

Taking Care of the Little Things: The Difference between Good and Great

Good Runners /Athletes

1. Drink two glasses of water every morning when getting up. Drink at least 64 ounces of water a day.
2. Come to practice with a positive attitude
3. Know the daily routine
4. Do warm up every day
5. Do the drills daily
6. Focus on form strides
7. Know the workout daily
8. Complete runs nonstop
9. Do strides at the conclusion of the workout. Complete cool down.
10. Do cool down, core, strength, stretching and checkout without being told
11. Usually do the homework and usually do most of the runs on weekends and off days
12. Do the preparation work during the summer

Great Runners/Athlete's: It's what you do when no one is watching that makes a difference.

1. Fall in love with running, racing and cross-country
2. Infect teammates with a positive attitude
3. Learn and embrace the daily routine. This routine includes daily proper nutrition and hydration
4. Gradually pick up the pace in the warm up
5. Strive for perfection on drills and strides
6. Understand and give constructive feedback on workouts on a regular basis
7. Strive to do extra credit after some workouts
8. Negative split most runs and practice finishing through the finish line
9. Finish all workouts correctly. Get a little stronger, a little fitter and a little faster each day.
10. Are consistent about rehab and strengthening workouts at home. Does one more push up daily!
11. Do homework daily, organize and complete off day and weekend runs
12. Motivate self and teammates to do proper training during the off season and summer
13. Help to improve teammates daily so the whole team can get better
14. Do race plan and race evaluation for each race and use the information to get better
15. Write down and daily check running goals
16. Do log daily. Assess and evaluate daily progression. Keep track of miles on shoes
17. Work to eliminate running weaknesses and improve running strengths
18. Stay within the training plan