

South Winneshiek Track and Field

Less is More in Training 200-800 Runners

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South Winneshiek Track

- **Background**
 - Been at South Winneshiek as Head Cross Country and Girls Track coach since 1994
 - Limestone track for the first 18 years. Lots of practice in the street and in school hallways/gym over the years.
 - 180 total students 9-12. 60 participated in track this spring. Routinely have 25-30% of student body participating in track.
 - Scott Conway = Co head CC coach and Boys track coach
 - We run a “Co-Ed” track program.... We share coaches, One throws coach, He coaches distance, I coach Sprints/MD, Two more assistant to work with jumpers, hurdlers and help with sprinters.

- **Less is More when it comes to Sprinters/Long Sprinters..... even 400/800 types.**
 - Avoid “Distance Runner” philosophy when it comes to 100-800 types
 - It is hard to come to grips with the fact that 8-12 x 30 meters or 200-300-200 can be a HARD workout when you come from a distance background.
 - Hard to come to grips with the fact that some 800 runners never need to go on a continuous 30 minute run.
 - Highly recommend “Complete Track and Field” Products
 - Latif Thomas, Ron Grigg, Mark Mangiacotti
 - High quality, high recovery, low volume – sprinters never jog or run slow other than maybe initial part of warm up.
 - Use “extra” track meets as training days – Special Endurance Workouts.
 - Our true 400/800 types almost never go on a “run” Endurance from Threshold/Critical Velocity type workouts..... Tempo type running with short rests.
 - ***This is for long sprinters moving up to 800. Not REAL distance runners who run 800’s.

- **Training plan based on themes for entire team**
 - We are a small school, we rely on well rounded athletes going between events
 - Kids move between training groups – especially 400/800 types
 - Might be short sprinters one day
 - Might be long sprinters another day
 - Might be with distance runners another day
 - Common themes allows kids to move between groups without missing key workouts or repeating other workouts too often.
 - Even though they may all be on the same “theme” for the day, they are not necessarily doing the same work out. A “Power/Speed” day is NOT going to be the same thing for a short sprinter and a distance runner..... but, both still address those issues on the same day.

History and Background.....

- **I have been at South Winneshiek since 1994 Track Season.**
- **Volunteer track coach in the spring of 1994**
- **Head girls track coach since 1995**
- **Started the Cross Country program and have been head boys and girls cross country coach since 1994**
- **My college roommate, teammate, and good friend (Scott Conway) got a job at South Winneshiek in 2002. We have been Co-Head CC Coaches since, and he has been Head boys track coach during this time as well. We coach track as a co-ed team. I coach sprinters/middle distance. Neither of us would be as good a coach without the other.**
- **School size - We have a small school - (45-55 per grade and only about 180 total kids in grades 9-12).**
- **This spring, out of 180 kids in our high school, we had 60 kids out for track. We routinely have 25-30% of our student body participating in track. This level of participation is something we are very proud of.**

Philosophy of our Program

Coach the runners you have – not the runners you wish you had.

- **Individualize training based on experience, ability and goals.**
- **Individualize expectations based on experience, ability and goals.**
- **Individualize motivation based on experience, ability and goals.**
- **Take every runner as they are, where they are..... and move them further.**
- **Everyone can and must contribute to the team.... That is not the same thing for everyone. Help identify and nurture what each participant has to contribute.**
- **Everyone has an “I can’t believe I accomplished that!” moment in their career.**

It is our belief that when you impose “your” goals, ambitions, expectations on a team, it denies large portions of participants the opportunity to enjoy and benefit from the greatest sport there is.

Further – when participants and coaches have differing goals, ambitions and expectations, it creates anger, frustration and resentment for everyone involved.

Resist the urge to give every kid the same workout. Giving an average runner the workouts that a great runner was capable of will not make them a great runner..... most of the time it results in injury, illness, inconsistency, breakdown, doubt and frustration.

Coach the kid who is in front of you..... not the kids on some other team, not the kids you had 10 years ago, not the kids you read about or heard about at a clinic. Coach YOUR kids.

Training:

General Philosophy for 200/400/800 types –

- **I highly recommend the products from Complete Track and Field. In particular, sprint programs from Latif Thomas. And, in regard to 400/800 type stuff.... The programs from Marc Mangiacotti and Ron Grigg. A google search or youtube search will bring up a lot of their training insights. But, I am very happy I purchased their programs from CTF..... that is an unsolicited endorsement. Just a lot of bang for your buck in their products. Much of what we do in regard to training is based on those programs, or combines elements of our own strategies and philosophies with ideas we found there.**
- **I was a distance runner in high school and college. Often, career distance runners and CC coaches struggle coaching track because they bring with them the “more is better” mindset of the distance experience.**
- **Get rid of the idea that more reps, slower reps will get you where you want to go. In general..... I have found that approach to be detrimental.**
- **Instead – adopt a high quality, high recovery, theme based approach.**
- **In high school, we have too many meets. Identify the meets which matter. This will include the last 2-3 meets of the season (including state) as well as maybe 1-2 other meets during the regular season where you want to emphasize the lineup you might use at the end of the year.**
- **USE the “extra” meets as the perfect training opportunity for these 200/400/800 runners. It is HARD to get a really great “Special Endurance” training effort in a regular practice. Get them with meets. Put kids in 200/200 close together for 400 training. Put them in 400/200 close together for 800 work. Give them combo’s of 200’s and 400’s for the best “Special Endurance” type workouts. These workouts are the bread and butter of long sprinters/short middle distance.**

- **IT IS WORTH NOTING, MUCH OF WHAT I ADDRESS IN TERMS OF 800 TRAINING IS MORE GEARED TOWARD MOVING THOSE 200/400 TYPE RUNNERS UP TO THE 800. THESE ARE NOT "DISTANCE" RUNNERS. THEY ARE ATHLETES. THEY ARE PROBABLY VOLLEYBALL, FOOTBALL, BASKETBALL PLAYERS - NOT NECESSARILY CC RUNNERS.**
- **Ultimately, the VERY BEST 800 runners we have had have been great CC runners with natural foot speed. But, in a small school, how often do those come around? In order to be competitive in an event schedule with an emphasis on 200/400/800 type events, you cannot rely on Distance runners. You need to find a way to turn those long sprinters into middle distance runners at times.**
- **When turning a long sprinter into a mid distance runner, I have found the best way to do that is by training them and racing them as long sprinters not attempting to turn them into distance runners.**
- **Identify the kids who might fit the mid distance role.... They are almost never your true 100 meter sprinter. Look for the kid who is better at the 200 than the 100 and better at the 400 than the 200. Look for the kid who can run multiple good 200/400 type races in a meet or close together. Look at your 3-4 sport athletes. Look for the sprinters who can't quite hang at the beginning of fast speed endurance workouts, but are toward the front at the end..... these are the "sprinters" who can become 800 runners.**

The Enemy of Good and Great is the Quest for Perfect.

- **There is nothing more detrimental to long term and season long improvement than a "great workout."**
- **We want "great races," not "great workouts."**
- **We want 100% of our kids healthy and racing at 95%+. We don't want some of our kids at 100% and some of them hurt/sick.**
- **Beware of "#2 runner syndrome" trying to practice with #1 runner in hopes of racing with them.... Injury, illness, inconsistency in #2.**
- **Be careful when a kid makes a huge improvement. Don't move them up too many paces too fast.**
- **A great race, where a kid "goes to the well" is a time to be cautious in training.... Rest, recover..... we will even drop them a group for a week or so. Efforts like that can be the beginning of the end for some kids.**

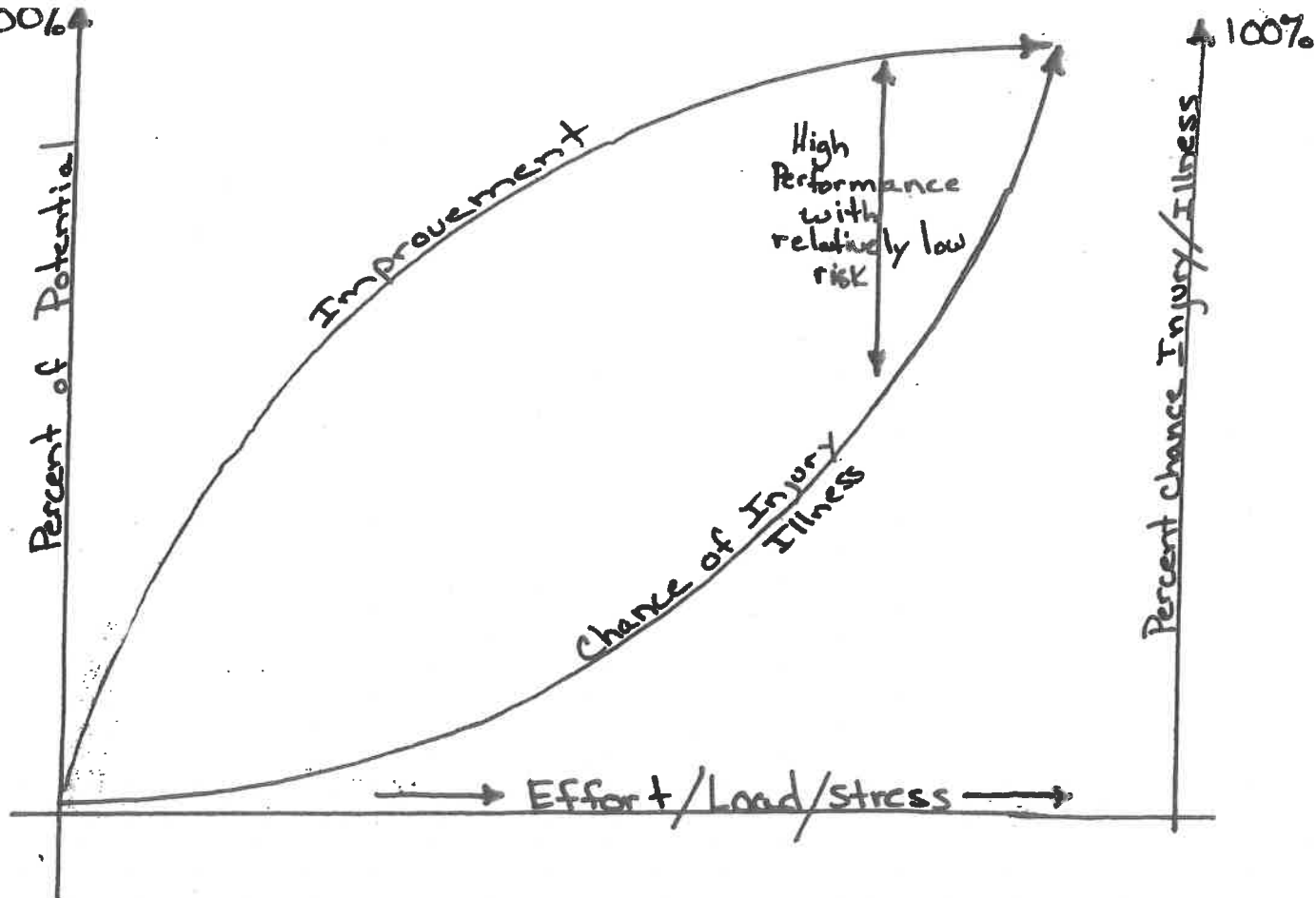
Motivation:

***“Bad” runners and average runners can become great runners.....
Or, they might have a friend or sibling who could be a great runner.
Make sure EVERYONE has a great experience. You NEVER know.***

**** Glen – last place in EVERY JH and many 9th grade races Last of all boys and girls. Could not do a push up in 7-8-9th grade. 3 time state qualifier.**

**** Kyle and Russel..... 25:00+ 5K runners. Clowns, participants. Nice kids, but no real ambition to be “good.” They had pleasant attitudes, but were never going to “try.” They had a good experience participating and being on the team..... Oh, and they had a friend named Adam. Adam never ran JH track or CC. Was not out for either as a freshman. But, they brought him to practice part way into his sophomore year..... Went on to set school record in CC and in 3200 in track. State Runner up in Cross Country as a senior. Multiple “top 3” at state track. College All-American. Professional Triathlete with 7 full Ironman’s. 2:20 Marathon PR this fall..... the only reason he ever started running is because he had two 25:00 5K friends that had fun in CC.....**

- The key to motivation is improvement.
- Highlight and encourage improvement and habits as opposed to performance whenever you can.
- Make improvement the coolest, most respected thing on your team.
- Not everyone can “win”, but everyone can get better.
- Split up kids who are negative when they are together.
- Make it so a kid feels weird and out of place if they are complaining.
- Lists..... Lists might be the greatest motivational tool of all time.
- Lettering standards - include habits and improvement.
- Keep records..... all kinds of records.
- Lists of kids who started out as average, and accomplished amazing things.
- It is ok to have “participants” on your team. Not everyone wants to be a great runner. Not everyone has time. As long as they add something to the team that is positive in some way.
- Split sheets with lots of information.
- Make practice fun.... Well, as fun as running can be☺
 - * Good attitudes
 - * Music (iPad or phone and wireless Bluetooth speaker)
 - * Partial to Funk, Disco, 80’s, Eclectic play list. Fun.
 - * Ultimate Frisbee once in a while
 - * Breakfast after summer morning runs
 - * Great leaders.... There is no substitute for great leaders.



* There comes a point where you begin to greatly increase your likelihood of injury + illness in exchange for very little potential improvement. We avoid this.

* Philosophical Goal of our Program:

- We want 100% of our runners at 95-97% of their potential.
- We do not want 50-75% of our runners at 100% and the rest injured, sick or on the verge of break down.

Jack Daniels presented something similar to this at a clinic I attended 10 yrs ago. It really stuck for us.....

TRAINING - EXAMPLES

Something I have noticed and struggled with over the last several years is that it is increasingly difficult to deal with the kids we have that are sort of "between event" areas. In particular - we really have not had a true 400-800 group. Those kids have just kind of bounced out of or into the distance group now and then. The problem with that has been the kids may end up getting the "same" type or workout multiple times or missing out on a "type" of workout as a result. The other problem is the simple fact that the 400-800 runner is basically the key to a large portion of the track events, and we really have not been training them for the most part..... So, I have been trying to figure out a way that we can better coordinate event groups so that we are not scrambling to train these types of kids.

Basically, I primarily tried to adapt sprinter training paces to 800-3000 workout schedule. It actually fell together better than I thought it might when I started in on it. The "goal" is to essentially make it so every person on the team from 100-3000 is engaged in the same basic "theme" each day. (Excluding throwers for now). In this way, no matter where we move a kid on a given day, they will be getting a workout in a particular theme.

Now, obviously, what counts for a speed/power/acceleration day for a 100meter runner will be different than what a 3000 runner would get on that day..... but, even though we may have 4 different workouts going that day.... They would all have the main focus of "speed/power/acceleration" - and kids could move up or down between groups depending on if they were more 100-200 or 200-400 or 400-800 or 1500-3000..... and, no matter where they went, the general theme of the workout would be the same on that day. That way, if kids were in a different group the next day, they would not be repeating a similar theme or missing out on a particular type of workout altogether.

It would also allow us to keep track of kids better in regard to lifting..... lifting/strength would fall on M-W-F (at least early on) and would always follow the theme of the day - so, if it was power and speed - those are the types of things that the groups would do in the weightroom - Olympic lifts, plyo jumps, speed ladder, short, powerful bursts with more rest. Again - no matter what group you were in, you would get the same type of strength component that day without repeating the same thing multiple times during a week, or missing it all together.

I see all of this as particularly valuable for the 200-400-800-400H types of kids specifically..... And, for our sanity in general.

Ok, this is where it gets a little crazy on my part..... I tried to organize this in a way which simultaneously included the necessary detail and was also simple to follow and figure out..... So, I color coded all of it..... of course I did. Yes, I know this puts me on the spectrum.

RED = SPECIAL ENDURANCE/RACES/MEETS

PINK = SPEED/SPEED ENDURANCE (100-200-400 PACE)

ORANGE = INTENSIVE TEMPO (80-90% 400 PACE, OR 800-1500 RACE PACE)

YELLOW = EXTENSIVE TEMPO (70-80% 400 PACE, OR 3K-5K RACE PACE VO2)

WHITE = CRITICAL VELOCITY (10K PACE, ENDURANCE WORK FOR 800 RUNNERS)

BLUE = THRESHOLD PACE FOR DISTANCE RUNNERS, 60-70% FOR 400 RUNNERS

GREEN = AEROBIC, EASY, RECOVERY

Again - while the individual workouts may vary, 100-3000 runners would have the same "theme/goal" on the same day. Switching groups might alter a workout, but not the theme of the workout. Also, we could have a much more coordinated strength/lifting component on these days in the weightroom (Ethan and Darcy - might have to put you in control of this aspect)

MONDAY:

Theme = Power/Speed/Acceleration (Pink)

The primary "goal" of this day focuses on pure speed, explosiveness, acceleration, and power. Extra warm up geared toward "being fast." Core workout should be short reps, 95-100% efforts, Durations that are short. Rests that are complete. Supplementary activities should touch on the same theme - so, plyos, explosive med ball stuff, etc. Weightroom should be heavier weights, explosive lifts, Olympic lifts, speed drills, plyos, fewer reps, longer rests..... basically, the workout should not "make you tired" at any point really. The "stress" of the workout comes from the intensity.

TUESDAY:

Theme = Tempo (Extensive or Intensive for sprinters) (Orange/Yellow)

VO2 Max (800-5k pace for Distance Runners)

These days are "tempo" days. This basically equates to intervals run at "Extensive Tempo" pace which is basically 70-80% of 400 pace for sprinters or VO2 3K-5K pace. Controlled efforts, rest that keeps you from getting to worn out. Improves endurance and running economy.

WEDNESDAY:

Theme = Recovery (Green)

The primary goal of a recovery day is just that - recover. In particular - should be easy on the legs. This is a good day for flexibility drills, the dynamic flexibility hurdle type drills, lighter technique stuff with handoffs, starts, etc. Light load as far as stress to legs. Easier running. Low intensity. Weightroom/strength would include, core, body weight, circuits.... No legs.

THURSDAY:

**Theme = Critical Velocity (10K) or Threshold for Distance Runners
Max Velocity or Tempo for Sprinters (Blue)**

The primary goal of this day is similar to Tuesday/Tempo days. For distance runners and 800 runners, this would generally equate to threshold or Critical Velocity (10K) pace. This may be done in the form of intervals or it may be done in more of a sustained tempo run, or 2-3 longer tempo efforts. For sprinters, this would be a similar day to Tuesday – but opposite type of extensive or intensive tempo as done on Tuesday. Also a good day for more specialized work like hurdles, jumps, etc.

FRIDAY:

Theme = Speed Endurance (Short-Long Hills) (Pink)

Primary goal on this day is race specific endurance..... Intensity and duration is high enough and long enough to cause fatigue for portions of the workout, but also provides enough recovery so that you can do it over again. Essentially, you are practicing to run while tired at your race pace. Basically, they are dipping into the red zone, but recovering to do it again. Hills in the beginning of the year for sure. Weightroom/Strength would focus on endurance and strength when tired as well. Circuits, moderate weights, higher reps, less rest, multiple components – mixing things like core, jumps, medballs, kettlebells, dumbbells, etc.

SATURDAY:

Theme = Strength/Endurance (Green/Blue)

Primary goal is aerobic endurance/strength. For distance runners, likely their long run. For 100-200 or 400-800 – might be more race specific reps at 800 type pace or thereabouts. Basically, a good workout, but not crazy intensity as they are tired from two hard days..... Not too light, as they have Sunday off to recover. Lifting/strength from Friday could be done on this day as opposed to Friday. Might be a good day for a longer circuit type work as well. Might also be a good day for more specific hurdle/jumps work. Handoffs, starts, etc.

As far as the workouts themselves..... see attached documents.

Week	Day Off	Premee	Recov/Aerobic	Track Short	10K CV	ExtTemp 3-5K	Intemp 6-15	Sp End 2-400	Speed	Recovery
1		3	0	1	1	0	1	0	1	0
2		2	0	1	0	1	0	1	1	0
3		1	0	2	1	0	1	0	1	0
4		1	2	1	0	1	0	0	0	2
5		1	1	1	1	0	0	1	0	1
6		1	1	1	0	1	1	0	1	1
7		1	2	2 ?????		0	0	0	0	2
8		1	1	1	0	1	0	1	1	1
9		1	2	2 ?????		0	0	0	0	2
10		1	1	1	1	0	0	1	1	1
11		1	2	2	0	0	0	1	0	2
12		1	1	1	1	0	0	1	1	1
13		1	1	0	1	0	0	0	1	1
	16		14	16	6	4	3	4	7	7

14:01 Days

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Workouts/Week
1	Easy Off	Off	Ext. Temp 3-5K	Aerobic/Easy	Tri Short	Long Hill	Easy Off	3
2	Easy Off	Speed	Int. Temp 6-15	Aerobic/Easy	10K CV	Short Hill	Easy Off	4
3	Easy Off	Speed	Ext. Temp 3-5K	Aerobic/Easy	Tri Short	Long Hill	Aerobic/Easy	4
4	Easy Off	Premee	Warmup indoor	Aerobic/Easy	10K CV	Premee	Long indoor	3
5	Easy Off	Speed	Int. Temp 6-15	Tri Short	Premee	Long indoor	Aerobic/Easy	4
6	Easy Off	Premee	Short Hill	Aerobic/Easy	10K CV	Short Hill	Ext. Temp 3-5K	4
7	Easy Off	Premee	Long	Aerobic/Easy	Premee	Decorah	Aerobic/Easy	2
8	Easy Off	Speed	10K CV	Premee	Decorah	Easy	Speed Endur	4
9	Easy Off	Short Hill	Aerobic/Easy	Premee	Warm Fayette	Easy	Int. Temp 6-15	3
10	Easy Off	Speed	Tri Short	Premee	Greenwood	Easy	Speed Endur	4
11	Easy Off	Short Hill	Aerobic/Easy	Premee	10K CV	Easy	Int. Temp 6-15	3
12	Easy Off	Speed	Tri Short	Premee	State Qu	Easy	Speed Endur	4
13	Easy Off	Speed	Easy Tempo	Premee	State	State	State	4

GENERAL SEASON PLAN BASED ON THEMES

<p>Pres Day</p>	<p>Cancelled! Canceled! (circled) Day 1</p>	<p>Extensive Tempo</p> <ul style="list-style-type: none"> Normal Warmup 2x (6-8x100) @ 70% 1:00 Rep Rest 3:00 Set Rest 800 Runners w/Distance 3x 800 @ T Hold <p>70 = 25 95 = 23 20 = 21 55 = 19</p>	<p>Speed End.</p> <ul style="list-style-type: none"> Normal Warmup Extended Sprint Warmup Long Hills 100-200 = 7x8x80 @ 90% 100-400 = 5-6 x 125 @ 90% 5:00 rest walk/sag (GSSE) <p>Day 1 Lift</p>	<p>Recovery</p> <ul style="list-style-type: none"> Normal Warmup Light Running Hurdle Flex Handoffs Core Circuit <p>Day 2 Lift</p>	<p>Extensive Tempo</p> <ul style="list-style-type: none"> Normal Warmup 5-6 sets 2x 200 @ 70% 1:00 repress 2:00 set-rest 	<p>Speed End.</p> <ul style="list-style-type: none"> Normal Warmup Extra Accels 8x 50m Hill w/3:00 walk OR 5x 150m Hill w/5:00 walk <p>Day 3 Lift</p>
<p>Speed/Acceleration</p> <ul style="list-style-type: none"> Normal Warmup Extended Warmup (Form, Accels) Wall Drills Arm Drills 2x standing 30m 2x falling 30m 2x block 30m <p>Day 1 Lift</p>	<p>Intensive Tempo</p> <ul style="list-style-type: none"> Normal Warmup 3x Accel 5x 2x 150 @ 80-90% (1:30/5:00 rest) OR 5x 2x 100 @ 80-90% (1:00/4:00 rest) <p>Day 1 Lift →</p>	<p>Extensive Tempo</p> <ul style="list-style-type: none"> Normal Warmup Hurdle Flex Handoff Easy <p>Day 2 Lift (Core)</p>	<p>Speed/Acceleration</p> <ul style="list-style-type: none"> Normal Warmup Form Wall Drill Arm Drill Form + Accels 2x Falling w/blocks 6-8x 20-30m @ 95% Hurdles, starts, etc 2:00-3:00 rest <p>Day 1 Lift</p>	<p>Speed End.</p> <ul style="list-style-type: none"> Normal Warmup Hurdle Flex Hand off Easy OR HJ/LJ approaches <p>Day 2 Lift</p>	<p>Intensive Tempo</p> <ul style="list-style-type: none"> 5-6x (2x 100) 1:00 rep rest 3:00 set-rest @ 80% <p>Finish Day 1 Lift</p>	<p>Speed End.</p> <ul style="list-style-type: none"> Normal Warmup Extra Accels 8x 50m Hill w/3:00 walk OR 5x 150m Hill w/5:00 walk <p>Day 3 Lift</p>
<p>Speed/Accel</p> <ul style="list-style-type: none"> Warmup Form/Accels Wall Drill Arm Drill 2x Falling start 6-8x 20-30m fast 3:00 rest <p>Day 1 Lift</p>	<p>Light Meet Prep</p> <ul style="list-style-type: none"> Warmup Accels Handoff practice starts/Hurdles/etc. Some fast starts Day 2 Core for some 	<p>Extensive Tempo</p> <ul style="list-style-type: none"> 6x (2x 150) @ 75% 1min. rep rest 3min. set rest 	<p>Speed End.</p> <ul style="list-style-type: none"> Normal Warmup Hurdle Flex Hand off Easy OR HJ/LJ approaches <p>Day 2 Lift</p>	<p>Speed End.</p> <ul style="list-style-type: none"> Normal Warmup Extended Warmup Short Hills (ASSE) 2x (4x50) 1:30-2 rep 5:00 set OR 2x (4x75) 2:00-3 rep 7:00-10 set 	<p>Speed End.</p> <ul style="list-style-type: none"> Normal Warmup 5-6 sets 2x 200 @ 70% 1:00 repress 2:00 set-rest 	<p>Speed End.</p> <ul style="list-style-type: none"> Normal Warmup Extra Accels 8x 50m Hill w/3:00 walk OR 5x 150m Hill w/5:00 walk <p>Day 3 Lift</p>
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Mon	Tues	Wed	Thurs	Fri	Sat
Light/Easy Warmup Hurdle/Flexibility 15 min walk/Jog Hand offs	Speed/Accel. Warmup Form Form + Accels wall Drill 3x Falling start 6-8x 20m	Mixed Warmup accels 8x 150m Cutdowns 150m walk 75 → 95%	Premeeet Warmup 20-25 min Meet Day Prep.	Meet Conference Indoor	Recovery No Practice Due to Weather
Day 2 Core	Day 1				
Speed/Accel Warmup Form Form + Accels wall Drill 2x 95% Accels 6x 20m Races Day 1 Lift	Extensive Tempo Warmup Easy Accels 5x(2x200) @ 75% 1 min. rep/3:00 set (or 3x(4x100) 575%)	Speed Warmup Form, Form + Accel Additional Accels 6-8x 30-70m @ 100% w/spikes starts, hurdles, handoffs 3-5 min. recov.	Recovery Warmup Hurdle/Flexibility 15 min. walk/Jog Handoffs. Day 3 Core	Mixed Warmup 8x 150m Cutdowns 16-15-14-13 group 1 20-19-18-17 groups (groups = 100%)	Speed End. Warmup Extra Accels 25-50-75-50-25 @ 100% Blocks groups of 5 3:00 rest Day 3 Lift
Mixed 2x200 @ 80% 2x150 @ 85% 2x100 @ 95% 2x50 @ 100% Day 2 Core	Cancelled Dune To Snow	Speed/Accel Warmup Form Form + Accel 2x Good Accel 2x standing block 6-8x Fast Day 1 Lift	Hills Special 5x75m @ 100% w/5:00-7:00 OR 3x150m @ 100% w/7:00-10:00	Recovery Warmup Hurdle Flexibility Easy walk/Jog Handoffs	Speed End 6x(2x100) @ 80% 1:00 rep 3:00 set
Speed/Accel Warmup Form Form + Accels Accels @ 95% 6-8x Fast w/start/Handoffs/ U. and L. / etc.	Tempo → Speed Warmup Accels 6x150 Cutdowns 80% → 100% 3:00 Recov. (Day 2)	Premeeet Warmup 20-25 min w/Light Specialties	Meet - Decorb Ran Great - Leded everyone up pretty good. some/tired	Easy Recovery Warmup Walk/Jog Handoffs Day 2 Core	Day 2 Core Day 3 Lift

Energy Systems Chart

Common Terminology	Length of Run	Component and Description of Objective	Energy System	Percent of Best Mark	Rest Interval Between Reps/Sets	Volume Range per session based on best race distance					
						100 m	200m/400m/100h	400m H			
VO ₂ 3K-5K 800-1500	>200m	Aerobic Capacity [AC]	AEROBIC	<69%	<45"/ <2'	Min. 1400	Max. 3000	Min. 1800	Max. 3000	Min. 2400	Max. 4000
	>100m	Aerobic Power [AP]	AEROBIC	70-79%	30"- 90"/ 2-3'	1400	1800	1800	2400	1800	3000
	≤80m	Lactacid Capacity [LCAF] Anaerobic Capacity	MIXED AER/ ANAER	80-89%	30"-57"/ 3-10'	800	1800	800	2000	1000	2800
Speed	20-80m	Speed [S] Anaerobic Power Alactacid Strength	ANAEROBIC ALACTIC	90-95% 95-100%	3-5'/ 6-8' 3-5'/ 6-8'	300	800	300	800	300	900
	30-80m	Alactic Short Speed End. [ASSE] Anaerobic Power Alactacid Capacity	ANAEROBIC ALACTIC	90-95% 95-100%	1-2'/ 5-7' 2-3'/ 7-10'	300	800	300	800	600	1200
	<80m	Glycolytic Short Speed End. [GSSE] Anaerobic Capacity Anaerobic Power Lactacid Capacity	ANAEROBIC GLYCOLYTIC	90-95% 95-100%	1'/ 3-4' 1'/ 4'	300	800	300	800	600	1200
	80-150m	Speed Endurance [SE] Anaerobic Power Lactacid Strength	ANAEROBIC GLYCOLYTIC	90-95% 95-100%	5-6' 6-10'	300	900	600	1200	400	1000
	150-300m	Long Speed End. [LSE] Anaerobic Power	ANAEROBIC GLYCOLYTIC	90-95% 95-100%	10-12' 12-15'	600	900	600	1200	600	1200
Special Endurance I Special Endurance II	300-600m	Lactacid Power [LAP] Lactic Acid Tolerance	LACTIC ACID TOLERANCE	90-95% 95-100%	15-20' FULL	600	900	600	1200	900	1200
	200-800					300	600	300	600	300	900

100-400
Pace

Races
& Meets
200-800

USATF Coaching Education

Current 800	respirator										General			Medial			Direct			Specific		
	LT										CV			MVO2			Intensive Tempo			Spec En		
	25/30/20 min 15 min 10 min 7										10k P			3200 P			1500m P			400m P		
	MP P	72.5%	75.0%	77.5%	80.0%	82.5%	85.0%	87.5%	90.0%	92.5%	95.0%	97.5%	100.0%	5k P	3k P	800m P	117.0%	130.0%	117.0%	130.0%		
Tr Tempo	60.0%	62.5%	65.0%	67.5%	70.0%	72.5%	75.0%	77.5%	80.0%	82.5%	85.0%	87.5%	90.0%	92.5%	95.0%	97.5%	100.0%	117.0%	130.0%			
6:55	47.9	46.0	44.2	42.6	41.1	39.7	38.3	37.1	35.9	34.8	33.8	32.9	31.9	31.1	30.3	29.5	28.8	24.6	22.1			
6:56	48.3	46.4	44.6	43.0	41.4	40.0	38.7	37.4	36.3	35.2	34.1	33.1	32.2	31.4	30.5	29.7	29.0	24.8	22.3			
6:57	48.8	46.8	45.0	43.3	41.8	40.3	39.0	37.7	36.6	35.5	34.4	33.4	32.5	31.6	30.8	30.0	29.3	25.0	22.5			
6:58	49.2	47.2	45.4	43.7	42.1	40.7	39.3	38.1	36.9	35.8	34.7	33.7	32.8	31.9	31.1	30.3	29.5	25.2	22.7			
6:59	49.6	47.6	45.8	44.1	42.5	41.0	39.7	38.4	37.2	36.1	35.0	34.0	33.1	32.2	31.3	30.5	29.8	25.4	22.9			
7:00	50.0	48.0	46.2	44.4	42.9	41.4	40.0	38.7	37.5	36.4	35.3	34.3	33.3	32.4	31.6	30.8	30.0	25.6	23.1			
7:01	50.4	48.4	46.6	44.8	43.2	41.7	40.3	39.0	37.8	36.7	35.6	34.6	33.6	32.7	31.8	31.0	30.3	25.9	23.3			
7:02	50.8	48.8	47.0	45.2	43.6	42.1	40.7	39.4	38.1	37.0	35.9	34.9	33.9	33.0	32.1	31.3	30.5	26.1	23.5			
7:03	51.3	49.2	47.3	45.6	43.9	42.4	41.0	39.7	38.4	37.3	36.2	35.1	34.2	33.2	32.4	31.5	30.8	26.3	23.7			
7:04	51.7	49.6	47.7	45.9	44.3	42.8	41.3	40.0	38.8	37.6	36.5	35.4	34.4	33.5	32.6	31.8	31.0	26.5	23.8			
7:05	52.1	50.0	48.1	46.3	44.6	43.1	41.7	40.3	39.1	37.9	36.8	35.7	34.7	33.8	32.9	32.1	31.3	26.7	24.0			
7:06	52.5	50.4	48.5	46.7	45.0	43.4	42.0	40.6	39.4	38.2	37.1	36.0	35.0	34.1	33.2	32.3	31.5	26.9	24.2			
7:07	52.9	50.8	48.8	47.0	45.4	43.8	42.3	41.0	39.7	38.5	37.4	36.3	35.3	34.3	33.4	32.6	31.8	27.1	24.4			
7:08	53.3	51.2	49.2	47.4	45.7	44.1	42.7	41.3	40.0	38.8	37.6	36.6	35.6	34.6	33.7	32.8	32.0	27.4	24.6			
7:09	53.8	51.6	49.6	47.8	46.1	44.5	43.0	41.6	40.3	39.1	37.9	36.9	35.8	34.9	33.9	33.1	32.3	27.6	24.8			
7:10	54.2	52.0	50.0	48.1	46.4	44.8	43.3	41.9	40.6	39.4	38.2	37.1	36.1	35.1	34.2	33.3	32.5	27.8	25.0			
7:11	54.6	52.4	50.4	48.5	46.8	45.2	43.7	42.3	40.9	39.7	38.5	37.4	36.4	35.4	34.5	33.6	32.8	28.0	25.2			
7:12	55.0	52.8	50.8	48.9	47.1	45.5	44.0	42.6	41.3	40.0	38.8	37.7	36.7	35.7	34.7	33.8	33.0	28.2	25.4			
7:13	55.4	53.2	51.2	49.3	47.5	45.9	44.3	42.9	41.6	40.3	39.1	38.0	36.9	35.9	35.0	34.1	33.3	28.4	25.6			
7:14	55.8	53.6	51.5	49.6	47.9	46.2	44.7	43.2	41.9	40.6	39.4	38.3	37.2	36.2	35.3	34.4	33.5	28.6	25.8			
7:15	56.3	54.0	51.9	50.0	48.2	46.6	45.0	43.5	42.2	40.9	39.7	38.6	37.5	36.5	35.5	34.6	33.8	28.8	26.0			
7:16	56.7	54.4	52.3	50.4	48.6	46.9	45.3	43.9	42.5	41.2	40.0	38.9	37.8	36.8	35.8	34.9	34.0	29.1	26.2			
7:17	57.1	54.8	52.7	50.7	48.9	47.2	45.7	44.2	42.8	41.5	40.3	39.1	38.1	37.0	36.1	35.1	34.3	29.3	26.3			
7:18	57.5	55.2	53.1	51.1	49.3	47.6	46.0	44.5	43.1	41.8	40.6	39.4	38.3	37.3	36.3	35.4	34.5	29.5	26.5			
7:19	57.9	55.6	53.5	51.5	49.6	47.9	46.3	44.8	43.4	42.1	40.9	39.7	38.6	37.6	36.6	35.6	34.8	29.7	26.7			
7:20	58.3	56.0	53.8	51.9	50.0	48.3	46.7	45.2	43.8	42.4	41.2	40.0	38.9	37.8	36.8	35.9	35.0	29.9	26.9			
7:21	58.8	56.4	54.2	52.2	50.4	48.6	47.0	45.5	44.1	42.7	41.5	40.3	39.2	38.1	37.1	36.2	35.3	30.1	27.1			
7:22	59.2	56.8	54.6	52.6	50.7	49.0	47.3	45.8	44.4	43.0	41.8	40.6	39.4	38.4	37.4	36.4	35.5	30.3	27.3			
7:23	59.5	57.2	55.0	53.0	51.1	49.3	47.7	46.1	44.7	43.3	42.1	40.9	39.7	38.6	37.6	36.7	35.8	30.6	27.5			
7:24	60.0	57.6	55.4	53.3	51.4	49.7	48.0	46.5	45.0	43.6	42.4	41.1	40.0	38.9	37.9	36.9	36.0	30.8	27.7			
7:25	60.4	58.0	55.8	53.7	51.8	50.0	48.3	46.8	45.3	43.9	42.6	41.4	40.3	39.2	38.2	37.2	36.3	31.0	27.9			
7:26	60.8	58.4	56.2	54.1	52.1	50.3	48.7	47.1	45.6	44.2	42.9	41.7	40.6	39.5	38.4	37.4	36.5	31.2	28.1			
7:27	61.3	58.8	56.5	54.4	52.5	50.7	49.0	47.4	45.9	44.5	43.2	42.0	40.8	39.7	38.7	37.7	36.8	31.4	28.3			
7:28	61.7	59.2	56.9	54.8	52.9	51.0	49.3	47.7	46.3	44.8	43.5	42.3	41.1	40.0	38.9	37.9	37.0	31.6	28.5			
7:29	62.1	59.6	57.3	55.2	53.2	51.4	49.7	48.1	46.6	45.2	43.8	42.6	41.4	40.3	39.2	38.2	37.3	31.8	28.7			
7:30	62.5	60.0	57.7	55.6	53.6	51.7	50.0	48.4	46.9	45.5	44.1	42.9	41.7	40.5	39.5	38.5	37.5	32.1	28.8			

Current	Peripheral										Genera		Medial		Direct		Specific			
	Tr Tempo					LT					CV		MVOZ		Intensive Tempo		800m P			
	25/30		20 min		15 min		10 min		T		Hm P		10k P		5k P		3200 P		3k P	
	60.0%	62.5%	65.0%	67.5%	70.0%	72.5%	75.0%	77.5%	80.0%	82.5%	85.0%	87.5%	90.0%	92.5%	95.0%	97.5%	100.0%	117.0%	130.0%	
2:15	56.9	54.0	51.9	50.0	48.2	46.6	45.0	43.5	42.2	40.9	39.7	38.6	37.5	36.5	35.5	34.6	33.8	28.8	26.0	
2:16	56.7	54.4	52.3	50.4	48.6	46.9	45.3	43.9	42.5	41.2	40.0	38.9	37.8	36.8	35.8	34.9	34.0	29.1	26.2	
2:17	57.1	54.8	52.7	50.7	48.9	47.2	45.7	44.2	42.8	41.5	40.3	39.1	38.1	37.0	36.1	35.1	34.3	29.3	26.3	
2:18	57.5	55.2	53.1	51.1	49.3	47.6	46.0	44.5	43.1	41.8	40.6	39.4	38.3	37.3	36.3	35.4	34.5	29.5	26.5	
2:19	57.9	55.6	53.5	51.5	49.6	47.9	46.3	44.8	43.4	42.1	40.9	39.7	38.6	37.6	36.6	35.6	34.8	29.7	26.7	
2:20	58.3	56.0	53.8	51.9	50.0	48.3	46.7	45.2	43.8	42.4	41.2	40.0	38.9	37.8	36.8	35.9	35.0	29.9	26.9	
2:21	58.8	56.4	54.2	52.2	50.3	48.6	47.0	45.5	44.1	42.7	41.5	40.3	39.2	38.1	37.1	36.2	35.3	30.1	27.1	
2:22	59.2	56.8	54.6	52.6	50.7	49.0	47.3	45.8	44.4	43.0	41.8	40.6	39.4	38.4	37.4	36.4	35.5	30.3	27.3	
2:23	59.6	57.2	55.0	53.0	51.1	49.3	47.7	46.1	44.7	43.3	42.1	40.9	39.7	38.6	37.6	36.7	35.8	30.6	27.5	
2:24	60.0	57.6	55.4	53.3	51.4	49.7	48.0	46.5	45.0	43.6	42.4	41.1	40.0	38.9	37.9	36.9	36.0	30.8	27.7	
2:25	60.4	58.0	55.8	53.7	51.8	50.0	48.3	46.8	45.3	43.9	42.6	41.4	40.3	39.2	38.2	37.2	36.3	31.0	27.9	
2:26	60.8	58.4	56.2	54.1	52.1	50.3	48.7	47.1	45.6	44.2	42.9	41.7	40.6	39.5	38.4	37.4	36.5	31.2	28.1	
2:27	61.3	58.8	56.5	54.4	52.5	50.7	49.0	47.4	45.9	44.5	43.2	42.0	40.8	39.7	38.7	37.7	36.8	31.4	28.3	
2:28	61.7	59.2	56.9	54.8	52.9	51.0	49.3	47.7	46.3	44.8	43.5	42.3	41.1	40.0	38.9	37.9	37.0	31.6	28.5	
2:29	62.1	59.6	57.3	55.2	53.2	51.4	49.7	48.1	46.6	45.2	43.8	42.6	41.4	40.3	39.2	38.2	37.3	31.8	28.7	
2:30	62.5	60.0	57.7	55.6	53.6	51.7	50.0	48.4	46.9	45.5	44.1	42.9	41.7	40.5	39.5	38.5	37.5	32.1	28.8	
2:31	62.9	60.4	58.1	55.9	53.9	52.1	50.3	48.7	47.2	45.8	44.4	43.1	41.9	40.8	39.7	38.7	37.8	32.3	29.0	
2:32	63.3	60.8	58.5	56.3	54.3	52.4	50.7	49.0	47.5	46.1	44.7	43.4	42.2	41.1	40.0	39.0	38.0	32.5	29.2	
2:33	63.8	61.2	58.8	56.7	54.6	52.8	51.0	49.4	47.8	46.4	45.0	43.7	42.5	41.4	40.3	39.2	38.3	32.7	29.4	
2:34	64.2	61.6	59.2	57.0	55.0	53.1	51.3	49.7	48.1	46.7	45.3	44.0	42.8	41.6	40.5	39.5	38.5	32.9	29.6	
2:35	64.6	62.0	59.6	57.4	55.4	53.4	51.7	50.0	48.4	47.0	45.6	44.3	43.1	41.9	40.8	39.7	38.8	33.1	29.8	
2:36	65.0	62.4	60.0	57.8	55.7	53.8	52.0	50.3	48.8	47.3	45.9	44.6	43.3	42.2	41.1	40.0	39.0	33.3	30.0	
2:37	65.4	62.8	60.4	58.1	56.1	54.1	52.3	50.6	49.1	47.6	46.2	44.9	43.6	42.4	41.3	40.3	39.3	33.5	30.2	
2:38	65.8	63.2	60.8	58.5	56.4	54.5	52.7	51.0	49.4	47.9	46.5	45.1	43.9	42.7	41.6	40.5	39.5	33.8	30.4	
2:39	66.3	63.6	61.2	58.9	56.8	54.8	53.0	51.3	49.7	48.2	46.8	45.4	44.2	43.0	41.8	40.8	39.8	34.0	30.6	
2:40	66.7	64.0	61.5	59.3	57.1	55.2	53.3	51.6	50.0	48.5	47.1	45.7	44.4	43.2	42.1	41.0	40.0	34.2	30.8	
2:41	67.1	64.4	61.9	59.6	57.5	55.5	53.7	51.9	50.3	48.8	47.4	46.0	44.7	43.5	42.4	41.3	40.3	34.4	31.0	
2:42	67.5	64.8	62.3	60.0	57.9	55.9	54.0	52.3	50.6	49.1	47.6	46.3	45.0	43.8	42.6	41.5	40.5	34.6	31.2	
2:43	67.9	65.2	62.7	60.4	58.2	56.2	54.3	52.6	50.9	49.4	47.9	46.6	45.3	44.1	42.9	41.8	40.8	34.8	31.3	
2:44	68.3	65.6	63.1	60.7	58.5	56.6	54.7	52.9	51.3	49.7	48.2	46.9	45.6	44.3	43.2	42.1	41.0	35.0	31.5	
2:45	68.8	66.0	63.5	61.1	58.9	56.9	55.0	53.2	51.6	50.0	48.5	47.1	45.8	44.6	43.4	42.3	41.3	35.3	31.7	

	50% price						70% price						
	100	200	300	400	500	600	100	200	300	400	500	600	
32.5 #	1:10	0:35:00	1:10	1:45:00	2:20	2:55:00	3:30	0:29:09	0:58:17	1:27:26	1:56:34	2:25:43	2:54:51
32 #	1:09	0:34:50	1:09	1:43:30	2:18	2:52:30	3:27	0:28:44	0:57:27	1:26:11	1:54:54	2:23:38	2:52:21
31.5 #	1:08	0:34:00	1:08	1:42:00	2:16	2:50:00	3:24	0:28:19	0:56:37	1:24:56	1:53:14	2:21:33	2:49:52
31 #	1:07	0:33:50	1:07	1:40:30	2:14	2:47:30	3:21	0:27:54	0:55:47	1:23:41	1:51:34	2:19:28	2:47:22
30.5 #	1:06	0:33:00	1:06	1:39:00	2:12	2:45:00	3:18	0:27:29	0:54:57	1:22:26	1:49:55	2:17:23	2:44:52
30 #	1:05	0:32:50	1:05	1:37:30	2:10	2:42:30	3:15	0:27:04	0:54:07	1:21:11	1:48:15	2:15:18	2:42:22
29.5 #	1:04	0:32:00	1:04	1:36:00	2:08	2:40:00	3:12	0:26:39	0:53:17	1:19:56	1:46:53	2:13:13	2:39:52
29 #	1:03	0:31:50	1:03	1:34:30	2:06	2:37:30	3:09	0:26:14	0:52:27	1:18:41	1:44:55	2:11:08	2:37:22
28.5 #	1:02	0:31:00	1:02	1:33:00	2:04	2:35:00	3:06	0:25:49	0:51:37	1:17:26	1:43:15	2:09:04	2:34:52
28 #	1:01	0:30:50	1:01	1:31:30	2:02	2:32:30	3:03	0:25:24	0:50:47	1:16:11	1:41:35	2:06:59	2:32:22
27.5 #	1:00	0:30:00	1:00	1:30:00	2:00	2:30:00	3:00	0:24:59	0:49:58	1:14:56	1:39:55	2:04:54	2:29:53
27 #	0:59	0:29:50	0:59	1:28:30	1:58	2:27:30	2:57	0:24:34	0:49:08	1:13:41	1:38:15	2:02:49	2:27:23
26.5 #	0:58	0:29:00	0:58	1:27:00	1:56	2:25:00	2:54	0:24:09	0:48:18	1:12:26	1:36:35	2:00:44	2:24:53
26 #	0:57	0:28:50	0:57	1:25:30	1:54	2:22:30	2:51	0:23:44	0:47:28	1:11:11	1:34:55	1:58:39	2:22:23
25.5 #	0:56	0:28:00	0:56	1:24:00	1:52	2:20:00	2:48	0:23:19	0:46:38	1:09:57	1:33:15	1:56:34	2:19:53
25 #	0:55	0:27:50	0:55	1:22:30	1:50	2:17:30	2:45	0:22:54	0:45:48	1:08:42	1:31:35	1:54:29	2:17:23
24.5 #	0:54	0:27:00	0:54	1:21:00	1:48	2:15:00	2:42	0:22:29	0:44:58	1:07:27	1:29:56	1:52:24	2:14:53
24 #	0:53	0:26:50	0:53	1:19:30	1:46	2:12:30	2:39	0:22:04	0:44:08	1:06:12	1:28:16	1:50:19	2:12:23
23.5 #	0:52	0:26:00	0:52	1:18:00	1:44	2:10:00	2:36	0:21:39	0:43:18	1:04:57	1:26:36	1:48:15	2:09:54
23 #	0:51	0:25:50	0:51	1:16:30	1:42	2:07:30	2:33	0:21:14	0:42:28	1:03:42	1:24:56	1:46:10	2:07:24
22.5 #	0:50	0:25:00	0:50	1:15:00	1:40	2:05:00	2:30	0:20:49	0:41:38	1:02:27	1:23:16	1:44:05	2:04:54
22 #	0:49	0:24:50	0:49	1:13:30	1:38	2:02:30	2:27	0:20:24	0:40:48	1:01:12	1:21:36	1:42:00	2:02:24

	80% price						100% price						
	100	200	300	400	500	600	100	200	300	400	500	600	
32.5 #	1:10	0:21:56	0:43:52	1:05:47	1:27:43	1:49:39	2:11:35	0:19:28	0:38:55	0:58:23	1:17:51	1:37:18	1:56:46
32 #	1:09	0:21:37	0:43:14	1:04:51	1:26:28	1:48:05	2:09:42	0:19:11	0:38:22	0:57:53	1:16:44	1:35:55	1:55:06
31.5 #	1:08	0:21:18	0:42:36	1:03:55	1:25:13	1:46:31	2:07:49	0:18:54	0:37:49	0:56:43	1:15:37	1:34:51	1:53:26
31 #	1:07	0:20:59	0:41:59	1:02:58	1:23:58	1:44:57	2:05:56	0:18:38	0:37:15	0:55:53	1:14:30	1:33:08	1:51:46
30.5 #	1:06	0:20:41	0:41:21	1:02:02	1:22:42	1:43:23	2:04:04	0:18:21	0:36:42	0:55:03	1:13:24	1:31:45	1:50:06
30 #	1:05	0:20:22	0:40:44	1:01:05	1:21:27	1:41:49	2:02:11	0:18:04	0:36:08	0:54:13	1:12:17	1:30:21	1:48:25
29.5 #	1:04	0:20:03	0:40:06	1:00:09	1:20:12	1:40:15	2:00:18	0:17:48	0:35:35	0:53:23	1:11:10	1:28:58	1:46:45
29 #	1:03	0:19:44	0:39:28	0:59:13	1:18:57	1:38:41	1:58:25	0:17:31	0:35:02	0:52:33	1:10:04	1:27:34	1:45:05
28.5 #	1:02	0:19:25	0:38:51	0:58:16	1:17:42	1:37:07	1:56:32	0:17:14	0:34:28	0:51:43	1:08:57	1:26:11	1:43:25
28 #	1:01	0:19:07	0:38:13	0:57:20	1:16:26	1:35:33	1:54:40	0:16:58	0:33:55	0:50:53	1:07:50	1:24:48	1:41:45
27.5 #	1:00	0:18:48	0:37:36	0:56:23	1:15:11	1:33:59	1:52:47	0:16:41	0:33:22	0:50:03	1:06:43	1:23:24	1:40:05
27 #	0:59	0:18:29	0:36:58	0:55:27	1:13:56	1:32:25	1:50:54	0:16:24	0:32:48	0:49:12	1:05:37	1:22:01	1:38:25
26.5 #	0:58	0:18:10	0:36:20	0:54:31	1:12:41	1:30:51	1:49:01	0:16:07	0:32:15	0:48:22	1:04:30	1:20:57	1:36:45
26 #	0:57	0:17:51	0:35:43	0:53:34	1:11:26	1:29:17	1:47:09	0:15:51	0:31:42	0:47:32	1:03:23	1:19:14	1:35:05
25.5 #	0:56	0:17:33	0:35:05	0:52:38	1:10:11	1:27:43	1:45:16	0:15:34	0:31:08	0:46:42	1:02:16	1:17:51	1:33:25
25 #	0:55	0:17:14	0:34:28	0:51:42	1:08:55	1:26:09	1:43:23	0:15:17	0:30:35	0:45:52	1:01:10	1:16:27	1:31:45
24.5 #	0:54	0:16:55	0:33:50	0:50:45	1:07:40	1:24:35	1:41:30	0:15:01	0:30:02	0:45:02	1:00:03	1:15:04	1:30:05
24 #	0:53	0:16:36	0:33:12	0:49:49	1:06:25	1:23:01	1:39:37	0:14:44	0:29:28	0:44:12	0:58:56	1:13:40	1:28:24
23.5 #	0:52	0:16:17	0:32:35	0:48:52	1:05:10	1:21:27	1:37:45	0:14:27	0:28:55	0:43:22	0:57:50	1:12:17	1:26:44
23 #	0:51	0:15:59	0:31:57	0:47:56	1:03:55	1:19:53	1:35:52	0:14:11	0:28:21	0:42:32	0:56:43	1:10:54	1:25:04
22.5 #	0:50	0:15:40	0:31:20	0:47:00	1:02:39	1:18:19	1:33:59	0:13:54	0:27:48	0:41:42	0:55:36	1:09:30	1:23:24
22 #	0:49	0:15:21	0:30:42	0:46:03	1:01:24	1:16:45	1:32:06	0:13:37	0:27:15	0:40:52	0:54:29	1:08:07	1:21:44

MOTIVATION - EXAMPLES

I could never be that fast . . . or, could I?

Listed below are many individuals who have run for us over the years. There are two times – their time the first time they raced, and their eventual career best time. In parenthesis is the total improvement between the two.

TOP 20 IMPROVED RUNNERS

Brandon Frana 36:37 → 27:59 (-8:38)
Paxten DeVilbiss 24:59 → 17:26 (-7:33)
Chris Huinker 24:09 → 17:17 (-6:52)
Danon Hageman 24:41 → 18:13 (6:28)
Gabe Sadler 25:08 → 19:23 (-5:45)
Devin Franzen 22:04 → 16:47 (-5:17)
Eric Franzen 23:18 → 18:14 (-5:08)
Lucas Scheidel 26:29 → 21:38 (-4:51)
Derek Dietzenbach 21:25 → 17:05 (-4:20)
Brett Losen 20:19 → 16:08 (-4:11)
Scott Hageman 21:55 → 17:55 (-4:00)
Josh Lyons 20:00 → 16:08 (-3:52)
Jamison Meyer 21:40 → 18:01 (-3:39)

Matthew Hageman 25:59 → 17:22 (-8:37)
Josh Lensing 28:47 → 21:34 (-7:13)
Daniel Holthaus 24:35 → 17:48 (-6:47)
Michael Havel 23:37 → 17:18 (-6:19)
Brandon Kuboushek 23:28 → 18:05 (-5:23)
Dawson Huinker 28:26 → 23:12 (-5:14)
Weston Hageman 23:40 → 18:40 (-5:00)
Glen Elsbernd 21:37 → 17:11 (-4:26)
Austin Tieskoetter 22:23 → 18:05 (-4:18)
Alex Upton 21:43 → 17:42 (-4:01)
Luke Elsbernd 21:57 → 17:58 (-3:59)
Mark Ryant 21:16 (Jr. Year) → 17:29 (-3:47)
Lucas Feltz 32:48 → 29:16 (-3:32)

Zeanna Phillips 38:33 → 29:31 (-9:02)
Emily Nicholls 36:07 → 27:39 (-8:28)
*Heidi Vstecka 34:30 → 27:25 (-7:05)
*Josie Kriener 25:25 → 18:51 (-6:34)
Angelia Hakim 31:56 → 25:50 (6:06)
*Kari Gossling 27:25 → 21:50 (-5:35)
*Amanda Ward 34:15 → 28:58 (-5:17)
*Megan Lien 25:30 → 20:25 (-5:05)
*Taylor Claman 29:23 → 24:20 (5:03)
*Laney Leuenberger 28:08 → 23:30 (-4:38)
Helen Neuzil 27:52 → 23:36 (-4:16)
*Lee Balik 26:10(Jr. Year) → 21:59 (-4:11)

*Alexa Jacobson 34:50 → 26:07 (-8:43)
*Breann Hageman 33:20 → 26:00 (-7:20)
Emily Luzum 39:39 → 32:53 (-6:46)
*Jared Kreiner 31:40 → 25:25 (-6:15)
*Sabrina Marken 28:50 → 23:10 (-5:40)
*Bridget Steffen 32:20 → 27:00 (-5:20)
*Kelley Hauber 25:50 → 20:32 (-5:17)
*Domenic Boe 27:36 → 22:32 (-5:04)
*Kelly Kuboushek 26:33 → 21:45 (4:48)
*Tara Humpal 25:35 → 21:10 (-4:25)
Melissa Ward 24:34 → 21:19 (-4:15)
Emma Houdek 31:06 → 27:00 (-4:06)

Bold faced indicates these individuals ran at the State Meet.

* Indicates girls 5K times converted from 4K times.

WHERE THEY STARTED

WHERE THEY WENT

Year	Name	Where They Started	Where They Went
1994	Jill Bakewell	400(67.8), 800(2:50)	Ran the 400 under 60 seconds 50 times in HSI 400 pr (56.2), 800 pr (2:19). Full ride scholarship to UNI 4x800 state champion, College all-american and national champion at Luther College
1995	Jenarah Tekippe	800(2:52)	400 Hurdle school record, Multiple time state qualifier (2x400H, 2x4x800, 4x400)
	Cindy Brincks	400(72.2)	12 time state qualifier, Conf. and School record holder in the 100 and 200. state runnerup(100)
	Bree Eisbernd	200(29.0)	2 time state qualifier in 4x800
	Tanya Poshusta	800(2:51)	2 time state qualifier in 4x800
	Amanda Balik	Not a top 8 800 runner	State champ sprint med, school record, captain
	Katie Holthaus	Almost quit track, 200(31.2)	State qual.- shuttle hurdle, school record 100H
	Marie Uhlenhake	Not a top 5 hurdler for us	
1996	Ann Bakewell	400(72.0)	10 time state Qual., 400(58.2), state champ in DMed
1997	Renee Lensing	200(31.4)	State runner up sprint med, finals 4x200
	Beth Moore	400(58.8)	12 time state qualifier, state champ S-med
	Nikki Hliesman	200(29.5), 1st 400-crited	400(60.1), 200(25.5)
	Melissa Schmitt	200(30.4)	10 time state qualifier, state champ D-med 400(59.4), 200(26.2)
	Angie Holthaus	3000(13:10), 800(2:54)	State Runner Up - Sprint Medley state champ 4x800, School record 3000, 3000(11:02), 800(2:25), state qual. - CC state champ d-med, 400(62), 4x4 (2nd)
	Abby McNeal	200(30.2), 400(70.1)	School record, drake qualifier, 2 x state qual.
	Kristin Schmitt	Discus - 84ft as a soph.	School record 100H, 400H, Dmed, 5 x qualifier
	Candice Schneberger	400(70.2)	state champ 4x800, 400(60.8), 800(2:20.5)
1998	Brittany Buddenberg	400(69.5), 800(2:51)	2 time state qualifier in CC
	Mandy Bartell	3000(13:01)	State champ 4x800, 800-4th, 800(2:18) 400(59.3)
1999	Bridget Buddenberg	400(70.4), 800(2:56)	State Champ - 4x800, Dmed, 1500
	Marissa Wurzer	1500(5:31), 800(2:34)	14 time state qualifier - 14 state Medals 800(2:18), 1500(4:48)
2000	Amber Moore	200(30.3), the only senior in her grade not to quit. Did not have a chance to run at state until her senior year.	9 time all-conf., 3rd place s-med at state
2001	Kristi Houdek	400(68.5)	4th place 4x800 at state
	Darcy Hageman	200(29.9), 100H(18.5)	11 time state qualifier, 6 school records, state placewinner-4x4(2 times), 4x2, state pentathlon(2 times), HJ, LJ
	Carrie Mikota	Did not run as freshman-inj.	4th place 4x800, 1500 state qualifier
	Brittany Kuennen	200(31.0), 55(8.3)	4 time state qualifier, school record S-Hurdle 400(62.2), state placewinner D-Med
	Jackie Patrick	400(72.4)	
2002	Amber Uhlenhake	800(2:58)	12 time state qualifier, State placewinner in: 1500, 3000, 4x400, 4x800, 8th place at state CC meet. LB = 400(62), 800(2:24), 1500(4:56), 3000(10:42). Drake relays 3000.
	Katie Shatek	200(30.3)	7 time state medalist. School and state records in 4x1, 4x2, sprint med. State champ 4x2 and sprint med (2x) Drake relays qualifier.
	Kayla Frana	400(73.5)	State placewinner in the DMed.
	Tara Humpal	400(71.6)	2x state qualifier in shuttle hurdle Relay, State CC Qualifier.
	Kari Gossling	400 (74.8)	Conf. Champ 4x8, state qual. Cross country
	Alicia Gossling Shot	(28-4)	Shot 36-10, all conf., state qual., (8th place) school record.
	Sami Eisbernd	200 (30.0)	2x state qualifier. State/school record 4x100. 3rd place 4x100. 3x district place winner in 200.
	Meg Hamber	400 (72.5), 100 (14.3)	Sate Qualifier in 100 meter dash. LB = 100 (13.28) 200 (27.6), 400 (65.2)
2003	Ivy Eisbernd	400(64.6), 200 (28.1)	10 x state medalist, school and state records in 4x100, 4x200, sprint med. School record 4x4, 100, 200. 5 x state champion, 100 = 12.1, 200 = 24.9, 400 = 57.7.
	Elise Eisbernd	400 (62.8) 200 (28.7)	2 x drake relays medalist
	Jesse Krivachek	200 (31.6)	9 x state place winner, school and state records in 4x100, 4x200, sprint med. School record 4x4. State qualifier and school recordholder in cross country. 200 = 24.9, 400 = 57.2, 800 = 2:21.0. 2 x drake relays medalist.
	Katie Luzum	800 (2:47)	State qualifier 4x100, 100, sprint med. State champ Sprint med.
	Lisa Tupy Disc	(92 as a soph)	State CC qualifier, State 4x800, 800=2:32, 1500=5:18
	Kayla Frana	400 (67.0) 200 (29.7)	117 ft. state qualifier.
	Rachel Albertson	200(29.8) 400(72)	8 x state qualifier, 5x state champion, Individual place winner in the 100 meter dash. 200=26.4, 400 = 59.7.
	Kelsey Meyer	800 (3:03)	State champion 4x200, 2 x state placewinner 4x400. School record 4x2, 4x4. Drake relays place winner
	Melissa Kipp	800 (3:07)	200 = 27.3, 400 = 59.8
	Bridget Steffen	1500 (7:26)	Conference runner up in the 3000
2004	Elissa Hageman	800 (2:56)	800 = 2:31. Conf./Dist. Placewinner.
	Caitlin Hageman		1500 = 6:20
2005	Jalisa Phillips	400 (70.4)	2x Individual State Qualifier
	Melissa Kipp	400 (71.1)	400 (63.8) 800 (2:28) 2x state qualifier
2006	Megan Lien	3000(13:41)	State Qual. In Cross Country
	Kelley Hauber	400 (73.6)	6x state qualifier between CC and Track. 400(61.9), 800 (2:23.8)
2009	Sam Shindelar	200 (29.6)	5x state qualifier in Track.
	Annie Gullickson	Discus (37-4)	400 (61.6), 200 (26.4)
			STATE CHAMPION Discus, Drake Qualifier, School Record. Improved by almost 100 ft. (130-10)

LISTS/RECORDS - EXAMPLES

Event	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	Total
100 Dash	1	2		2		1			1		7
200 Dash	1	1				1		2			5
400 Dash		3	2		1			1			7
800 Run				2	2		1	1		2	8
1500/1600	2	1	2	2	1	1		2	1		12
3000/3200	3	1	2					1		1	8
100H											0
400H							1		1		2
Shot							1	1		1	3
Disc	1		1				1			3	6
LJ						1		2		1	4
HJ				1	1				1		3
4x100	1		1					1			3
4x200	2		1	1		2	1	3	1		11
4x400		4	1	1	2	1				1	10
4x800	2	2	2	3	3	2			1		15
S-Med	6	2	2								10
1600 Med	1				2	2		4	2	1	11
S-Hurdle											0
CC Individual	2	1	2	2	1	3	1	1			13
G Track Team	2	1	2				1		2	1	9
B Track Team					2						2
G CC Team		1	1	1	2		2	1			8
B CC Team	2	2	1	2	1	2	3			2	15
Pentathlon			1	1							2
	26	21	20	19	18	16	12	20	10	13	175

**Top 10 Finishes at State Meet in All Event Areas
Boys and Girls/Individual and Teams
Cross Country and Track & Field**

State Meet Performances

State Champions:

1986	3200 Meter Run	Dean Hemesath	9:38.6	1995	Sprint Medley Relay	Lori Balik, Nikki Bucheit, Bree Elsbernd, Jill Bakewell	1:52.30
1994	4x800 Relay Heather Hendrickson, Jenarah Tekippe, Jill Bakewell, Shannon Taylor		9:36.3	1995	400 Meter Dash	Jill Bakewell	58.86
1996	Sprint Medley Relay		1:51.19	1996	400 Meter Dash	Jill Bakewell	58.78
1997	Sprint Medley Relay Katie Holthaus, Beth Moore, Bree Elsbernd, Jill Bakewell		1:50.30	1997	100 Meter Dash	Bree Elsbernd	13.00
1997	Girls Class 2A Track Team Champions		28 pts	1997	400 Meter Dash	Jill Bakewell	56.97
1999	Distance Medley Nikki Hitesman, Abby McNeal, Ann Bakewell, Marissa Wurzer		4:17.05	1997	4x800 Relay Eric Thuente, Dan Blumbhagen, Brian Brower, Dan Reis		8:04.62
1999	4x800 Relay Brittany Buddenberg, Angie Holthaus, Bridget Buddenberg, Marissa Wurzer		9:44.8	1998	4x400 Relay Abby McNeal, Nikki Hitesman, Angie Holthaus, Ann Bakewell		4:05.85
1999	Girls Class 1A Track Team Champions		39 pts	1999	Sprint Medley Relay Rencee Lensing, Melissa Schmitt, Beth Moore, Ann Bakewell		1:52.61
2000	1500 Meter Run Marissa Wurzer		4:48.26	1999	4x400 Relay Abby McNeal, Beth Moore, Nikki Hitesman, Ann Bakewell		4:04.62
2004	Sprint Medley Relay Kayla Frana, Katie Shatek, Ivy Elsbernd, Elise Elsbernd		1:49.66	2001	3200 Meter Run Adam Bohach		9:41.82
2005	4x200 Relay Kayla Frana, Katie Shatek, Ivy Elsbernd, Elise Elsbernd		1:45.79	2001	Cross Country Adam Bohach		16:12
2005	Sprint Medley Relay Kayla Frana, Katie Shatek, Ivy Elsbernd, Elise Elsbernd		1:50.85	2005	4x400 Relay Rachael Albertson, Kayla Frana, Ivy Elsbernd, Elise Elsbernd		4:02.60
2006	4x200 Relay Kayla Frana, Rachael Albertson, Ivy Elsbernd, Elise Elsbernd		1:44.71	2005	Girls Class 2A Track Team Runners-up		44pts
2006	Sprint Medley Relay Kayla Frana, Jesse Krivachek, Ivy Elsbernd, Elise Elsbernd		1:50.58	2006	4x800 Relay Jordan Meyer, Nick Busta, Blake Buddenberg, Robbie Teff		8:09.34
2006	Boys Class 2A CC Team Champions S. Hogenson, J. Lienau, A. Hageman, B. Losen, M. Schwan, T. Hageman, T. Baldwin		203 pts	2006	4x400 Relay Rachael Albertson, Kayla Frana, Ivy Elsbernd, Elise Elsbernd		3:58.82
2008	Boys Class 1A CC Team Champions B. Losen, J. Ameiling, I. Lienau, E. Kuboushek, T. Baldwin, L. Elsbernd, S. Hageman		99 pts	2007	Boys Class 1A CC Team Runner-up B. Losen, I. Lienau, J. Ameiling, T. Hageman, M. Schwan, E. Kuboushek, S. Hageman		84 pts
2012	Discus Annie Gullflickson		130-10	2009	Boys Class 2A CC Team Runner-up B. Losen, J. Ameiling, E. Kuboushek, J. Devibiss, M. Ryant, D. Holthaus, L. Elsbernd		77 pts
2017	Sprint Medley Relay Alex Holthaus, Matthew Holthaus, Rodney Schwartzhoff, Nathan Ward		1:35.44	2016	Girls Class 2A CC Team Runner-up J. Kreiner, F. Taylor, S. Reicks, O. Massman, A. Kriener, S. Bohr, S. Nymeyer		131 pts
2018	100 Meter Dash Rodney Schwartzhoff		10.95	2018	100 Meter Dash Ellie Loesch		12.65
2018	200 Meter Dash Rodney Schwartzhoff		22.14	2018	200 Meter Dash Ellie Loesch		25.52
2018	4x100 Relay Noah Tieskoetter, Brennan Holthaus, Rodney Schwartzhoff, Levi Lukes		43.92				

State Runner-Up:

3rd Place:

1997	4x400 Relay Ann Bakewell, Jenarah Tekippe, Beth Moore, Jill Bakewell	4:02.24	1993	High Jump Justin Koening	6-4
1998	Sprint Medley Relay Katie Holthaus, Beth Moore, Bree Elsbernd, Ann Bakewell	1:52.60	1996	Boys Cross Country Team D. Reis, D. Blumhagen, B. Brower, S. Barrett, D. Blumhagen, D. Kuboushek, J. Hageman	
1999	Cross Country Marissa Wurzer	11:49	1998	100 Meter Dash Bree Elsbernd	12.82
2001	1600 Meter Run Adam Bohach	4:27.85	1998	4x200 Relay Nikki Hitesman, Ann Bakewell, Beth Moore, Bree Elsbernd	1:47.84
2001	Cross Country Marissa Wurzer	11:52	1999	1500 Meter Run Marissa Wurzer	4:57.85
2002	3200 Meter Run Adam Bohach	9:33.73	2000	4x800 Relay Brittany Buddenberg, Bridget Buddenberg, Angie Holthaus, Marissa Wurzer	9:43.12
2002	1600 Meter Run Adam Bohach	4:27.58	2001	4x800 Relay Marissa Wurzer, Bridget Buddenberg, Kristi Houdek, Brittany Buddenberg	9:42.35
2003	Sprint Medley Relay Amber Moore, Katie Shatek, Ivy Elsbernd, Elise Elsbernd	1:51.21	2002	4X800 Relay Carrie Mikota, Marissa Wurzer, Amber Uhlenhake, Bridget Buddenberg	9:52.10
2003	4x200 Relay Darcy Hageman, Katie Shatek, Ivy Elsbernd, Elise Elsbernd	1:47.08	2002	800 Meter Run Bridget Buddenberg	2:22.57
2004	Pentathlon Darcy Hageman	2955pts	2003	Pentathlon Darcy Hageman	273 pts
2004	4x800 Relay Alan Brincks, Phil Fiasckrud, Jake Meyer, Lee Meyer	8:08.08	2004	4x400 Relay Kayla Frana, Ivy Elsbernd, Darcy Hageman, Elise Elsbernd	4:06.09
2005	3000 Meter Run Amber Uhlenhake	10:48.75	2008	Cross Country Brett Losen	16:04
2005	4x100 Relay Sami Elsbernd, Katie Shatek, Ivy Elsbernd, Elise Elsbernd	50.86	2009	Cross Country Brett Losen	16:26
2006	400 Meter Dash Elise Elsbernd	58.45	2010	Boys Cross Country Team J. Lyons, J. Devilbiss, C. Huinker, M. Hageman, T. Taylor, A. Stammeyer, M. Havel	
2006	Girls Class 2A Track Team 3rd Place	35 pts	2012	1600 Meter Run Josh Lyons	4:35.72
2013	Boys Cross Country Team	157 pts	2013	Girls Cross Country Team J. Kriener, M. Schwartzhoff, J. Lechtenberg, K. DeVilbiss, R. Klimesh, K. Kuboushek, C. Hollen	142pts.
2015	Girls Cross Country Team D. Franzen, N. Meyer, A. Upton, B. Kleppe, D. Hageman, L. Brincks, C. Fisher	90 pts	2018	800 Meter Run Felicity Taylor	2:21.7
2016	J. Kriener, F. Taylor, S. Reicks, J. Kautson, S. Bohr, R. Klimesh, S. Nymeyer	167-0	2019	100 Meter Dash Ellie Loesch	13.10
2016	Discus Carson Lensing				
2017	400 Meter Dash Nathan Ward	50.12			
2018	4x800 Relay Becca Wagner, Olivia Massman, Felicity Taylor, Ashley Kriener	10:08.0			
2018	Girls Class 1A Track Team	37 pts.			

4th Place:

5th Place:

1995	4x800 Relay Heather Hendrickson, Jenarah Tekippe, Jill Bakewell, Shannon Taylor	9:43.35
1996	800 Meter Run Brian Brower	1:59.8
1997	800 Meter Run Brian Brower	2:00.36
2000	Distance Medley Nikki Hitesman, Beth Moore, Candice Schneberger, Marissa Wurzer	4:13.99
2003	4x400 Relay Amber Uhlenhake, Ivy Elsbernd, Darcy Hageman, Elise Elsbernd	4:07.32
2003	Distance Medley Justin Einck, Josh Uhlenhake, Lee Meyer, Phil Flasterud	3:41.3
2004	400 Meter Dash Ivy Elsbernd	59.97
2004	High Jump Darcy Hageman	5-3
2005	1500 Meter Run Amber Uhlenhake	4:56.61
2005	4x800 Relay Lee Meyer, Nic Frana, Phil Flasterud, Jake Meyer	8:09.79
2014	Girls Cross Country Team F. Taylor, J. Kriener, J. Lechtenberg, M. Schwartzhoff, R. Klimesh, L. Bailik, K. Kuboushek	156 pts
2016	4x800 Relay Felicity Taylor, RaeAnn Klimesh, Ashley Kriner, Josie Kriner	9:48.43
2017	Boys Class 1A Cross Country Team P. Hageman, D. Dietzenbach, P. DeVilbiss, E. Schwartzhoff, J. Meyer, E. Franzen, A. Tieskowitz	173 pts
2017	Girls Class 1A Cross Country Team F. Taylor, M. Ward, S. Bohr, A. Kriener, J. Knutson, O. Massman, M. Durham	156 pts
2017	Cross Country Felicity Taylor	19:25
2018	4x400 Relay Becca Wagner, Ellie Loesch, Felicity Taylor, Ashley Kriener	4:10.17
2018	Boys Class 1A Track Team	34 pts.
2019	200 Meter Dash Ellie Loesch	26.85

6th Place:

1993	4x800 Relay Heather Hendrickson, Dawn Tieskoetter, Bailik, Shannon Taylor	9:52.3
1995	Boys Cross Country Team D. Reis, B. Brower, S. Bartelt, D. Blumbagen, D. Blumbagen, J. Buchheit, N. Hendrickson	
1996	200 Meter Dash Bree Elsbernd	26.95
1998	Cross Country Marissa Wurzer	12:18
2000	4x400 Relay Brittany Buddenberg, Nikki Hitesman, Bridget Buddenberg, Angie Holthaus Prelims: Brittany Buddenberg, Beth Moore, Angie Holthaus, Nikki Hitesman	4:09.51
2002	Distance Medley Relay Kayla Timp, Kaite Shatek, Jackie Patrick, Marissa Wurzer	4:25.28
2002	1500 Meter Run Marissa Wurzer	4:59.25
2003	Boys Cross Country Team R. Gates, G. Elsbernd, D. Monroe, R. Telf, A. Brincks, A. Hageman, B. Kuboushek	
2004	Long Jump Darcy Hageman	17-0.5
2007	100 Meter Dash Kayla Frana	13.33
2011	Cross Country Josh Lyons	16:08
2013	Cross Country Devin Franzen	16:47
2014	4x800 Relay Garret Bohach, Ben Meyer, Devin Franzen, Nathan Meyer	8:07.05
2018	4x200 Relay Ashley Kriener, Becca Wagner, Mary Frana, Ellie Loesch	1:48.97
2018	Distance Medley Relay Ashley Kriener, Becca Wagner, Mary Frana, Felicity Taylor	4:24.03
2018	4x200 Relay Noah Tieskoetter, Brennan Holthaus, Rodney Schwartzhoff, Braxten Smith	1:32.59