



ROB CONNER UNIVERSITY OF PORTLAND

*DEVELOPING A
DISTANCE RUNNING
CULTURE OF
EXCELLENCE*

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University of Portland

- 3,500 students, private Catholic University
- School of Business, Education, Engineering, Nursing, College of Arts & Sciences
- NCAA Division I, West Coast Conference
- 2009-2010 Tuition = \$30,800
- Average freshman GPA 3.7 and SAT 1190
- No track facility



Development of the Culture

- My background; Portland '86
- Change of Vision
- Analysis of the competition
- Can training beat talent?



Key Principles

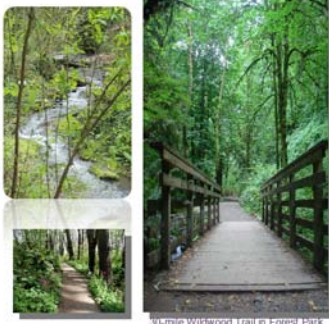


- Emphasize the positives
- Focus on long-distance
- Team motivation
- Development vs. recruiting
- Be inclusive of all talents and abilities

Emphasize the Positive



- No track or conference track meet, half the scholarships of the competition, small travel and recruiting budgets
- Our facility
- Specialization
- Fewer races
- Local recruiting



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Focus on long-distance



- Recruit to the program philosophy
- Tell recruits about the training
- Everyone gets to compete
- Large training groups



Ryan Craig
29-04 10K, 54th NCAA Cross Championships
15th WA High School Cross Championships

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Team Motivation



- 30 guys running 100-miles per week?
- 30 consecutive West Coast Conference titles
- Individual qualifying standards vs. team standards



30 straight WCC Championships

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Development vs. recruiting



- Develop from within
- Recruit grades and people
- All recruits are not equal



JOE DRISCOLL
2005 USATF Championships
6th place 10K in 28:37.97
3-time All-American at UP
9:22 3200 meters at Central Kitsap H.S.

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Be inclusive of all talents and abilities



- Recognition is a need we all **crave**
- Anyone can improve
- Hard work ethic is mandatory
- Todd Davis
- Derek Mandell
- Johnson Lee



Derek Mandell sets PR in the 800 meters in 1:57.48 in the 2008 Summer Olympics in Beijing



David Kinsele, 4th Place NCAA Division I Cross Championships 2008
University of Portland 7th Place



TRAINING FORMULA FOR SUCCESS

ROB CONNER
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Building your season



1. Identify objectives
2. Create competition schedule
3. Develop training plan
4. Execute
5. Assess end result; make adjustments

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Identify Objectives



- Place in the top-10 at NCAA Championships
- Successfully complete back-to-back 10K races in November
- Meet NCAA at-large criteria to qualify for nationals
- Run well when it counts

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Creating a Competition Schedule

- Use early meets to prepare for later meets
- Don't over race
- Avert a season of attrition
- Meet everyone's developmental needs

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Develop a Training Plan

- Give individuals ownership of their running
- Mileage philosophy; progression on a yearly basis
- The 10,000 meters is 95% aerobic
- Determine the number of hard workouts available during the season (18)
- Determine ideal base mileage for July & August
- Maintain mileage during the season while adding workouts
- Typical 10,000 meter workouts

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Sample Workouts

- 10-mile tempo run @ 75-80% effort
- 10x1600 @ cruise pace, 200 jog
- 10-12x1000 @ race pace, 400 jog
- 24x400 @ faster than race pace, 100 jog



David Kinsella & Alfred Kipchumba lead UP to 3rd place at NCAA West Regionals in 2008

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Execute



- Consistency in race approach
- The goal setting problem: outcome goals vs. process goals
- The race plan; probability for success

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Assess end result Make adjustments



- Iron issue; diet link
- Issues to consider when evaluating end result; mental or physical?
- New ideas
- Comparison of 1993 and 2008 workouts

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Workout Comparisons



<u>1993</u>	<u>2008</u>
> 4x uphill mile	> 10-mile tempo
> 7x cruise mile	> 10x cruise mile
> 16x :90 hard	> 4-mile uphill run
> 6-mile tempo	> 10x 1000
> 7x cruise mile	> 10-mile tempo
> 16x 400	> 10x cruise mile
> 5x uphill mile	> 12x 1000
> 4-mile tempo	> 3x mile + 1000 cutdown

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Questions

Perseverance is not a long race: It is many short races one after another.

-Walter Elliot



JOESH OSORO



TREVOR KUMBAL
