

# Mid-America Distance Running Clinic



## January 25-27, 2008 Doubletree Suites Hotel Overland Park, Kansas

### DR. JOE I. VIGIL, [Team Running USA](#)



- National and International Coach
- Olympic Coach, 1988-2008
- 20 National Team Championships
- 11 Hall of Fame Awards
- Outstanding Clinician
- 14-time College National Coach of the Year
- USOC "Jim Councilman" Coach of the Year, 2005
- [Team Running USA](#) Coach

### JOE NEWTON, York H.S. (Elmhurst, Ill.)



- Olympic Coach
- 26 High School State Championships
- 12 Hall of Fame Awards
- Outstanding Motivator/Clinician
- 26 National High School Championships
- 10 National High School Runner-ups
- 3 National High School 3rd place finishes
- [Author: Coaching Cross Country Successfully](#)
- [DVDs Featuring Coach Newton](#)

### DAN GREEN, Woodlands (Tex.) H.S.



- Texas High School Coach of the Year, 2005
- National Cross Country Coach of the Year, 2004
- 13 High School State Championships
- Has coached six Individual State Champions
- 4 times ranked among Top 5 teams in the U.S.
- Outstanding Developmental Coach and Clinician

## SCHEDULE

### Friday- January 25, 2008

5:00-7:00 p.m.	Registration	
7:00-8:15 p.m.	Newton's Caveats for Champions	Joe Newton
8:30- 9:45 p.m.	The Psychology of Distance Running in High School	Danny Green
9:55-10:25 p.m.	Q & A	Vigil, Newton, Green

### Saturday- January 26, 2008

7:00- 8:00 a.m.	Registration	
8:00-9:30 a.m.	The Physiology of Training, "State of the Art Methodology"	Joe Vigil
9:45- 11:15 a.m.	Organization of a High School Championship Team	Joe Newton
11:30- 1:00 p.m.	Lunch (on own)	
1:00-2:30 p.m.	Building a Championship Cross Country Program	Danny Green
2:45-4:15 p.m.	Critical Zone Training	Joe Vigil
4:30-5:30 p.m.	Q & A	Vigil, Newton, Green
8:00-10:00 p.m.	Q & A Session with Social	Vigil, Newton, Green

### Sunday- January 27, 2008

8:30-10:00 a.m.	The Physiology of Tapering	Joe Vigil
10:15-11:45 a.m.	The Physiology of Altitude Training	Joe Vigil

**30 pairs of Asics shoes to be raffled off- free T-shirts**

**Information will be posted at: [www.LetsGoRun.com](http://www.LetsGoRun.com) and [www.usatf.org/assoc/my](http://www.usatf.org/assoc/my)**

**ATTEND THIS CLINIC TO LEARN HOW THESE OUTSTANDING COACHES GET THE MOST OUT OF THEIR ATHLETES!**

**USATF Coaching Education Level 3 Credit is available at this event. USATF Coaching Education is proudly sponsored by Gill Athletics.**