pre race details

Encourage variety in your training
Bowtie stadium steps...iron cross 400's..tag at the end of the season