

A PEAKING PLAN TO END THE SEASON STRONG

DEREK FEY
CROSS COUNTRY COACH
COLLEGE OF SAINT MARY, OMAHA

Ben Flanagan - 10,000 meter NCAA champion
1 minute PR

PEAKING

WHAT IS IT?



STATE CHAMPION,
DISTRICT CHAMPION,
CONFERENCE
CHAMPION?

- Lasse Viren - 1972, 1976,
1980



OR JUST
INCONSISTENT FROM
ONE MEET TO
ANOTHER?

- Lydiard: pick a date
- Early meet importance





PLAN TRAINING TO SUCCEED BIG!

- Don't sell them short



BOTH PHYSIOLOGICAL AND PSYCHOLOGICAL

- Lydiard: 21 important things for an athlete to consider
- 21: “what is the date of the championship”

LEARN TO RUN WITH CONTROL

- Training
- Even pace/Negative split





MAXIMAL STIMULUS VS MINIMAL STIMULUS

- Optimal: best possible result
- Maximal: Peak date

TEAM DYNAMICS

- Practice it in training
- Get clusters to develop
- Force leaders in workouts



PEAKING EXAMPLES



UCLA

1992 NCAA DIVISION II

- Adams State College
- Perfect Score





DANA
COLLEGE
1998