



University of Nebraska-Kearney
Loper Track & Field and Cross Country

Climbing the Mountain: Loper Cross Country Training

Coach Expectations

- Understand Success: John Wooden
Don't measure yourself by what you have accomplished, but what you should have accomplished with your ability.
- Understand Process: Tom Osborne
It's in the striving, not in the arriving.
- Understand Motivation: Colossians 3:17, 23
Whatever you do, whether in word or deed, do it all in the name of the Lord Jesus...work at it with all your heart, as working for the Lord, not for men.

Student Expectations

- Character
 - You are an adult (until you prove otherwise)
 - Take ownership (care more than I do)
 - Be coachable (trust)
 - Team (desire the best for others)
- Commitment levels (in order)
 - Work hard
 - Work consistently
 - Work intelligently

Contrasting training paradigms

- American Training
 - Hard/Easy
 - Long run (20%)
 - Tempo runs
 - Race pace focus
- European Training
 - No extremes
 - No extremes
 - Why?
 - Varied pace

Loper Distance Training

- Demands character & commitment
- Developmentally appropriate
- Training Focus
 - Strength (long run, long repeats)
 - Rhythm (tempo runs, short repeats, strides)
 - Speed (short repeats, speed endurance)



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Weekly schedule (sample #1)

- Monday—Workout
- Tuesday—Medium distance
- Wednesday—Easy distance
- Thursday—RACE
- Friday—Easy distance
- Saturday—Long run
- Sunday—Rest or Easy distance

Weekly schedule (sample #2)

- Monday—Medium distance
- Tuesday— Workout
- Wednesday— Medium distance
- Thursday—Easy distance
- Friday—RACE
- Saturday—Long run
- Sunday—Rest or Easy distance

Weekly workout progression

- Monday 1—400+3xMile+400
- Monday 2—Fartlek 10x(1:00 on, 2:00 off)
- Monday 3—400+4x1000+400
- Monday 4—Fartlek 12x(1:00 on, 2:00 off)
- Monday 5—400+5x800+400
- Monday 6—Fartlek 14x(1:00 on, 2:00 off)