Andrew Carlson

"In the joy of going all out, I forgot my pain"

-Roger Bannister

What is my job?

- Create an organized and effective environment

- Offer constructive feedback while taking splits

- Demonstrate value in the process

- Identify Talent

- Help out during workouts where I can

- Write workouts that test the athlete while setting them up for a successful session

- Foster a safe space where it is ok to fail (#belight)

- Recognize progress

- Allow passion for the SPORT

- #1 Cheerleader

Factors to Success in Coaching

- **The Athlete owns the Process**
- *"Success is peace of mind knowing which is a direct result of self-satisfaction in knowing you did your best to become the best you are capable you are capable of becoming" -John Wooden*

- **Fail Upward**
- *"If you're not making mistakes then you're not doing anything. I'm positive a doer makes mistakes" –John Wooden*

- **Manage the Ebb and Flow**
- *"Success is never final. Failure is never fatal" –John Wooden*

- **Steady progress over a long period of time.**
- *"When you improve a little each day, eventually big things occur. When you improve conditioning a little each day, eventually you have a big improvement in conditioning. Not tomorrow, not the next day, but eventually a big gain is made. Don't look for the big, quick improvement. Seek the small improvement one day at a time. That's the only way it happens*
- *-and when it happens, it lasts" –John Wooden*

Functional Strength Training for the Middle-Distance Athlete

Why do we need Hill Training?

Combination of Strength Work/Speed Work

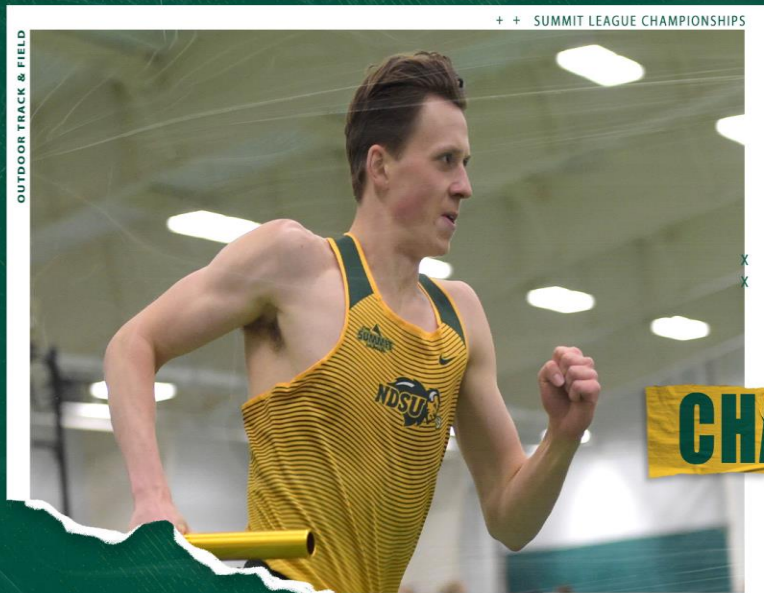Forces the muscles in hips/legs/ankles/feet to act in coordination with each other

Improved Running Economy (Studies show a 3% benefit) giving an increase in Aerobic Power

The body's lactate threshold increases as it is forced to reckon with and efficiently process lactic acid

Adds Aerobic Enzymes (Changes the body at a molecular level)

Josh Samyn
Winnipeg, MB

High School Personal Bests:

- ❑ 600M: 1:22

- ❑ 800M: 1:53

- ❑ 1500M: 4:01

College Personal Bests:

- ❑ 800M: 1:50

- ❑ 1500M: 3:47

- ❑ 8000M: 25:59

Training Progression

- High School Mileage: 10-15 MPW

- College Mileage: 40-50 MPW

- Talent Identification: Speed Endurance

- Sample Hill Work:

- 16x 200M Hill @ 3K Effort w/ jog down rest

- Needs Improvement: Balancing workload

Annika Rotvold

Hometown: Hillsboro, ND

High School Personal Bests:

❑ 800M: 2:17

❑ Mile: 5:12

❑ 3200M: 11:25

College Personal Bests:

❑ 800M: 2:12

❑ 1500M: 4:17

❑ 3,000M: 9:28 (10:07 3200M equivalent)

Training Progression

- ✓ High School Mileage: 30-35 MPW

- ✓ College Mileage: 65-70 MPW (Max: 75 Miles)

- ✓ Brings intensity to Long Run and some Easy Days

- ✓ Talent Identification: "How you do anything, is how you do everything"

- ✓ Sample Hill Workout: Long Run EASY over hills

- ✓ Needs Improvement: Finishing workouts strong

Ryan Farrell

Hometown: Cheshire, CT

Ryan Farrell // 800m // 1:52.57

High School Personal Bests:

- ❏ 400M: 49

- ❏ 800M: 1:50

- ❏ Mile: 4:43

College Personal Bests:

- ❏ 800M: 1:52

- ❏ Mile: 4:20

- ❏ 3000M: 8:15

Training Progression

- ✓ High School Mileage: 20-25 MPW

- ✓ College Mileage: 35-40 MPW

- ✓ Talent Identification: Competitiveness

- ✓ Sample Hill Workout: Kosmin Test

- ✓ Needs Improvement: Managing race environments

Taylor Boggess

Hometown: Louisville, KY

High School Personal Bests:

- ❏ 400M: 58.72

- ❏ Discus: 60'9

College Personal Bests:

- ❏ 400M: 56

- ❏ 600M: 1:36

- ❏ 800: 2:17

Training Progression

- ✓ High School Mileage: 20 MPW

- ✓ College Mileage: 25 MPW

- ✓ Talent Identification: Pure Athleticism/Basic Speed

- ✓ Sample Hill Simulation: HWITR CIRCUIT

- ✓ Needs Improvement: Balancing endurance w/ speed work

1). 200 Meters @ MileP
25x Fast Squat

200 Meters Jog
30 Push Ups

2). 200 Meters @ MileP
15x Squat Jump

200 Meters Jog
Pyramid Sit Ups

3). 200 Meters @ MileP
15x Lunges (Each Leg)

200 Meters Jog
1:00 Front Hold

4). 200 Meters @ MileP
12x Burpees

200 Meters Jog
15x Bench Dips

5). 200 Meters @ MileP
15x Split Squat Jumps

200 Meters Jog
30x Super Man

6). 200 Meters @ MileP
15x Wide Leg Squat (Sumo Squats-Point toes out at 45° angle)

200 Meters Jog
1:00 Side Plank (L)

7). 200 Meters @ MileP
15x Donkey Kicks (Each Side)

200 Meters Jog
1:00 Side Plank (R)

8). 200 Meters @ MileP
15x Fire Hydrant (Each Leg)

200 Meters Jog
:45 Swimmers (Lay on stomach and flutter feet making swimming motion with arms)

9). 200 Meters @ MileP
15x Speed Skaters (Each Leg)

200 Meters Jog
:45 Boxer Abs

10). 200 Meters @ MileP
Single Leg Glute Bridge

200 Meters Jog
Push ups til you can't.

HARDEST WORKER IN THE ROOM

Training Progression

- High School Mileage: 30-35 MPW

- College Mileage: 55-60 MPW (Max: 60 Miles)
    - Very easy mileage

- Talent Identification: Fast running on low fitness

- Example Hill Simulation: 10x Wicket Drill

- Needs Improvement: Pacing

Common Denominators

✓ **Increased Aerobic Workload**

✓ **"Ask yourself, can I give more? The answer is usually "YES" –Paul Tergat**

✓ **Efficient Mechanics**
  -Up on toes, low arm carriage, no wasted energy.

✓ **Utilize their talents effectively**

✓ **Trained ability to run hard when tired**
  -Sprint, Mechanics, Power at the end of every session.

✓ **Competitive Spirit**

✓ **An Eye on their Future (i.e. keeping things in balance)**

Design a Progressive, Included Functional Strength Training

Goal Setting

This must come first and effectively communicate the work that needs to be done in order to meet goals.

Core:

4-5x Core Sessions Per Week

Fall Training

1x Long Run over Hills + 1x Specific Hill Workout

Winter

1x Specific Hill Workout + Sled Pulls and Pushes

Spring

Sled Pulls and Pushes

Sample Core Work

Lion Strength

1. 10x Pin Squats (:30 Crunches)
2. :60 Plank with Opposite Arm/Leg Extension (:30 Bicycle Abs)
3. 10x Good Mornings (:30 Boxer Abs)
4. 15x Shoulder Press (:30 Flutter Kick Abs)
5. 10x Sitting Box Jumps (:30 Toe Touch Abs)
6. 15x (Each Leg) Clamshells w/ resistance band (:30 Plank)
7. 15x (Each Leg) Lateral Lunges w/ resistance band (30 Push Ups)
8. 10x (Each Leg) Weighted Split Squat Jumps (:30 Superwoman/man)
9. 10x (Each Leg) Box Step Up (15x Bench Dips)
10. 10-10-10 Calf Raises (:30 Ground Swimming)
11. 15x Hexabar Squats (Hanging Leg Raises)
12. 7-7-7 Arm Curls (Pyramid Sit Ups)
13. 10x Dead Lift (5x High Five each in your lifting group)

HMSM

1st Segment w/ Hurdles:

1- Front Hurdle Walk Overs
2- Backward Hurdle Walk Overs
3- Side Hurdle Walk Overs
4- Side Skip Hurdles
5- Sideways Under Hurdles (hurdle set at "36)

2nd Segment on Agility Ladder:

1- High Knees (One box touch per foot)
2- Hop Scotch
3- Forward Zig Zag Hops
4- In-Out (Two in-Two out)
5- 5 Hop Sprint

3rd Segment on Track
1-30 Meters- Straight Leg Run
2-30 Meters- Skip for distance
3-30 Meters- Bounding
4-10 Seconds Fast Feet x2
5- Standing Long Jump x5 (into the sand)

Bison Core 3.0

1). Toe Walks- 15 meters (down and back)
2). Heel Walks- 15 meters (down and back)
3). Pigeon Toe Walks- 15 meters (down and back)
4). Outward Toe Heel Walks- 15 meters (down and back)
5). Directional Lunges x 5 each leg
6). Hurdle Walk Overs (forward and back)- switch trail leg after 1st time through
7). Squat Jump Med Ball Throw for height x 10
8). Speed Skaters x 20 each leg
9). Straight Leg Fire Hydrant x 15 each leg
10). Sand Squat Jumps x 15
11). Underhand Med Ball Toss x 10 for distance
12). Bird Dog x 15 each arm/leg
13). Donkey Kicks x 15 each leg
14). Split Squat Jumps x 10 each leg (20 total)
15). Exercise Ball Sit Ups x 20 each way

BISON CORE 1.0

1- 30x Push Ups

2- 1:00 Front Plank

3- Pyramid Sit Ups

4- 1:00 Side Plank (both sides- 10 side dips hold for 10 seconds- repeat for 1:00)

5- 1:00 Bicycle Sit Ups

REPEAT
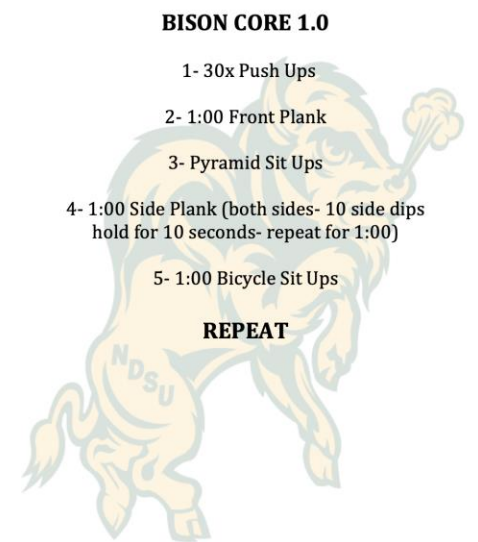
IT HAS TO BE FUN.

What is Fun?

- **This is a very short time of your life**

- **These will be your best friends**

- **This is a privilege**

- **Invest in yourself/Honor yourself**

- **Enjoy your teammates successes**

- **Run without your watch every now and then**

- **Drive somewhere new to run**

- **Be open to new approaches/Be a Student of the Sport**

- **Above all, decide what to be and go be it. Let go of the things that will distract you for your goal.**

Andrew Carlson