**Ingredients of Success**

1.Inherent Ability

2. Intrinsic Motivation

3. Opportunity

4. Direction—That’s the coach’s job.

**Principals for the Team**

1. Success in running (and everything else in your life) is achieved through:

 -A goal

 -A strategy to achieve the goal

 -Execution of the strategy

 -Adjustment when necessary

2. Team First—Always!. However, successful teams produce successful individuals.

3. Stay positive, and expect ups and downs.

4. Training should be rewarding. Note: rewarding is not the same as ‘fun’.

5. Performance improvement is different for everybody. Do not compare yourself to your teammates.

6. We win and lose together.

7. Eat well, get proper sleep.

**Training Paces**

**Easy Running:**

 -Builds resistance to injury

 -Develops the heart muscle, increases vascularization (tiny blood vessels feeding the exercising muscle)

**Tempo/Threshold Running (CV Pace):**

-Improves the body’s ability to clear blood lactate to keep it below a level.

 -Typically 20-30 minutes duration

**Interval:**

-Alternating fast and slow running. Fast running near VDOT Max (i.e. race pace running).

 -Intervals (fast running sessions) typically 3-5 minutes in length.

**Repetition:**

-Primary purpose is to improve anaerobic power, speed, and economy of running.

 -Near complete rest between reps.

**Training Seasons/Phases**

Off Season—winter/summer. (Phases I/II) Focus on “base building”. Easy running, repetition work, weight training. Become resistant to injury, strong, and fast.

In Season (Phases III/IV)—interval work, tempo sessions added which improves blood lactate acid clearance to race performance.