

# Unlocking the Potential of the High School Athlete (Or Non-Athlete): A Cura Personalis Approach to Training

Joe Porter – St. Louis University High School



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## My Background

- DeSmet Jesuit
- Saint Louis University
- Alum Service Corps
- SLUH Retreat Director/Campus Minister
- Big River Running



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## Coaching Accomplishments

- 10 State XC Trophies as Head Coach over 15 years
- 26 All State Athletes in 15 years
- 64 XC MCC All Conference Athletes
  
- 4 State Track Trophies
- 47 Track All State Athletes
- 7 Individual State Track Champions
- 136 Track MCC Event Champions
  
- Local Organizing Committee – USATF Cross Country Championships
- Forest Park XC Festival Co-Meet Director
- Festival of Miles Foundation Co-Founder



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## Background Information on SLUH

- St. Louis
- Catholic, Jesuit
- 1000 Boys
- 88 Zip Codes
- 157 Middle Schools
  
- Fun Fact: Oldest high school west of the Mississippi



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## Disclaimer

5 Different Golf Swings



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## Coaching Influences

- Jim Linhares (SLUH)
- Ben Rosario (NAZ Elite)
- Matt Helbig (Big River)
- John Oliver (OSU)
- Mike Nelson (Dartmouth)



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## Cura Personalis

- **Translated:** *Care for the Whole Individual*
- **Defined:** *A central quality of Jesuit education that encourages a holistic education and a focus on the overall wellbeing of the student as a beloved creation of God.*



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## The Athlete Perspective

- What do you think of me?
- Am I of value?
- Only one part of our job is to get them faster
- We are just part of the journey at a pivotal time in their lives



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## Goal as a Coach

- Help kids become better people
- Maximize the potential of the athlete
- Create a love for the sport
- "The most important thing is to be a stabilizing presence" – Dathan Ritzenheim



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## "The Athlete (Or Non-Athlete)

- Most kids are not runners prior to high school at SLUH.
- Most were cut from another sport or afraid to even try out
  
- How do we tailor workouts to fit over 100 kids?
  - Letters and Numbers



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## Presentation Overview

- Guiding Principles
- Planning
- Willingness to Break the Plan



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## SLUH's Training: Guiding Principals

- Consistency!
- Get on Base
- The answer to every training question: "It depends on the athlete"
- Train to Strengths
- Every Run, Every Day is important
- Bounce Weeks
- Ancillary Work (Weights, Plyos, Hurdle Mobility, Mini-Bands)



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## Summer Planning

- Be Able to Handle the Volume of the Season
- Athletes are in charge of their own training/record keeping
- Tempos
- LT (Potential Double Thresholds)
- Strides
- 10 Second Hill Sprints
- Flying 200s
- Long Runs



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## Sample Summer Planning

Group	Summer Week 3: June 17-23							Totals
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Dirnberger Plan	5x10 second hill sprints - 6 total miles	4 mile tempo - 7 total miles	7 miles	7 miles	4-5 x Mile at CV with 1:30 Recovery	7 miles	3 miles	45 miles
Rosario Plan	5x10 second hill sprints - 6 total miles	4 mile tempo - 6 total miles	6 miles	6 miles	4-5 x Mile at CV with 1:30 Recovery	5 miles	3 miles	39 miles
Ford Plan	5x10 second hill sprints - 4 total miles	3 mile tempo - 5 total miles	5 miles	5 miles	3-4 x Mile at CV with 1:30 Recovery	5 miles	Off	30 miles
Ciochey Plan	5x10 second hill sprints - 4 total miles	2 mile tempo - 4 total miles	4 miles	3 miles	2 x Mile at CV with 1:30 Recovery	4 miles	Off	22 miles
<b>Additional Work</b>	Core	Phys	Weights Circuit	Core	Weights Circuit	Core	Core	



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## Cross Country Season Planning

- Pre-Season
- Racing Season
- Post-Season
- All have a "Bounce Week" in between



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## Post-Season

- Do you need to peak... it depends

Week 3 - October 21-27							Mileage Totals
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
1st Set Drills	1st Set Drills	1st Set Drills	1st Set Drills	1st Set Drills	BIG RIVER, NOTWITHSTANDING	ABQ-3-5 Shakeout	A=62-64
Jog to West Camp	Jog to West Camp/Catchup	Jog to West Camp	Jog to West Camp	Jog to West Camp	1st Set Drills	CDE-1-3 Train Rest	B=55-57
Push-ups/Core	Push-ups	Push-ups/ Core	Push-ups	Push-ups	Mountain Racers	Warm-up	C=43
A=10	Group 1	A=6	A=6	A=6	Mountain Fartlek	2nd Set Drills	D=39
B=6	B=6	B=6	B=6	B=6	OK	Race	E=34
C=4	KK Race Pace	C=4	C=4	C=4	And	Cookbook	
D=5	2:30-3:00 Recovery	D=4	D=4	D=4	B=5	19+ JMKO, 2000+ H)	
E=4	Group 2/ABE	E=3	E=3	E=3	C=4	3450+3 miles	
6 Strides	1/2 mile with gear changes	6 Strides	Strides	D=4	Swish		
Hurdle Mobility Bands	Leg Crossover Weights	Hurdle Mobility Bands	Stretch with Leader	E=3			
Stretch with Leader	Strides	Stretch with Leader	Jog to SLUH	6 Strides			
Jog to SLUH	Cool-down	Jog to SLUH		Hurdle Mobility Bands			
				Stretch with Leader			
				Jog to SLUH			



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## Winter Planning

- Be Able to Handle the Volume of the Season
- Athletes are in charge of their own training/record keeping
- Tempos
- LT (Potential Double Thresholds)
- 10-20 Second Hill Sprints
- Flying 200s
- Long Runs
- Maybe a race or 2 to break up the monotony of training



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## Winter Planning

Week 22: December 28 - January 5								
Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Totals
A	9 miles and strides	Fartlek 10 x (90 seconds on/1 minute off) (8 total miles)	10 miles	7 miles	Mountain Fartlek 1-2-3-2-1-2-2-2-1 (9 Total)	8 miles and strides	5 miles	56 miles
B	7 miles and strides	Fartlek 10 x (90 seconds on/1 minute off) (8 total miles)	8 miles	6 miles	Mountain Fartlek 1-2-3-2-1-2-2-2-1 (8 Total)	7 miles and strides	Off	43 miles
C	6 miles and strides	Fartlek 6 x (90 seconds on/1 minute off) (6 total miles)	7 miles	5 miles	Double-Peak Fartlek 1-2-3-2-1-3 (6 miles)	5 miles and strides	Off	35 miles
Mid-Distance	6 miles and strides	2x4x30 seconds on/1 minute off on Bethwood hill @ mile effort	7 miles	6 miles	Single-Peak Fartlek 1-2-3-2-1 (5 miles)	5 miles and strides	Off	36 miles
Additional Work	Mixi-Bands/ Core	SAC Progression 1/1 Workout 1	Mixi-Bands/ Core	Pylos Progression 1/1 Pacing 20%				



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## Track Season

- What changes from XC... it depends
- Train Everyone like milers that can run the 800 and the 3200
- Race distance
  - 1600 is a 68% decrease in race distance from a 5K
- Typically more interval work and feeling comfortable with faster paces



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## Willingness to Break the Plan

- The answer to every training question ever...
- It depends on the athlete

<input type="checkbox"/>	Yes
<input type="checkbox"/>	No
<input checked="" type="checkbox"/>	It Depends



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## Willingness to Break the Plan

- Match the program to fit the needs of the majority of your athletes.
- Some years that involves more speed, some years that involves more strength
- Injury history means mileage adjustment
- During the season, you may recognize that athletes need something different than the plan



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## Book Recommendations on Training

- *Range* by David Epstein
- *Endure* by Alex Hutchinson
- *The Science of Running* by Steve Magness
- *Run Faster* by Brad Hudson
- *The Science of Speed* by Tom Tellez
- *Training Talk: Conversations with Master Coaches* by Martin Bissinger
- *Training Distance Runners* by David Martin and Peter Coe
- *Developing Endurance* by NSCA



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## Questions

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