

Brebeuf Jesuit CC: Philosophy of Training

I. Goal setting:

• Individual Goals: S.M.A.R.T.

- Specific goals
 - pass 3 runners in the last K
 - PR on a fast course
 - injury-free season
 - negative splits
 - make varsity
 - be a positive teammate
- **Measurable** – what are your benchmarks? How will you know when it is accomplished?
- **Attainable** – establish concrete steps instead of making an instant leap.
- **Realistic** – an objective you are *willing* and *able* to achieve.
- **Timely** – set a time-limit and chart your progress.

What is the most
I can hope to
accomplish?

Set goals, but
not limits.
–Bob Kennedy

• Team Goals:

- *The Five Dysfunctions of a Team* –Patrick Lencioni
 - **trust** each other with your strengths and weaknesses.
 - be willing to confront one another in productive **conflict** to address issues.
 - demonstrate **commitment** to the goals of the team while promoting this attitude.
 - hold each other **accountable** in the pursuit of individual **and** team goals.
 - be attentive to **results** rather than distractions, egos, and personal gain.
- Examples
 - placing in a meet
 - avoiding injury
 - disciplined routines
 - mentoring underclassmen
 - advancing in state tournament
 - know and support teammates
 - caring for each teammate
 - leadership development

Are we a team,
or
are we a
collection of
individuals?

• Coaching Goals:

1. each runner learns to run with good form through use of minimalist shoes and form drills to minimize injury
2. athletes reflect on races, workouts, and goals through silence and prayer
 - take greater risks in attitude and training through specific and individual challenge
 - Increase constructive criticism of behaviors that are contrary to goals
3. Advance to the IHSAA State Finals

II. Commitment

• Become a student of your sport

- READ about running; from Jack Daniels to Peter Coe; only accept practices supported by evidence.
- LISTEN about running. Athletes and coaches in the sport have much to offer. Be critical but open.
- WATCH runners. YouTube, Flotrack.com, and your teammates.
- SHARE what you learn. The more you bring back, the more our program grows.
- KNOW the objective of a workout. Ask a teammate or a coach if unsure.
- OWN your training. Take pride in what you learn. Believe in what you are doing.
- SYNTHESIZE what you learn. The trick is not to copy, but to collaborate.

Make a commitment to yourself, to your
teammates, to your school, and to your
coaches to be the best that you can be.

- **Running Log**

- Track all of your mileage with distance, time, and how you felt.
- Increase weekly mileage by 10% during base-building phases.
- Post weekly mileage at www.brebeufcc.org. Keeping a log is a requirement for training camp.
- Join the Brebeuf group at www.logyourrun.com.

- **Attitude**

You can
choose
attitude.

- What do you bring to the team? How is the team better because of your participation?
- What do you want to accomplish? **What are you committed to accomplish?**
- Do your coaches care more about your training and racing than you do?
If so you are in the wrong place.

- **Dialogue**

- Productive and healthy conflict is how we strengthen relationships. There is a right way and wrong way to have a dialogue with a coach.
 - Do not bottle issues away. Issues, concerns, and comments naturally arise in the course of a season.
 - Do not yell in the middle of a workout or meet. Approach a coach personally.
- Respect your parents, teachers, coaches, and all who support you in your athletics.

- **No excuses**

- You can run anywhere. You can always get up earlier. You can always go five more minutes.
- There is no excuse for lack of consistency except lack of desire.
- The first step is the hardest. But you will never regret taking that step.
- Give it two weeks. When the soreness fades, you will come back for more.
- Make friends with pain, and you will never be alone.
- Do not dwell on the pain of racing. Accept it; what we do hurts.
- You will be in physical discomfort during runs. This is normal.
- Learn to push your limit to maximize performance.

- **No distractions**

- Do not disassociate or distract yourself from the act of running. Stay focused on the run.
- Concentrate on what your body is doing; make corrections/improvements to form and stride.
- True runners do not need iPods.
- Pay attention and react accordingly during training. Teach yourself techniques to deal with pain during training and races.
 - a side stitch or cramp can be dealt with by adjusting your breathing (breathe in 3 steps, breathe out 3 steps).
 - Visualize your maximum speed as a wall. Now pick up your knees and see your turnover increasing. Go through the wall and reach a new level.

Overnight success takes 2-3 years.

- **Consistency:**

- Consistent training means progressively getting to the next level. When you are progressive, you cannot miss training. (No excuses.) Sleep, diet, and rest become as important as running.
- You must establish consistency in your weekly mileage, workouts, and effort to see improvement.
- **You get in racing what you do in practice.**

- A true competitor is always a good performer. A bad race signals a lack of preparation in some area. Identify and correct for next time.

- **No-cuts:**

- Being a student-athlete is a privilege, not a right.
- There is a place for runners of all abilities on the cross country team.
- Racing is a privilege that comes from hard work and the will to compete.
- If a runner does not participate in ALL aspects of practice (dynamic stretching, drills, running a workout, core strength/abs, static stretching, strength-training, strides, etc.), that runner will be dismissed from the team.

“Our cuts come in the form of guys who don’t work hard.” -Wabash

Train, and live your life, by a simple rule: “Be where you are supposed to be, when you are supposed to be there, ready to do what you are supposed to do, then do it the way you are supposed to do it.”

III. Training

- **Phases of Training**

- Phase I (May 23 – June 26) (4 weeks) – Base-building I: Increase mileage safely, effectively, and efficiently (10% each week) with mostly easy or moderate pace running. A long run is established that progressively increases in length. Emphasis is on establishing a solid aerobic base, the foundation of any effective training program.
- Phase II (June 27 – July 31) (5 weeks) – Base-building II: Long-distance progression runs are introduced along with a weekly tempo, cruise intervals, or race. While teaching about lactate threshold, these workouts prepare runners for early-season races. Also, barefoot reps at the end of workouts 3 times a weeks for 600-800 meters emphasizes proper mechanics and leg strength while minimizing the risk of injury. This is the period of highest mileage.
- Phase III (August 1 – September 4) (5 weeks) – Pre-competition. The week consists of a long-distance steady-state run of 40-70 minutes, shorter interval work at a precisely controlled pace (maximum oxygen delivery = aerobic capacity), and lactate threshold work. Barefoot strides continue with longer reps (200-300m). Morning runs are established to maintain high mileage. The early season also has at least one 5K race each week, which acts as a workout for the varsity runners.
- Phase IV (September 5 – October 2) (4 weeks) – Competition. Decrease in afternoon training volume; easy morning runs maintain mileage. Longer interval workouts (4-5 minutes) and precise rest periods mean an increased time spent at the velocity of maximum oxygen delivery. Barefoot reps continue. There is an increased emphasis on the recovery procedure after quality sessions to enable the runner to do his/her best on the next quality workout (sine curve).
- Phase V (October 3 – October 30) (4 weeks) – Championship. Goal-pace interval training of increased distance with near-full to full recovery. No hard workouts 3 days prior to a race. Weekly mileage is tapered to the tournament. There is an increased emphasis on mental preparation, visualization, and the little things (nutrition, sleep, stretching, drills, recovery) to get the mind ready to race.

"When training, never take the hypotenuse."
- Surviving the World Lesson 273

- **Recovery and Sleep:**

- The “golden hour” of recovery after a workout
 1. Refuel within 30 minutes of finishing a workout (chocolate milk, banana, peanut butter...)
 2. Complete your static stretching, abs, and hip flexor circuits.
 3. Ice any soreness, take an ice bath, or sit in your bathtub with cold water for 15 minutes.
 4. If still sore, take a NSAID (ibuprofen, Advil) but avoid overreliance.
 5. Consult the athletic trainer if pain persists. Keep your coach in the loop!.
- **THE SINGLE MOST IMPORTANT ASPECT OF RECOVERY IS SLEEP!!**
 - You need 8+ hours of sleep each night. **No exceptions.**
 - Sleep cannot be “made up”. You cannot get 5 hours on Thursday night and then 10 hours on Friday night. You have not recovered from the week before Saturday morning.
 - **Do not vary your normal habits the night before a race.** Plan on getting more sleep 2 nights before a race if you must.
 - Prioritize during season. Your sleep is sacred and is your boundary to maintain. Your own competition reflects a higher priority than the homecoming game (leave during half-time).

What does 8 hours mean? If you are running at 8am with an average 30 minute drive, getting up at 7am, it means being in bed before 11pm the night before. That's right. Close Facebook, turn off the TV, put down the book, and charge the mobile.

- **Physical and Mental Preparation:**

- Physical preparation is a pattern of eating right and sleeping.
 - Eat lunch early enough to let it digest. Choose the right foods. Hydrate throughout the day.
 - Get 8+ hours of sleep each night. Muscle strength increases through the cycle of stress and rest. If you do not get enough sleep, you are stopping the process. You cannot train or race effectively when your body is tired.
- Know the weekly pattern. Anticipate the hard workouts.
- Mental toughness requires
 - Commitment
 - Perseverance
 - Positive attitude
 - Clear goals
 - Resilience
- Build mental toughness by believing in your training.
- Running is a physical game. Racing is a mental game. When the gun goes off, are you ready to race?
- Use psychological tricks, such as **focusing on your form and nothing else** when the race gets hard. Or pick a “go” point that is just ahead of you.
- Practice visualization. In your mind, see yourself with good form, a strong and fluid stride, moving up through a field, finishing strongly in your goal time/position.

Cross Country is 90% mental.

"The will to win means nothing if you haven't the will to prepare." - Juma Ikangaa, 1989 NYC Marathon winner

- **Types of runs**

- **Long, Easy Distance runs:** Aerobic conditioning runs are done at an easy pace that is conversational. These runs can be used as recovery. With increased conditioning, these must increase in distance to see benefit. Distance is anywhere from 4-15 miles. Easy runs can often turn into...

- **Long, Moderate Distance runs (Long Distance Steady-State):** Aerobic conditioning run at moderate pace that is just beyond conversational. This is in place of an easy run when you feel good.
- **Lactate threshold runs:** The pace is 80-90% capacity, or just before you hit the wall of spending too much energy (“comfortably hard”). It is important to “feel” this pace. Tempos can be 15-30 minutes. Cruise intervals break up a tempo workout into segments with 1 minute easy for every five minutes at threshold. These runs improve the body’s ability to remove lactate from tired muscles more efficiently.
- **Cruise intervals:** These “pickups” are done at tempo pace with decreased rest. The distance varies from 2 minutes to 1 mile. The rest is shorter than the time you are running.
- **Intervals:** Aerobic capacity runs improve speed and efficiency of oxygen delivery to muscles. Distance will vary from 300m to 4 minutes as we move into the competition phase. The rest is the same or less than the time of the interval. Fartleks can be used in place of intervals.
- **Repeats:** Anaerobic capacity running is done at >100% to increase leg strength, improve speed, correct form, and train the body to kick through lactic acid buildup. These are very effective when done barefoot.
- **Hills:** The best hills are not so much steep as a long, steady incline. Run up hills by shortening your stride, lifting your knees, and driving your arms. Challenge yourself to hold your pace. You should come to see hills as an opportunity to advance on the field.

- **Running Form**

1. Relax muscles that are not active in the running movement
 - a. This is what we mean when we say “relax” during a race.
 - b. Eliminate tension in your shoulders, hands, and face.
2. Keep your body in an almost upright position, squaring your shoulders and holding your head level.
 - a. Core strength (abs and back musculature) is essential to support the hips and spine.
 - b. Imagine being pulled upward by a rope attached to the top of the head.
3. Drive your arms and legs in the direction you want your body to go.
 - a. Arms should swing naturally at the shoulder joint rather than opening and closing at the elbow joint, which should be kept at about a 90° angle.
 - b. Hands should not cross over an imaginary vertical line that divides the body into right and left halves.
4. Settle into your own natural stride length and frequency.
5. Minimize downward sinking and upward bouncing. Do not allow your knees and hips to buckle.
6. When running at fast speeds, run on your toes. Avoid heel striking.
7. Avoid overstriding. – Do not land with your foot ahead of your center of gravity.
8. Use your glutes to extend your ankle, knee, and hip joints together during takeoff.
9. Lift your knees to increase driving force of opposite leg and running speed.
10. Alter your posture and stride mechanics for proper uphill and downhill form.
 - a. Uphill – maintain rhythm and pace. Lean into the hill, shorten your stride, drive your arms and legs, and run on your toes. Look up the hill!
 - b. Downhill – allow stride length to increase while landing on the balls of your feet. Avoid heel striking. Let gravity speed you up with control.

- **Stretching, Drills, and Strength Training**

- Dynamic stretching increases the range of motion in a controlled and precise manner. This can improve stride length, contributing to more efficient running form (faster with less energy).
- Drills reinforce proper running form. (see above)
- Static stretching after runs releases tension and reduces inflammation.
- Abdominal circuits work on the core strength necessary to maintain good form.
- Hip circuits strengthen hip flexors, so that running is in a forward direction instead of side-to-side.
- Weight-lifting, pushups, and other strengthening exercises work on upper and lower body strength to increase the strength-to-mass ratio, allowing a runner to run faster with less energy.

**Become the best, even
at the little stuff like
icing and stretching.
–Bob Kennedy**

Running takes the coordination of countless muscle fibers, bone tissues, and nerve clusters along the entire length of the body repeated thousands of times in a workout or race. The weakest link along that chain is limiting your performance. Strengthen it.

● Nutrition

- Eat 5 times a day, little meals each time.
- Do not skip breakfast and then gorge yourself at lunch.
- Do not eat late at night, or you risk interrupting your REM sleep cycle (see above).
- Do not eat to excess the night before a race. Even with our team dinners, keep your regular habits. If you are going to carb load, do it 2 days before the race.
- Nutrition really does affect performance. Eat like an athlete, not like a couch potato.
 - Good: complex carbohydrates (pasta, baked potatoes, wheat bread, etc.). They burn more slowly and therefore provide a more constant flow of energy than...
 - Bad: simple carbohydrates (candy, cookies, soft drinks, etc.) that give you a quick burst of energy but then quickly leave you feeling flat and tired.
 - Do not eat meat but not to excess, and when you do make sure it is lean.
 - We need fat in our diet, but not the excessive amount we find in something like a bacon cheeseburger and an order of fries with a milkshake.
 - Incorporate plenty of fresh fruit and vegetables in your diet to ensure proper vitamin and mineral intake.

● Hydration

- Drink plenty of water, but do not **only** drink water. Excessive water-only intake can wash the electrolytes from your body and leave you feeling weak and sometimes faint.
- **Alternating water and a sports drink or a quality fruit juice is a better plan.**

● Cross Training

- Cross-train when you are healthy to **prevent** injury.
- Swimming, biking, elliptical machines, etc. all yield cardiovascular and muscular benefits.
- A running injury **is not the end of a season**. An injured runner **MUST** cross-train as diligently as a healthy runner. Many runners have been able to resume racing when coming off an injury.

● Overtraining

- Feeling sore, unmotivated, and tired is normal.
- Feeling lethargic, heavy legs, weakened immune system, consistently tired, chronic fatigue, loss of appetite, and persistent lack of enthusiasm are signs of overtraining.
- Overtraining is typical in summer months during heavy mileage. During season, it can come from incorrectly pacing a tempo or interval workout. Training should be based on **recent performance**, NOT future expectations.
- Do not confuse these signs with poor sleep/nutrition.

The first duty of every runner is to make it to the line, injury-free and prepared to race.

- **Offseason Training:**

- Winter training is a time to get better when few others are running.
- Summer training encompasses Phase I and Phase II.
 - Goal #1: build an effective running base to be capable of moving into Phase III of training.
 - Goal #2: log summer miles in order to be invited to training camp.
- All off-season training is optional. Any student may join on the first day of official IHSAA practice.

Everyone trains hard during the season. Champions are made in the off-season.

- **Life-long Running**

- We are committed to assist any runner who wishes to continue running in college by advocating for that runner.
- Running can be a life-long sport. Brebeuf CC alumni have gone on to start running clubs while competing in 5K, 10K, half-marathon, and full-marathon races.
- All graduates of Brebeuf CC are invited back to the program as alumni coaches. All former runners are welcome to run with the team.
- No matter where you are, think of yourself as “always in training”. You will be amazed at the physical and mental benefits of living the lifestyle you learn from being a runner.

IV. **Racing:**

- **Warmup**

- **Visualize** the entire 5K. See yourself starting strong and getting into position. Anticipate feeling bad at the 3K, and focus on your form to overcome it. Prepare to pick up your pace on the last K, overcome your pain threshold, and pass other runners all the way to the finish.
- **Preview** a course before a race, even if you have raced it before. Learn the tricks of the course, anticipate problem spots, memorize the directions (do not count on following someone), and scope out strategic opportunities for advancement.
- Follow a specific **warmup** procedure like a ritual to prepare and focus on the race to come.

- **Race:**

- Start fast, but settle into a consistent pace before burning out or shocking your system.
- Break the race down in to parts (3 miles, 5 Ks, 2 halves) so the whole is not overwhelming. It is easier to execute each part well this way.

- Do not think about how much distance is left. Look forward to specific “go” points where you will keep pushing and advance on the field.
- When you are tired, focus on your running form and nothing else. Relax muscles that are not involved in the running motion. Lift your knees. Strike with your midfoot or forefoot. Straighten your leg behind you. When you feel good again (and you will), look ahead for someone to catch.
- Begin a kick in the last K of a race. Build on this kick so that you are passing (not being passed).

**Put your passion for racing
in a bottle, and open it in
the middle of the race.**

- **Post-Race Analysis**

- Do not judge a race until it is over.
- Be honest and specific in your self-assessment on what worked and what you could have done better.
- Take responsibility for what you learn from a race, and adjust your tactics the next time out or your practice habits. Do not make excuses for yourself when you mess up a race.
- Do not be afraid to fail. Take risks in races and learn from the results.
- Do not compare times. Not all 5Ks are the same. Instead, compare racing experiences.
- **The score matters.** It is up to you to be a good teammate. Everyone should be aware of how the TEAM has accomplished or failed to accomplish the goals of a race. Everyone should be aware of each other's contributions to those goals and push each other harder.

"The cross country team is a family, use them to run your best, use them to try your hardest, use them to fall back on when you fail, use them as your catalyst. They never waver, they never fall" Jacob Krevda '10

V. Brebeuf Jesuit Athletic Department

Philosophy of Brebeuf Jesuit Athletics

The interscholastic athletic program is an integral part of the total education and growth experience at Brebeuf Jesuit Prep. It is designed to affirm and promote Ignatian values of the Profile of the Graduate at Graduation and in doing so engage student athletes fully in mind, body, and heart.

Brebeuf Jesuit student athletes are **Open to Growth**. They desire excellence and are in a continual self-improvement mode. They are coachable. They take criticism and complement with equal ease. They also take responsibility for personal growth by developing loyalty, pride, integrity, and commitment.

Brebeuf Jesuit student athletes are **Intellectually Competent**. They must first be committed students. They must recognize and live by the relationship between preparation and performance. Brebeuf athletics provides the opportunity for the student athlete to exhibit a progression of physical skills and knowledge of a particular sport. In turn, these skills and knowledge can be applied to new situations and learning formats.

Brebeuf Jesuit student athletes are **Religious**. They have an awareness of and gratitude for God's presence in all that they do. Through participation in athletics the student athlete learns that God is active in all things and that by participating, a closer relationship with God can be developed. The student athlete realizes that he or she is known and loved by God, and that God's love invites a personal response through the athletic endeavor.

Brebeuf Jesuit student athletes are **Loving**. They demonstrate unselfishness for the common good to be a team member and to accept a team role without complaint is a loving act.

Brebeuf Jesuit student athletes are **Committed to Justice**. On the course, they demonstrate sportsmanship under pressure and accept responsibility for personal actions and decisions. Braves learn the rules and abide by them.

Student athletes are called to be conscious of the Jesuit, Catholic and interfaith dimension of Brebeuf Jesuit. Student athletes, coaches, and parents are called upon to work together in a true spirit of sportsmanship to assist in creating an environment in which those Ignatian values can be revealed, tested, and proven relevant to the entire Brebeuf Jesuit community.