

# Brighton Boys Cross Country

## Training Philosophy

The coach will individualize training for each student athlete based on the following principles.

### **Patience**

The development of a distance runner takes time. Runners' training is aimed at peaking in their senior year. Running too much too soon increases the risk of injury and burn-out. Young runners' long term success will not be jeopardized chasing minor accolades.

### **Consistency**

There is no secret to success in this sport. There are no magic "go to workouts." Success in this sport is derived from the arduous process of gradually building mileage and increasing training stress. The body undergoes tremendous physiological adaptations after years of consistent training.

"You don't become a champion by winning a morning workout. The only true way is to marshal the ferocity of your ambition over the course of many days, weeks, months, and (if you could finally come to accept it) years. The Trial of Miles; Miles of Trials." — John L. Parker Jr., *Once a Runner*

### **Recovery**

Rest and recovery is essential for sustained success in this sport. Runners who continually push the pace with no easy days greatly increase their risk of overtraining and injury. Just as the body needs rest following a tough workout or race, the body also needs rest following a season of training. Taking a brief break after the season allows the mind and body to rejuvenate and enter the following season with renewed vigor.

### **Supplement**

Runners that incorporate non-running activities into their training are more likely to achieve sustained success. These activities increase the amount of quality training that can be performed, reduce the risk of injury, and help to maintain fitness, even during a setback.

### **The little things matter**

Nutrition, hydration, sleep, and attitude can help propel an athlete to the next level or tear down a once promising season. Attention must be focused on taking care of the little things day in and day out.

### **Ownership**

Runners are ultimately responsible for their own success. There is a direct correlation between the work a runner puts in during the offseason and their athletic achievement. The choices the athlete makes in and out of practice will either raise him to the next level or leave him stagnant.

**Committed to developing young men of character who relentlessly strive for  
excellence on and off the course.**