

Developing the 800, 1600, 3200 Runner

Schedule

- 11:45 - 12:00 Meet Coach Andrews
 - Where did it all begin in the Andrews Family?
 - Where did it begin for me (the athletes) and where do I want to go with my personal running? (Clinicians will write down their goals on an index card for discussion later on in the session.)
- 12:00 - 12:30 Warm-up Including Dynamic Flexibility Drills
 - The athletes will have fun while learning the proper techniques for actively participating in warm-up drills.
 - The athletes will test their form and speed as the coach helps them to apply proper running form through a series of accelerations.
- 12:30 - 12:45 Why Do Runners Run?
 - The coach will discuss with the group the journey to becoming an Olympian and USATF National champion runner by Robby Andrews.
 - The athletes will then re-examine and discuss their own goals?
- 12:45 - 1:15 Train Like a Champion - How Do We Train?
 - Athletes will participate in a modified training session which will be adjusted based on each individual athlete's comfort level. This will include about 1 mile of a typical workout that Robby Andrews would do in preparing to run the mile.
 - Everyone will then experience a key ingredient to becoming a champion - Speed Work!
 - The coach will discuss the importance of the cool down and core drills to help prevent injuries.
- 1:15 - 1:45 Winning Racing
 - How can I develop a kick at the end of my race? - everyone wants to have one.
 - The coach will talk about the importance of establishing a winning attitude.
 - The coach will then discuss how to "Live like a champion" - Run, Eat and Rest

Sunday, March 18, 2018

- 1:45 - 2:00 Questions and answers
 - Coach Andrews will open up the floor to individual questions