

# Focus on the Process, Not the Results

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# Background

- 22 years as head girls coach
- Team qualified for state 17 times
- 11 Conference championships
- 10 Regional championships
- 4 Sectional Championships
- 1 Assistant Coach

# WHY?

- Alleviate stress
- Reduce anxiety related to workouts and races
- Takes outside variables such as weather out of the equation
- More togetherness on workouts and a relaxed team
- Build on positives after each workout or race
- Cut down on the analyzation by the athletes
- Book: “The Power of a Positive Team” by Jon Gordon
- “What Drives Winning” by Brett Ledbetter

# WORKOUTS

- All interval work was done in time increments instead of distance.
- For example, if we wanted to do 8 x 800 we would do 8 x 3 min instead.
- Advantages: All workout groups started and ended each interval at the same time which helped build team unity.
- Athletes were not focused on their time but rather the effort level that they were putting in.
- Athletes had a general idea how far they should get on each one and worked to improve on each successive interval.

# More on Workouts

- Improved the flow of practice on workout days.
- More athletes were able to finish full workout as it kept the distances manageable for the less experienced members of the team
- We only did 2 workouts where we used distance instead of time – Chief (during our off week in late September) and Mile Cut-down (week of regional)

# Meets

- We did not set a finish time goal for any meet other than state.
- During the season, we would have goals for the 1 mile and 2 mile splits.
- Runner were more relaxed before races and concentrated more on improving different aspects of their race.
- The mental approach was the best it has been in years.
- Adverse conditions did not have the same mental affect on our team
  - Example – Forest Park Cross Country Festival this season
- Each meet the runners were able to build on the work that they had done previously.

# Meets

- No talk about finishing time in reflecting on meet.
- Topics that we focused on – Consistency of splits and pack time
- Runners were less worried about hitting a specific time and we able to focus on other areas of their race.

# Conclusion

- For the group of runners that we have, this change has had a profound affect.
- Our runners were more receptive to taking chances during both workouts and races.
- The runners were not discouraged if they had an off day.
- There was more trust between the athletes and coaches which allowed us to work together to improve.
- The whole atmosphere became more positive.