

Why are High School Runners Running So *FAST!!*

What Has Changed?

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Jesuit High (Portland)
Stumptown Running



**What did you learn during the
Pandemic.....?????**

WWBR.....We Will Be Ready!!

SOME RUNNERS RAN REALLY FAST

TRAIN MORE.....

..... RACE LESS

2020



Official Team Scores

Show Athlete Names

1	Newbury Park Athletic Clu...	32
2	Stumptown Running TC-OR	97
3	Saints XC Club-IL	119
4	Westside XC-OH	152
5	South Temecula TC-CA	172
6	Falcons XC Club-MD	188
7	North Naperville TC-IL	191
8	Yorkville Endurance-IL	207
9	Columbus Thorn RC-IN	215
10	Rock Bridge Cross Club-MO	222
11	Center Grove Club-IN	248
12	Lemrac TC-IN	251
13	Valor XC & Distance-CO	273
14	RR D Krew-ND	301

2021



US #3 ALL TIME TOP 5 - AVERAGE 14:58



US # 6 WOMENS TEAM
2021

2022

NXN 2nd Place



**US #1
COED
XC
TEAM
2022**

NIKE CROSS NATIONALS



4:01.6



SHARE THE
EXPERIENCE
....PAYING IT FORWARD

U.S. #15

2023



Women's JV Team Wins Open Varsity Division NXR '23



U.S. #16



2024

NIKE CROSS NATIONALS

STATE
CHAMPIONS

9:32:10

NXR NW
REGIONAL
CHAMPIONS

2025

U.S. #10

QUESTION

....ARE HS RUNNERS REALLY
RUNNING FASTER OR DOES IT
JUST SEEM LIKE IT ?

....MAYBE JUST THE TOP
RUNNERS ARE RUNNING FASTER...

**LET'S LOOK AT SOME
NUMBERS**

NIKE JESUIT TWILIGHT RELAYS HISTORY

1500m/1600m

Boys... Sub 4:10/4:26	(Win time) (1500/1600)	Girls... Sub 5:00/5:20	(Win time) (1500/1600)
2005 5	(3:53/4:09)	2005 13	(4:40/4:59)
2007 10		2007 17	(4:38/4:57)
2012 20	(3:54/4:10)	2012 31	(4:23/4:40)
2016 29	(3:42/3:58)	2016 51	(4:37/4:54)
2017 44	(3:53/4:09)	2017 44	(4:28/4:44)
2022 47	(3:49/4:05)	2022 54	(4:25/4:42)
2024 62	(3:45/4:00)	2025 66	(4:21/4:37)
2025 70	(3:43/3:59)		

NATIONAL PERFORMANCE LIST HISTORY

1600m

Boys... Sub 4:10	US#1	Girls... Sub 4:50	US#1
2009 8	(4:05)	2009 9	(4:46)
2012 21	(4:04)	2012 15	(4:42)
2016 37	(3:58)	2016 51	(4:41)
2017 30	(3:59)	2017 22	(4:41)
2022 63	(3:59)	2022 63	(4:26)
2024 106	(3:56)	2024 88	(4:26)
2025 111	(3:55)	2025 85	(4:21)

JESUIT TOP PERFORMANCE HISTORY

1500m

Boys...	Top 5	Top 7	Girls...	Top 5	Top 7
1994			1994		
2004			2004		
2008	4:09	4:19	2008	4:56	4:58
2010	4:14	4:16	2010	4:57	5:01
2016	4:18	4:21	2016	4:51	4:59
2017	4:11	4:16	2017	5:00	5:03
2019	4:08	4:09	2019	4:55	4:59
2022	4:02	4:10	2022	4:52	4:59
2023	4:03	4:06	2023	4:46	4:59
2024	4:04	4:07	2024	4:46	4:54
2025	4:03	4:08			

JESUIT TOP PERFORMANCE HISTORY

5000m (XC @ THPRD Course)

Boys...	Top 5	Top 7	Girls...	Top 5	Top 7
2004*	16:05	16:36	2004*	19:27	20:06
2008*	16:09	16:14	2008*	19:10	19:34
2010	16:29	16:40	2010*#	18:48	19:07
2012@	16:01	16:11	2012@	18:44	19:19
2016	16:10	16:12	2016	18:32	18:53
2017@	15:43	15:49	2017*	18:30	18:41
2018	15:52	16:09	2018	18:36	19:01
2019*@	15:50	15:48	2019*	18:18	18:53
2021	15:25	15:50	2022*	18:24	18:56
	14:58 at Running Lane				
2022* \$	15:35	16:06			
	2nd Place @ NXN				
2025	15:17	15:18			
	10th Place @ NXN				

* NXN Qualifying team @ Conference Record (Top7) / \$ Top 5

* NXN Qualifying team #4th at NXN

*Super
Shoes*

NIKE
NXN NIN NON

*Training
System*

*New
Balance
Nationals*

*Mind
Set*

*Festival
of Miles*

Opportunities

Strava

BROOKS
PR

*Internet
Information*

*Pace
Setters*

*Training
Surface*

Validation

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**Training
Surface**

Validation

Recognition or affirmation that a person or their opinions are valid or worthwhile

Influence of:

Athletic.net

Strava

Other Social Media

MileSplit

Instagram

Fast Time Validation?

Racing Opportunities

Regular Season

Arcadia

Penn Relays

Nike/Twilight Relays

Festival of Miles

HS - Use of Pace Setters

- Invited Fields
- Increased Travel

Post Season

Nike Cross Regionals & Nationals

New Balance Nationals

Brooks PR/Brooks XC Champs

Adidas Nationals

HS- Varies in different parts of U.S.

- Value of Extending the Season

Mind Set : Culture of Belief

View of what is possible:

Training

Improvement - Year to Year

Expectations (Story of Patrick)

Influence of Positive Culture

Transformational Athletes.....should take program to another level.....don't miss the opportunity

Super Shoes

Benefits

Maintenance of Running Form

Overuse

Potential for Injury

Not a Substitute for Doing the Work

Internet - Information Sharing

Access to Information = Easier

Potential = Great

Challenges:

Nuance Is Often lostRequires follow up

Can Cause Confusion or Misinterpretation

The Quest for a “Secret Workout” ...does not help

Training Surfaces

Each Surface Has Benefits and Limitations

Mountain Trails

Bark Chip Trails

Grass

Gravel Path/Road

Track

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**EMBRACE
YOUR
ENVIRONMENT**

Training Systems (Workouts)

Influences

Arthur Lydiard

Percy Cerutty

Basil Dahlstrom

Bill Bowerman

Bill Dellinger

Alberto Salazar

Pat Tyson

Marcus O'Sullivan

Louie Quintana

Jerry Schumacher

Lucas Rothenberger

Training Systems (Workouts)

FOUNDATIONAL CONCEPTS

- NOT COMPLICATEDDOES NOT = EASY
- WHAT WE ARE DOING IS NOT COMMON
- NO MOREHARD/EASY.....MOVE TO TRAINING RUN
- EMBRACING THE “7”.....VERY FEW 10'S
- EMBRACE YOUR ENVIRONMENT.....
WHAT'S COOL IN YOUR AREA.....LEAN INTO IT
- TRAINING SURFACE.....IS IMPORTANT CONSIDERATION
- SUMMERS.....COMMITTED TO SPEED DEVELOPMENT

Training Systems (Workouts)

Workout Specifics
Next Session

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