

*Thoughts on Distance Running-Bud James*

1. You are a product of your mind, if you think you can -you can.
2. Distance running is 70% physical, the other 50 % is mental.
3. Always remember that there is no such thing as being the number 4 or number 5 runner, labeling only limits the human ability.
4. Remember to focus on the accomplishments that you have attained and use them as a springboard for your future activities.
5. In developing a training program remember that the human body will accept training better if it is precise and systematic. Training must be a cycle which the athlete can live with with relative ease in such a way the program doesn't have to be altered.
6. Eat, at the same times daily.
7. Run at the same times daily.
8. Rest at the same times daily.
9. Sleep the same number of hours daily.
10. Training should be such that you do the same type of workout on the same day in your cycle every time.
11. In order to run fast you must run fast. Your training schedule should tell you when and how fast.
12. Training should be race specific, you don't need to train like a marathoner if you are a high school miler.
13. High school athletes must be challenged to run far and fast but by no means should they ever run to the absolute in a high school setting. The good high school program produces kids who blossom later on and continue to run, compete and improve.
14. The key components of an athletes training program are- their base of fitness from which they generate their training, their training phase which includes a systematic inclusion of long run(for endurance), controlled fast running for strength (work of over 800 meters), controlled fast running for speed (work of under 800 meters), recovery runs, and rest.
15. The watch should be used as a tool to help the athlete in training, it should not be used to intimidate, penalize or inhibit the runner. Respect the watch.
16. Food should be looked at as the fuel that is necessary to run the athlete's engines.
17. The human body is sometimes unforgiving, if you drink the wrong thing, eat the wrong things or in some other way ingest the wrong things it will react in a way that is contrary to systematic athletic performance.
18. There is no short cut to excellence in distance running, drugs will not produce champions, a systematic work ethic is the only way to success.
19. Training should be such that the body accepts the volume and type of work that is done, within that thought the work should be designed in such a way that there is variety and excitement built in. Monotony leaves the athlete unexcited, the work must be a challenging fun situation.
20. There is always a certain time to run with the wind on your back. Training does not always have to be hard.
21. Young runners should look to examples of the top runners in regard to training and lifestyle .
22. Coaches should encourage athletes to follow the sport by going to races where top athletes compete in our area.
23. Athletes and coaches should be aware of current events in the sport.
24. Athletes must be encouraged to understand their body by learning the physiology behind their training program.
25. Goals must be set in order to act as a catalyst for the training program. You can't shoot without a target.
26. Don't believe everything you read in a running magazine, use the information and selectively analyze the contents before you take it to heart.

27. Understand that the prescription that works for someone else's training might not work for you. You must do your workouts and stay on your program in order for you to improve.
28. It is not always necessary to have training partners, mental toughness comes from the development of individual work ethic. You should be able to feel comfortable working alone.
29. Racing is a quality that instinctively appears in some athletes, others must learn it.
30. Everyone must learn how to commit to taking a chance against the clock. You have to run faster than you ever have before in order to establish a new personal best.
31. Just because a workout was done in the third week of the season last year does not mean that it should be done again in the same spot this year. Coaches must be able to coach individual athletes on an instinctive level. Hide your old workout logs and be timely in what you coach.
32. Distance runners tend to be more intelligent than other athletes. They also tend to be more independent and goal oriented. Keep this in mind when working with them.
33. Don't waste the majority of your practice time on things that will not directly benefit your athletes. Remember that the time spent must be fully productive.
34. Running is a great social activity, use it to develop individuals in regards to self image, confidence and assertiveness.
35. Try to be aware of the fitness and ability level of each of your athletes as much as possible on a daily basis in order to help them to do their best for that particular day- this sounds easy but is very difficult. Simply be aware.
36. In cross country, don't inhibit an outstanding athlete by asking them to be too much a team player, the pack is fine but it does not help everyone attain their best.
37. Remember that all runners will find someone who is a bit faster than they and all coaches will find other coaches who have wonderful ideas and coaching philosophies. In the end we must all learn from each other and feed off of each other in performances. There is always someone who is a little faster and trains a little harder and has a little more than the next person, that is why records are broken and races are run.
38. Desire is something that we as coaches can't teach, it is born within the great people of the world.
39. Everyone, no matter how slow or how fast can in fact rise to their individual best- with that in mind we all must work toward success.
40. If you can run up a hill, do so.
41. Always take the safest route to your destination, even if it is farther.
42. Remember that runners are not motor vehicles, do not try to challenge the real thing by running on a busy road. Remember to remind your athletes of this.
43. Any time you can reinforce something through a drill and at the same time enhance fitness, do it.
44. If you have a favorite workout- do it periodically in order to enjoy your running more.
45. As a coach set the best example that you can by practicing the principles that you endorse. Adhere to the positive lifestyle.
46. Be an advocate for distance running, encourage athletes to be involved as much as they can in all aspects of the sport.
47. Read about those who are successful.
48. Study the best and be aware of all areas of their lifestyle.
49. Do not force young athletes to run distances, allow them to explore the possibilities and enjoy the experiences of the activity.
50. Encourage all athletes to work to their ability level- they can all do their individual best.