

# Nebraska High School Cross Country Clinic

## Distance Running in the USA

Jack Hazen

2012 Men's Olympic Distance Coach



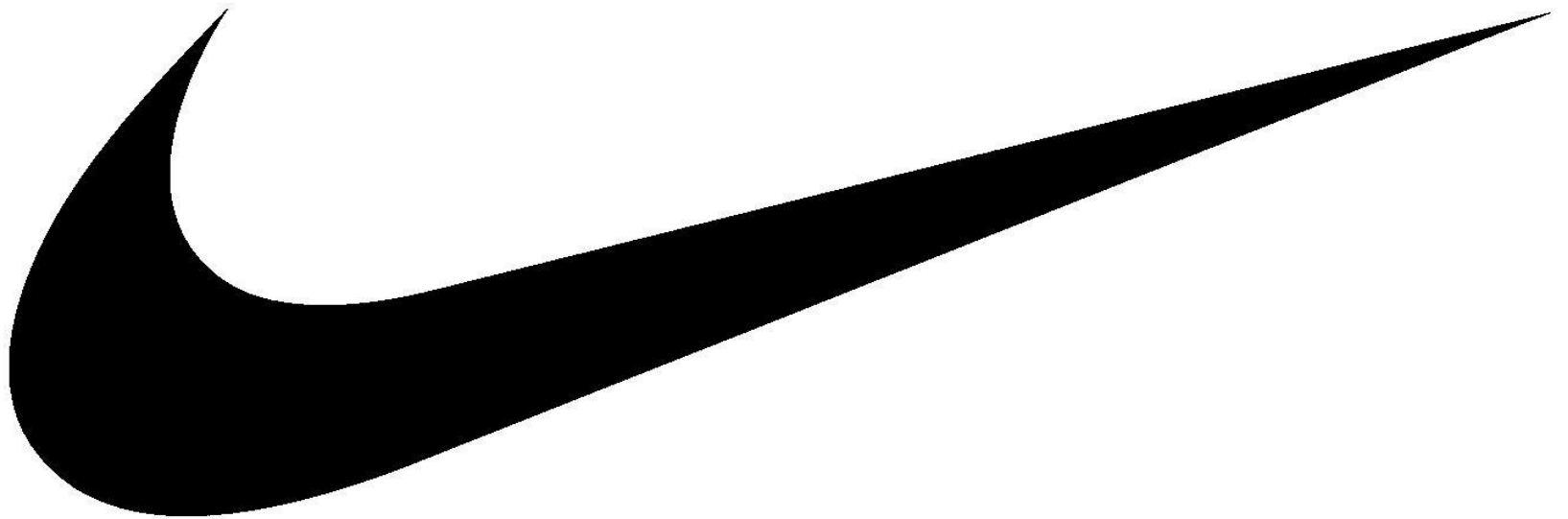
# Create an Environment for Runners

- ◆ I did it.
- ◆ Joe Newton did it.
- ◆ Joe Vigil did it.
- ◆ Dan Green did it.
- ◆ Bill Bowerman did it.
- ◆ Toshiko Seko did it.

# Toshiko Seko

- ◆ Top Marathoner in the '80s
- ◆ Won Boston twice
- ◆ Ran 7 days a week averaging a marathon a day
- ◆ Has logged 55 miles in one day
- ◆ Vigil's Japanese clinic
- ◆ Golfing, Rodeo Drive, Downtown Tokyo Park
- ◆ 1.5 mile loop, 1 million people transverse daily

So Just Do It



# Running in America

- ◆ We have roughly 300 million people in the US
- ◆ We have 38 Americans run under 2:20 for the entire year of 2009
- ◆ We were thrilled with that result



### High School 3200 Meter Trends

2012	2011	2010	2009	2008	2007
8:47.75	8:48.63	8:41.02	8:46.72	8:31.42	8:41.49
8:48.25	8:49.59	8:46.08	8:50.88	8:44.00	8:49.68
8:49.12	8:50.03	8:48.38	8:51.00	8:44.01	8:51.89
8:51.23	8:50.67	8:49.76	8:52.08	8:47.88	8:52.06
8:52.02	8:50.80	8:52.75	8:52.97	8:48.22	8:53.47
8:53.45	8:51.36	8:53.02	8:53.54	8:48.90	8:56.06
8:54.12	8:51.59	8:53.09	8:53.78	8:53.24	8:56.24
8:54.51	8:51.96	8:54.30	8:54.70	8:54.68	8:58.28
8:54.65	8:52.91	8:55.40	8:55.06	8:54.80	8:58.68
8:55.04	8:53.21	8:55.42	8:55.16	8:56.09	8:59.79
8:55.22	8:53.65	8:55.46	8:55.25	8:56.37	8:59.85
8:55.24	8:54.44	8:55.73	8:55.39	8:57.76	9:00.50
8:55.28	8:55.13	8:55.75	8:55.71	8:58.18	9:01.77
8:55.51	8:55.43	8:56.04	8:55.95	8:58.50	9:02.65
8:55.61	8:55.53	8:56.37	8:56.44	8:58.69	9:02.75
8:55.86	8:56.02	8:56.42	8:56.56	8:59.12	9:03.09
8:56.25	8:56.12	8:56.46	8:57.40	8:59.33	9:03.29
8:56.49	8:56.28	8:56.80	8:57.60	8:59.76	9:03.33
8:56.84	8:56.73	8:57.19	8:58.71	8:59.81	9:03.68
8:57.09	8:57.42	8:57.77	8:59.32	8:59.89	9:03.99
2006	2005	2004	2003	2002	2001
8:43.32	8:48.13	8:39.37	8:43.24	8:51.51	
8:44.29	8:49.19	8:41.44	8:45.60	8:52.48	8:41.39
8:47.42	8:50.94	8:44.41	8:48.04	8:55.84	8:42.15
8:47.80	8:53.06	8:45.25	8:48.39	8:57.96	8:55.17
8:49.76	8:55.08	8:46.87	8:50.16	8:58.04	8:55.36
8:50.85	8:56.23	8:47.82	8:50.81	8:58.20	8:55.5
8:53.59	8:57.98	8:49.05	8:52.75	8:58.30	8:55.83
8:53.87	8:58.34	8:50.74	8:53.59	8:59.34	8:56.44
8:55.10	8:58.88	8:51.74	8:53.66	8:59.53	8:57.01
8:55.22	8:58.95	8:51.76	8:54.46	8:59.63	8:57.08
8:55.33		8:52.92	8:55.31	8:59.71	8:57.13
8:55.77		8:53.56	8:55.80	8:59.98	8:59.03
8:56.28		8:54.50	8:55.87	9:00.12	8:59.57
8:56.82		8:55.03	8:56.35	9:00.36	9:00.13
8:57.10		8:55.4	8:57.75	9:02.31	9:00.49
8:57.40		8:55.74		9:02.36	9:00.69
8:57.47		8:55.95		9:05.35	9:01.13
8:57.56		8:57.13		9:05.82	9:03.06
		8:57.32		9:05.91	9:03.15
					9:03.67

***Men's US Distance and Middle Distance Team  
Unprecedented Success  
2012 Olympic Games***

19 Athletes

20 Positions (Galen doubled)

10 Top 10 finishers

17 of 20 were in the finals

***Placing***

2 - medals

4 - 4<sup>th</sup> place finishers

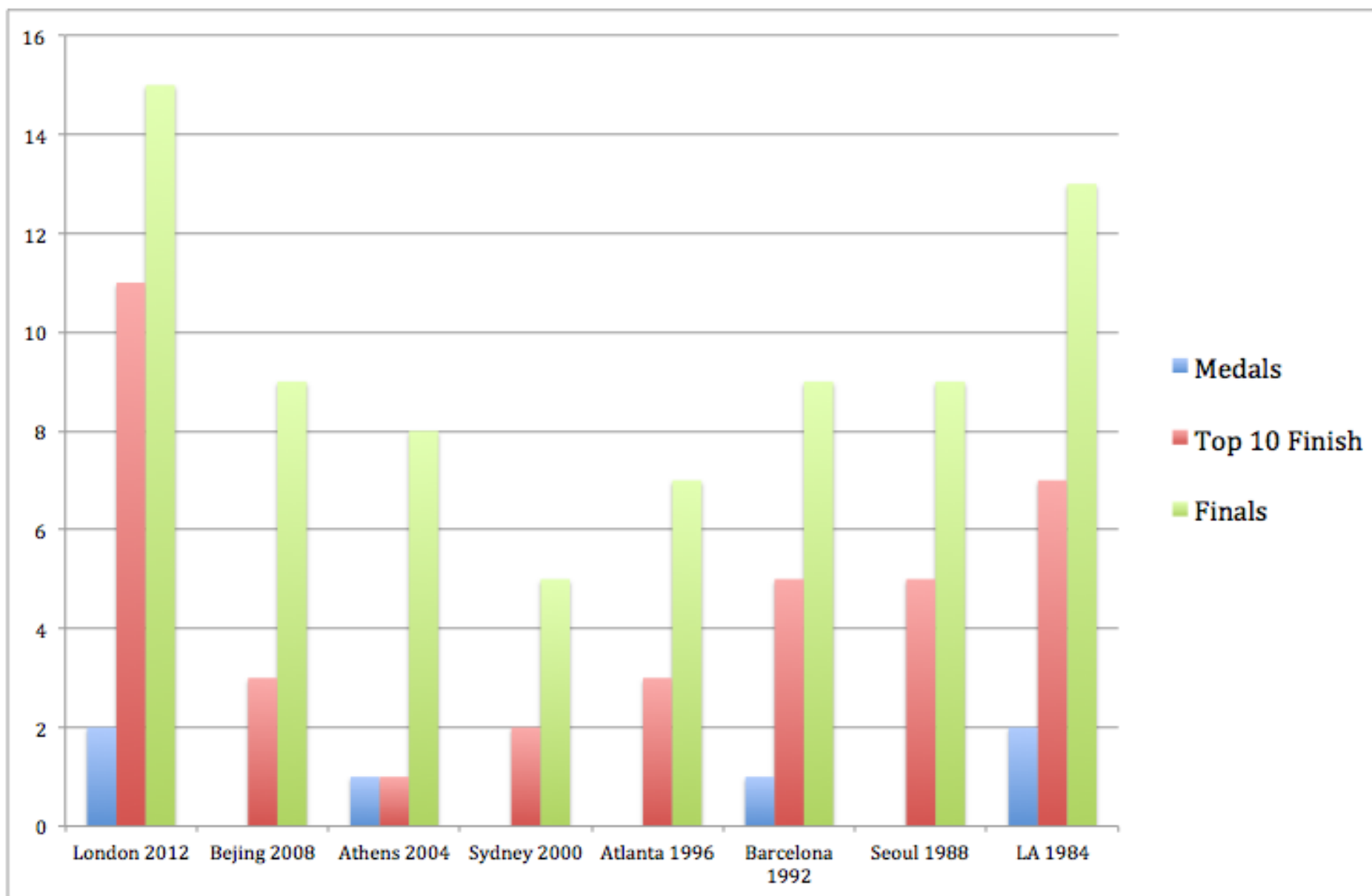
1 - 5<sup>th</sup>

1 - 6<sup>th</sup>

1 - 7<sup>th</sup>

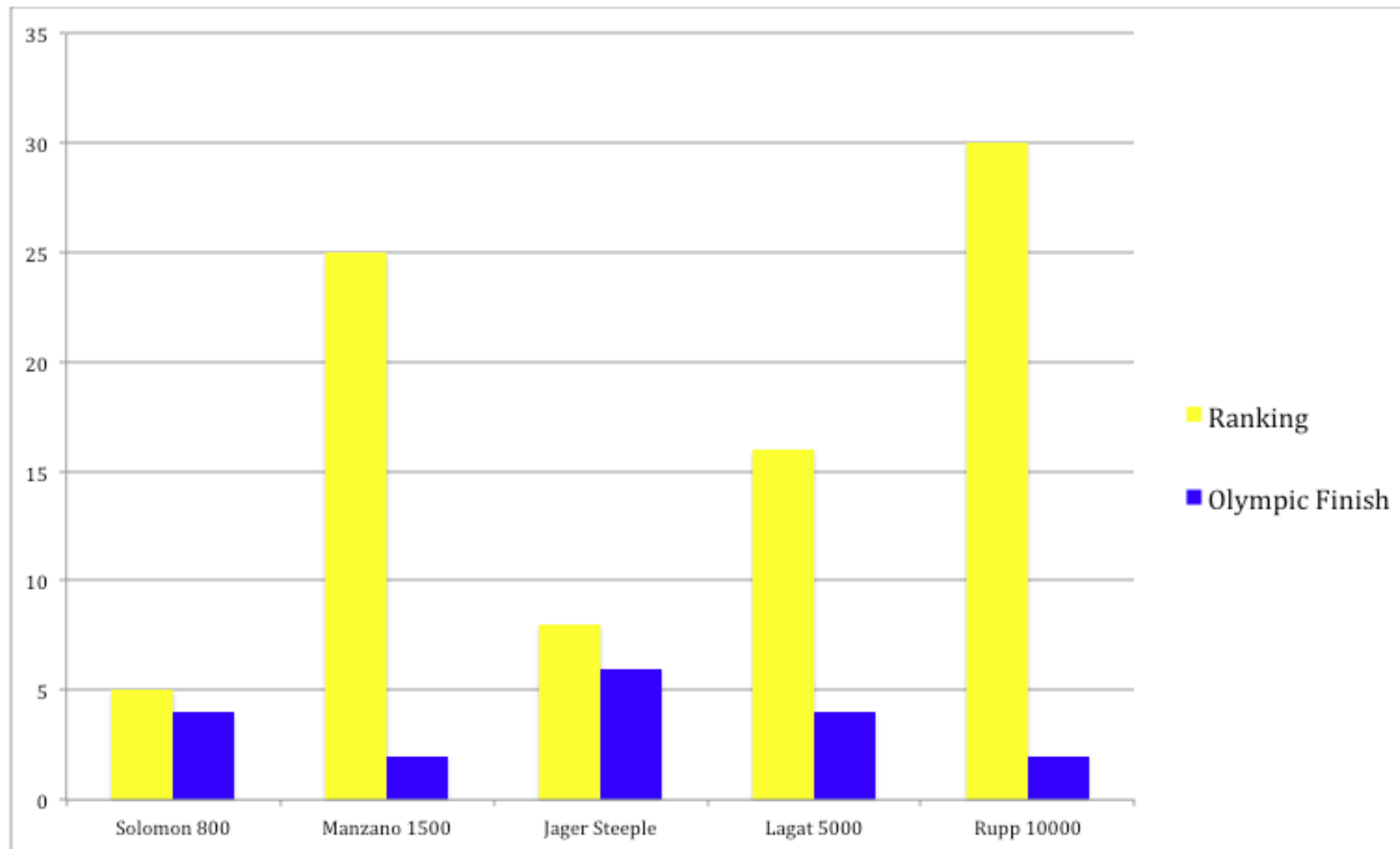
1 - 8<sup>th</sup>

## Trends in US Olympic Distance Events

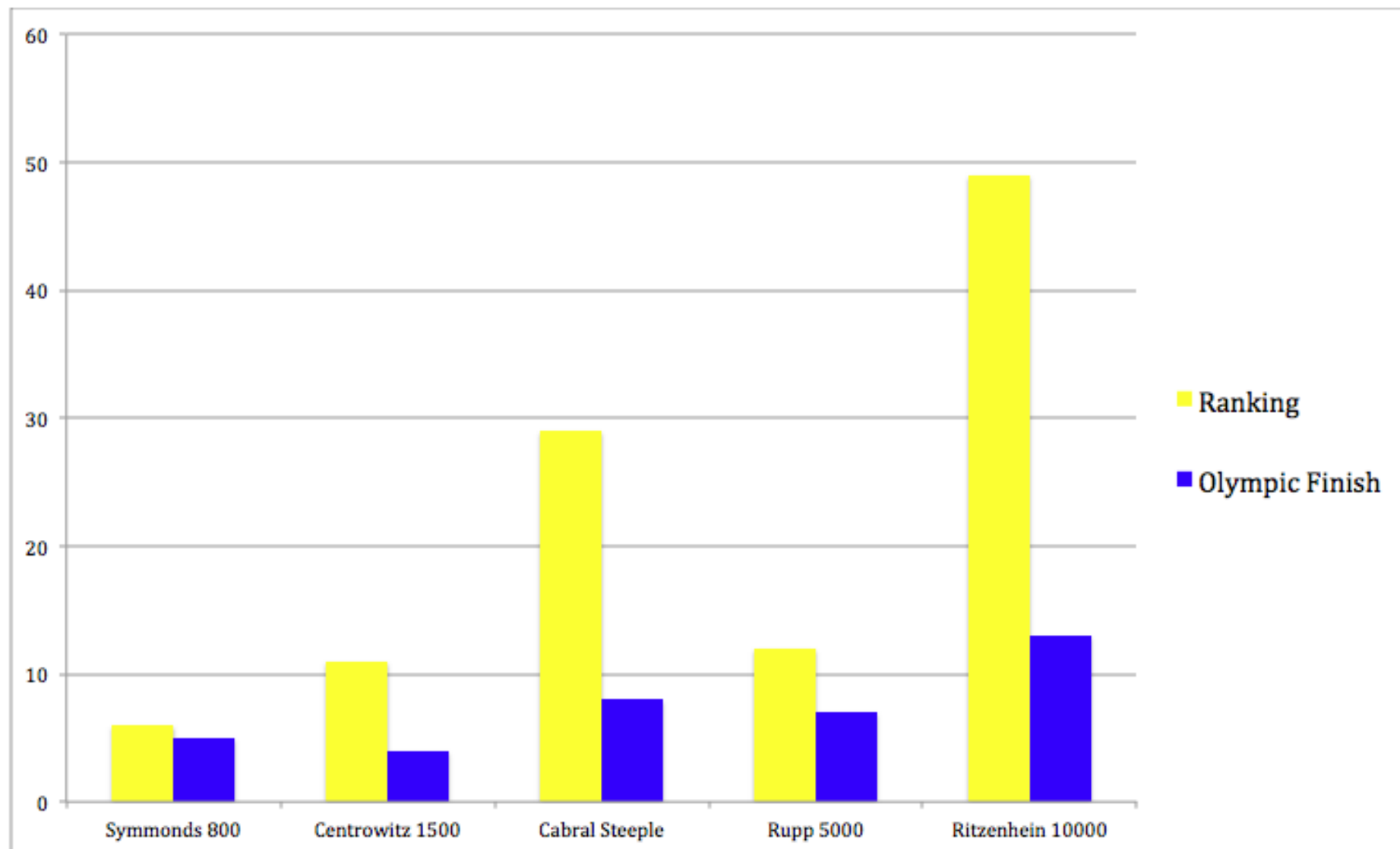




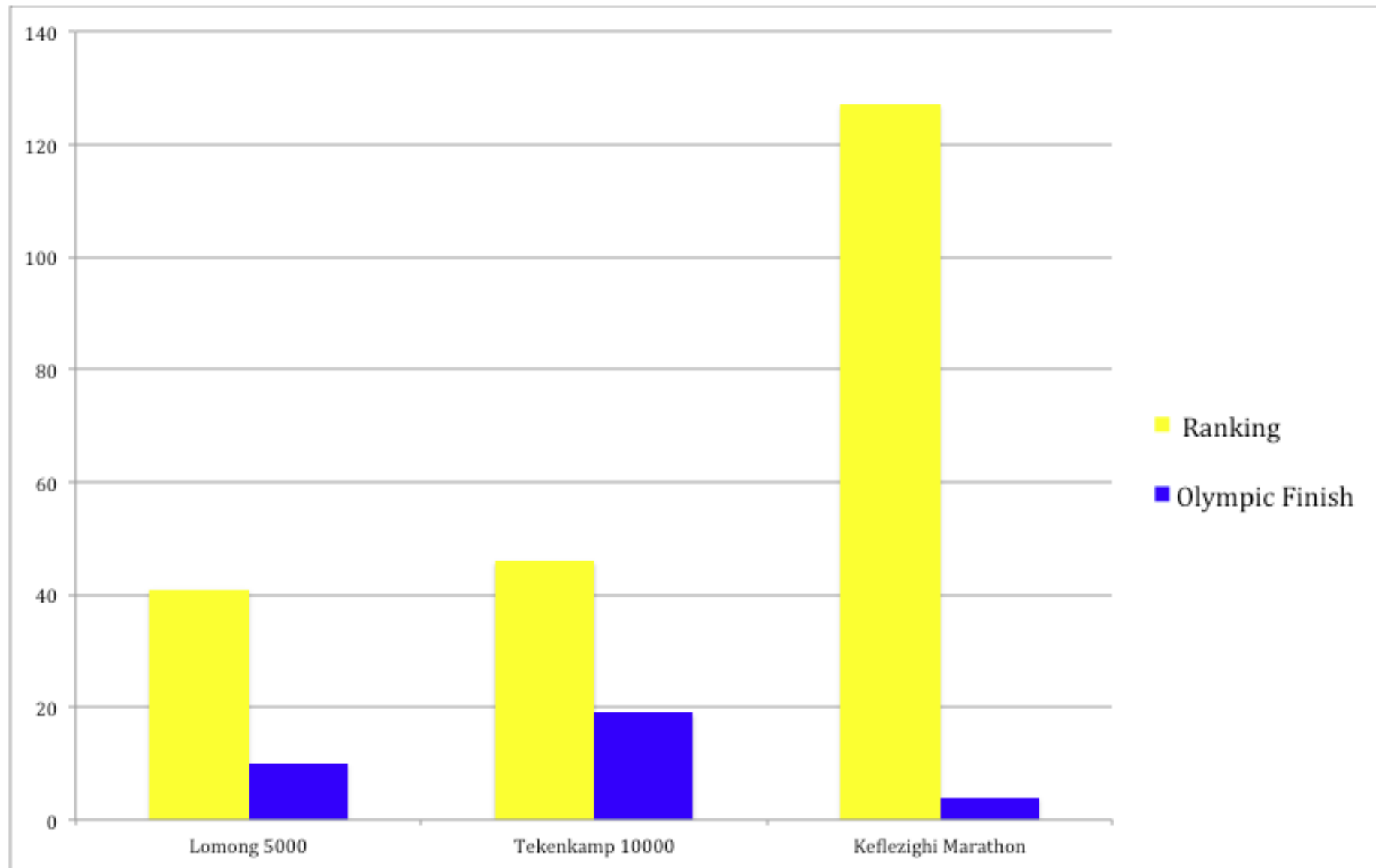
## 2012 Olympic Ranking vs. Actual Finish



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# Coaching Education: The Answer

