

MARIAN MENTAL CONDITIONING-PEAKING AT THE RIGHT TIME

6-19-10

Clinic Notes

Roger Wright

1. CROSS COUNTRY BACKGROUND
 - Jr. High & High School - Seward, NE
 - College - Nebraska Wesleyan
 - Early coaching years
 - Omaha Marian
2. BACKPACK OF BRICKS
 - Bad thoughts
 - Good thoughts
 - Info Sheets
 - Weather
3. GOALS
 - Time & place goals - Get rid of these
 - People Goals - Use these instead
 - Most important time of people goals
4. TOP 20'S & PAST RESULTS
 - Top 20 list for each meet
 - Written & verbal recognition
 - Carry last 3 years worth of results
 - Talk about meet results soon
5. PRACTICE NOTEBOOK
 - Great comparison tool for coach
 - Great comparison tool for injury recovery
6. PRE-RACE ROUTINE
 - Cover the course before a race
 - Time of the season is important
 - Pre-State timetable
 - Travel to District & State
7. HILL MENTALITY
 - Green Monster!!!
 - Anyone can sprint downhill
 - Incorporate hill in all types of workouts
8. MINUTES VS MILES
 - Weekend Workouts
 - Ability grouping
 - Cheating factor
9. REPEATS
 - Not like track - build toward no rest between
 - Repeats total to race distance
 - Examples of cross country repeat workouts

10. TAPERING BEFORE MEETS
 - Do not do this in early & middle season
 - 60 minute run is an easy day?

11. 300 MILE CLUB
 - The real early season
 - Open to others
 - Group runs
 - Recognition important

12. BELIEF IN SYSTEM & COACHING HINTS
 - Athletes can see through you
 - Be Fair!!!
 - Cross Country banquet
 - Other odds & ends

NOTES