The Numbers of Training
Data Collection & Utilization in Predictive Periodization

How Do I Put My Data to Work?

Scott *"Coach Scott"* Murphy

"Self-perception of high expertise increases closed-mindedness."

\- Victor Ottatia, Loyola University

(AKA: I already know it all)

You Are The Expert

You are already good at what you do, now let's help you get more out of the time you already spend on your teams.

How Do I Use My Data?

Training Targets
Use recent data to set targets for practice sessions.

Practice Adaptation
Grade yourself, and adapt practices based on reality.

Competition Goals
Predict with training results and competition history.
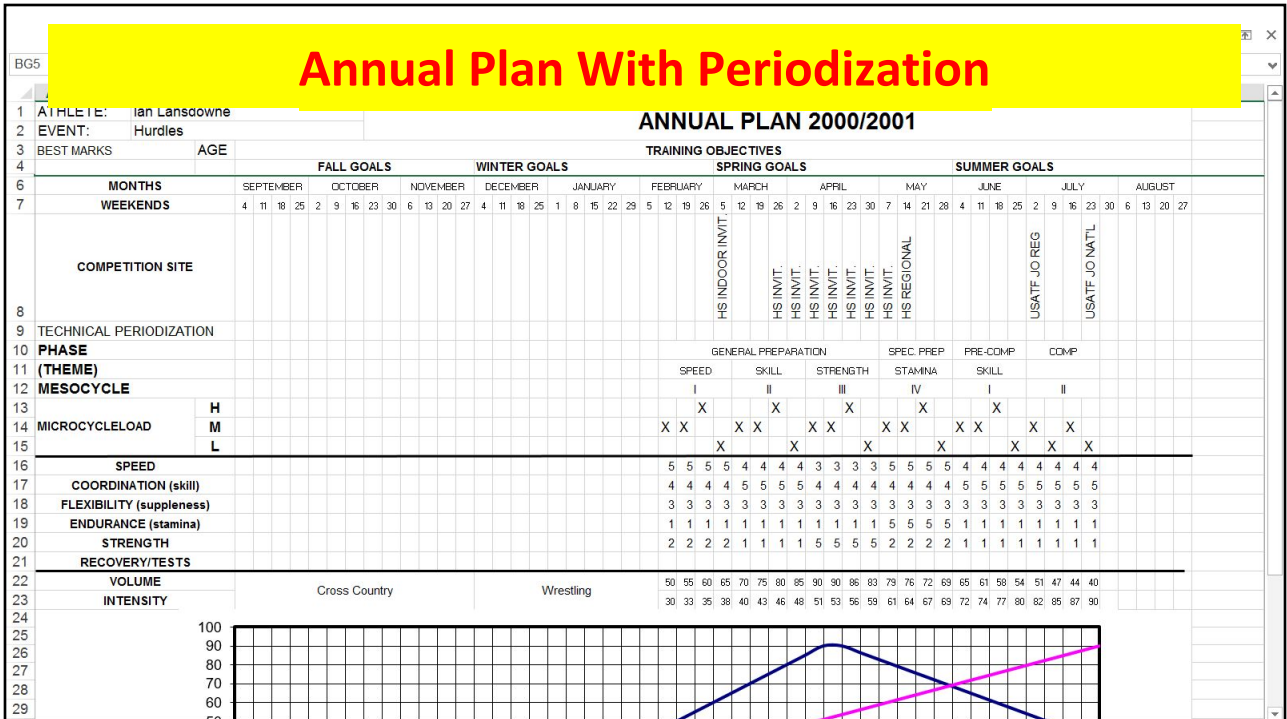
Long Range Planning
Season comparisons allow us to plan for growth.

Training Targets

Use recent data to set targets for practice sessions.

- Track improvement to set better target times.
- Compare across distances to find strengths.
- Compare across reps for strength metrics.
- Compare athlete performances for placement.

Annual Plan With Periodization

	U2	▼	:	×	✓	fx											Formula Bar
	A	B	C	D	E	F	G	H	I	J	K	L	P	Q	R	S	I
2						400	800	1200	1600	2000	2400	2800				0.0593	
3																	
4																	
5	Will	Auslander	18:32	05:47	01:08	01:08	01:15	01:17	01:21	01:19	01:19	01:12	1:18	0:04	1:16	1	
6						01:18	01:21	01:20	01:20	01:21	01:23	01:14	04		2	0:02	
7	Santi	Turon	18:59	05:55	01:10	01:04	01:20	02:00	01:49	01:44	01:36	01:26	1:25	0:16	1:21	3	
8						01:14	01:17	01:16	01:14	01:20	01:20	01:07	16		4	0:04	
9	Nevan	Norrell	21:02	06:34	01:17	01:17	01:20	01:16	01:20	01:24	01:23	01:14	1:20	0:04	1:18	2	
10						01:22	01:22	01:24	01:23	01:25	01:24	01:09	04		2	0:02	
11	Johann	Lopez	21:39	06:45	01:19	01:20	01:21	01:21	01:23	01:24	01:24	01:19	1:23	0:02	1:21	4	
12						01:23	01:23	01:25	01:25	01:26	01:25	01:20	02		1.4	0:01	
13	Nick	Wieczorek	24:34	07:40	01:30	01:21	01:30	01:31	01:35	01:31	01:33	01:33	1:32	0:07	1:30	5	
14						01:37	01:37	01:37	01:39	01:36	01:38	01:13	07		2.6	0:03	
15	Omeka	Bhatia	26:03	08:07	01:35	01:33	01:34	01:32	01:37	01:35	01:46	01:38	1:38	0:05	1:36	7	
16						01:47	01:43	1;43.0	01:39	1;42.0	01:45	01:31	05		2.2	0:02	
17	John	Morris	26:19	08:12	01:36	01:34	01:34	01:31	01:34	01:33	01:33	01:37	1:36	0:04	1:34	6	

... 20160906 | 20160909 | 20160912 | **20160915** | 20160916 | 20140910 | Meet Sheet handou ... ⊕

	S1	▼	:	×	✓	fx							N
1													
2													
3		KNOWN DIST:	1609							2	3218.69		
4										3	4828.03		
5		KNOWN TIME:	258.00							4	6437.38		
6					0.286705	0:01:00.0				5	8046.72		
7		DESIRED DIST.:	5000		0:03:29.3					6	9656.06		
8										7	11265.41		
9		ESTIMATED TIME:	899.88							3.1	4988.97		
10			14 59.88							6.2	9977.93		
11										8	12874.75		
12										9	14484.10		
13										10	16093.44		
14													
15													
16													

Targets | **FACTORS (4)** | Ramya | Sheet3 | Sheet1 | FACTORS (3) | 100 | 200 | 400 | 800 ... ⊕

Practice Adaptation

Grade yourself, and adapt practices based on reality.

- Compare expectations to reality - and adjust.
- Compare peaking strategies for success.
- Include strength and cross training measures.
- Measure intangibles (complaints, indifference).

Annual Plan With Periodization
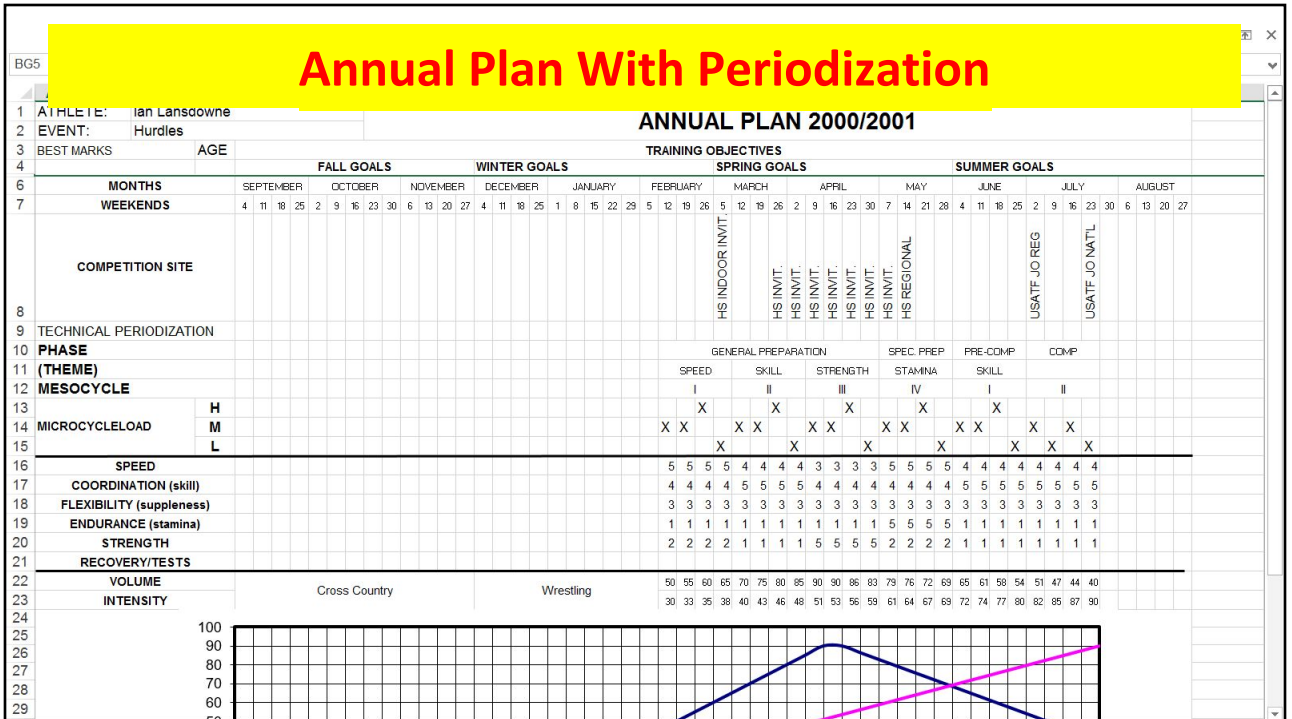
		20160915		3.21	16.37	400	800	1200	1600	2000	2400	2800	6000	6400	6800
						3200	3600	4000	4400	4800	5200	5600			
ATHLETE		GOAL	1m	400		1/8	2/9	3/10	4/11	5/12	6/13	7/14	15	16	17
Nevan	Norrell	21:02	06:34	01:17		1:14	1:17	1:10	1:14	1:20	1:20	1:07			
						1:17	1:20	1:16	1:20	1:24	1:23	1:14			
Johann	Lopez	21:39	06:45	01:19		1:22	1:21	1:24	1:23	1:25	1:24	1:09			
						1:20	1:21	1:21	1:23	1:24	1:24	1:19			
Nick	Wieczorek	24:34	07:40	01:30		1:22	1:23	1:25	1:25	1:26	1:25	1:20			
						1:27	1:30	1:31	1:35	1:31	1:33	1:33			
Omeka	Bhatia	26:03	08:07	01:35		1:37	1:37	1:37	1:39	1:36	1:38	1:13			
						1:33	1:34	1:32	1:35	1:36	1:46	1:38			
John	Morris	26:19	08:12	01:36		1:47	1:43	1:43	1:39	1:42	1:46	1:31			
						1:34	1:34	1:31	1:34	1:33	1:33	1:27			
Alex	Wieczorek	28:57	09:02	01:46		1:35	1:35	1:42	1:38	1:40	1:46	1:32			
						1:36	1:37	1:39	1:45	1:47	1:43	1:42			
Andrea	Mojica	28:58	09:02	01:46		1:40	1:44	1:50	1:42	1:42	1:50	1:34			
						1:43	1:40	1:49	1:58	1:58	2:05	2:06			
Eduardo	Alvear	31:25	09:48	01:55		2:10	2:18	2:14	2:08	2:13	2:21	1:48			
						2:09	2:10	2:20	2:31	X	2:20	2:42			
Benjamin	Kuehler	35:05	10:56	02:09		2:50	2:51	2:29	2:39	2:42	2:48	1:59			
						1:29	1:25	X	X	X	X				

0.5   2:10   3:1

Santi	Turon	1:08	2:29	5:45	18:59	2:32			22:13	600
Nevan	Norrell	1:15	2:46	6:22	21:02					
Johann	Lopez	1:17	2:50	6:33	21:39					
Nick	Wieczorek	1:30	3:20	7:41	25:22	2:59			31:27	600
John	Morris	1:34	3:27	7:58	26:19	3:20		X25+4		
Omeka	Bhatia	1:35	3:30	8:04	26:38	3:10			31:32	600
Andrea	Mojica	1:43	3:48	8:46	28:58	3:34	(-:30)	25+3		
Alex	Wieczorek	1:49	4:00	9:14	30:30	3:26		25+2		
Sadie	Shah	1:56	4:16	9:51	32:32					

Competition Goals

Predict with training results and competition history.

- Compare similar workouts for improvement.
- Compare training to competition for value.
- Use performance trends to set goals.
- Use meet data for athlete scheduling.

Annual Plan With Periodization

		ANNUAL PLAN 2000/2001

BG5		
1	ATHLETE:	Ian Lansdowne
2	EVENT:	Hurdles
3	BEST MARKS	AGE

TRAINING OBJECTIVES

	FALL GOALS	WINTER GOALS	SPRING GOALS	SUMMER GOALS

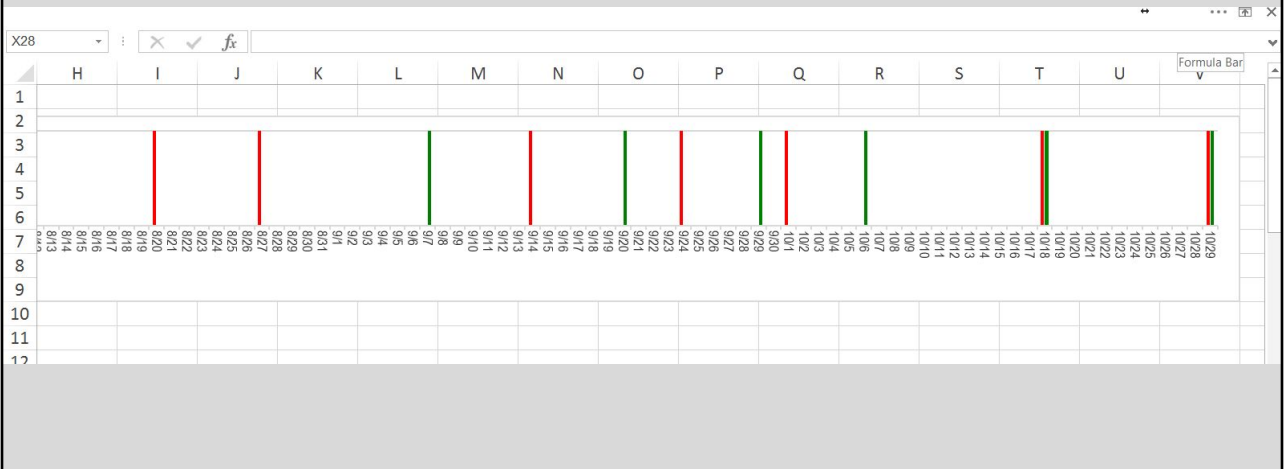| 6	MONTHS	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST
7	WEEKENDS	4 11 18 25	2 9 16 23 30	6 13 20 27	4 11 18 25	1 8 15 22 29	5 12 19 26	5 12 19 26 2 9 16 23 30	7 14 21 28	4 11 18 25	2 9 16 23 30	6 13 20 27	

8	COMPETITION SITE						HS INDOOR INVIT.	HS INVIT. HS INVIT. HS INVIT. HS INVIT. HS INVIT. HS INVIT.	HS REGIONAL		USATF JO REG	USATF JO NATL	

9	TECHNICAL PERIODIZATION												
10	PHASE							GENERAL PREPARATION		SPEC. PREP	PRE-COMP	COMP	
11	(THEME)						SPEED	SKILL	STRENGTH	STAMINA	SKILL		
12	MESOCYCLE						I	II	III	IV	I	II	
13	MICROCYCLELOAD H						X	X	X	X	X		
14	M						X X	X X	X X	X X	X X	X X	
15	L						X	X	X	X	X X X		
16	SPEED						5 5 5 5 4 4 4 3 3 3 3 5 5 5 4 4 4 4 4 4					
17	COORDINATION (skill)						4 4 4 4 5 5 5 5 4 4 4 4 4 4 4 5 5 5 5 5 5 5 5					
18	FLEXIBILITY (suppleness)						3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3					
19	ENDURANCE (stamina)						1 1 1 1 1 1 1 1 1 1 1 5 5 5 5 1 1 1 1 1 1 1 1					
20	STRENGTH						2 2 2 2 1 1 1 5 5 5 5 2 2 2 2 1 1 1 1 1 1 1					
21	RECOVERY/TESTS												
22	VOLUME	Cross Country		Wrestling			50 55 60 65 70 75 80 85 90 90 86 83 79 76 72 69 65 61 58 54 51 47 44 40					
23	INTENSITY						30 33 35 38 40 43 46 48 51 53 56 59 61 64 67 69 72 74 77 80 82 85 87 90					

	B	C	D	E	F	G	H	I	J	K	L	M	N
23	1.150	12.31	12.31	12.31	1.150								
27	**MEN**	**WOMEN**				00:11.6							
28	1.000	1.000			00:14.8	00:11.6	1						
29	1.003	1.014			00:29.7	00:23.3	2						
30	1.108	1.131			01:05.1	00:51.4	4						
31	1.296	1.341				02:00.3	8						
32	1.406	1.459				04:20.9	16						
33	1.509	1.553				09:20.2	32						
34	1.197	1.150											
35	1.199	1.235											
39	**MEN**	**WOMEN**	**RATE**	**RATE**	**RATE**	**sin**	sin/2	tan	1-cos	(1-cos)^2	AVG	EST	
40	1.000	1.000	1.000	0	1	**0**	0.000	**1.55741**	1.000	1.000	1.000		1.000
41	1.003	1.014	1.148	0.301	2	**0.2965**	0.148	**-2.18504**	0.852	0.725	1.009	0.009	1.407
42	1.108	1.131	1.283	0.602	4	**0.56634**	0.283	**1.15782**	0.717	0.514	1.120	0.111	1.735
43	1.296	1.341	1.393	0.903	8	**0.78524**	0.393	**-6.79971**	0.607	0.369	1.319	0.199	1.718
44	1.406	1.459	1.462	1.176	15	**0.92311**	0.462	**-0.85599**	0.538	0.290	1.433	0.114	1.153
45	1.509	1.553	1.498	1.477	30	**0.99562**	0.498	**-6.40533**	0.502	0.252	1.531	0.098	0.132

... | 1500 | 3000 | HH | 400H | FACTORS (c) | FACTORS | FACTORS (c) (2) | **FACTORS (2)** | Sh ...

MileSplit **GA**

RESULTS   RANKINGS   CALENDAR   VIDEOS   PHOTOS   NEWS   TEAMS   DISCUSS   MORE

Search   Account

MileSplit Cross Country Rankings

Georgia High School Boys 5K

LEVEL:	SEASON:	EVENT:	YEAR:	GRADE:	STATES:
HS Boys	XC	5K	2016	FR	GA

LEAGUE:
GA Independent

RANK	TIME	ATHLETE/TEAM	GRADE	MEET / DATE	PLACE
1	18:00.25	**PORTER HILL** Deerfield-Windsor School	2020	Augusta Prep Invitational Sep 10, 2016	11th
2	18:32.13	**WILL AUSLANDER** Monsignor Donovan Catholic HS	2020	North Georgia Championships @ Lamar Aug 27, 2016	44th
3	19:02.35	**KOBY LORD** The Heritage School	2020	Mill Springs Academy Meet #1 Sep 15, 2016	2nd
4	19:37.25	**GRAY TORBERT** Southland Academy	2020	Southland Academy Kick-off Invitational Aug 20, 2016	6th

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Y17   fx

	C	D	G	H	I	M	N	O	P	Q	R	S	T
1													
2													
3	Career	2016				ATHLETE							
4	**PR**	**PR**		**SCORE**	**GOAL**	**NAME**		**G**	**YR**	**Time**	**Rank**	**Time**	**Rank**
5	26:03.00	26:03.00	1	1.00	25:42.0	Omeka	Bhatia	F	2019			27:23.6	1
6	28:58.01	28:58.01	2	2.00	28:05.9	Andrea	Mojica	F	2019				
7	*27:41.42*	32:31.84	3	2.50	31:51.1	Sadie	Shah	F	2018	33:59.8	1	33:38.0	2
13	18:32.13	18:32.13	1	1.00	18:18.5	Will	Auslander	M	2020	19:43.4	1	18:32.1	1
14	18:58.94	18:58.94	2	2.00	18:52.5	Santi	Turon	M	2018	20:21.6	2	18:58.9	2
15	21:01.87	21:01.87	3	3.00	20:45.7	Nevan	Norrell	M	2020			21:01.9	3
16	21:39.00	21:39.00	4	3.98	21:32.6	Johann	Lopez	M	2020	23:53.5	3	21:39.4	4
17	24:34.00	24:34.00	5	4.98	24:24.1	Nick	Wieczorek	M	2020	26:54.3	4	25:22.0	5
18	26:19.00	26:19.00	6	5.98	26:26.3	John	Morris	M	2017	29:56.4	5	26:19.0	6
19	*27:28.77*	28:57.00	7	7.02	29:23.0	Alex	Wieczorek	M	2018	36:46.4	8	30:30.0	7
20	31:25.00	31:25.00	8	7.98	31:40.7	Eduardo	Alvear	M	2020	35:20.7	7		
21	35:04.70	35:04.70	9	8.50	34:01.6	Benjamin	Kuehler	M	2019	35:04.7	6		
22													

20160908   **Progression**   Meet Sheet   Chart   XC Transportation   MDCHSXC All-time   Ch ...
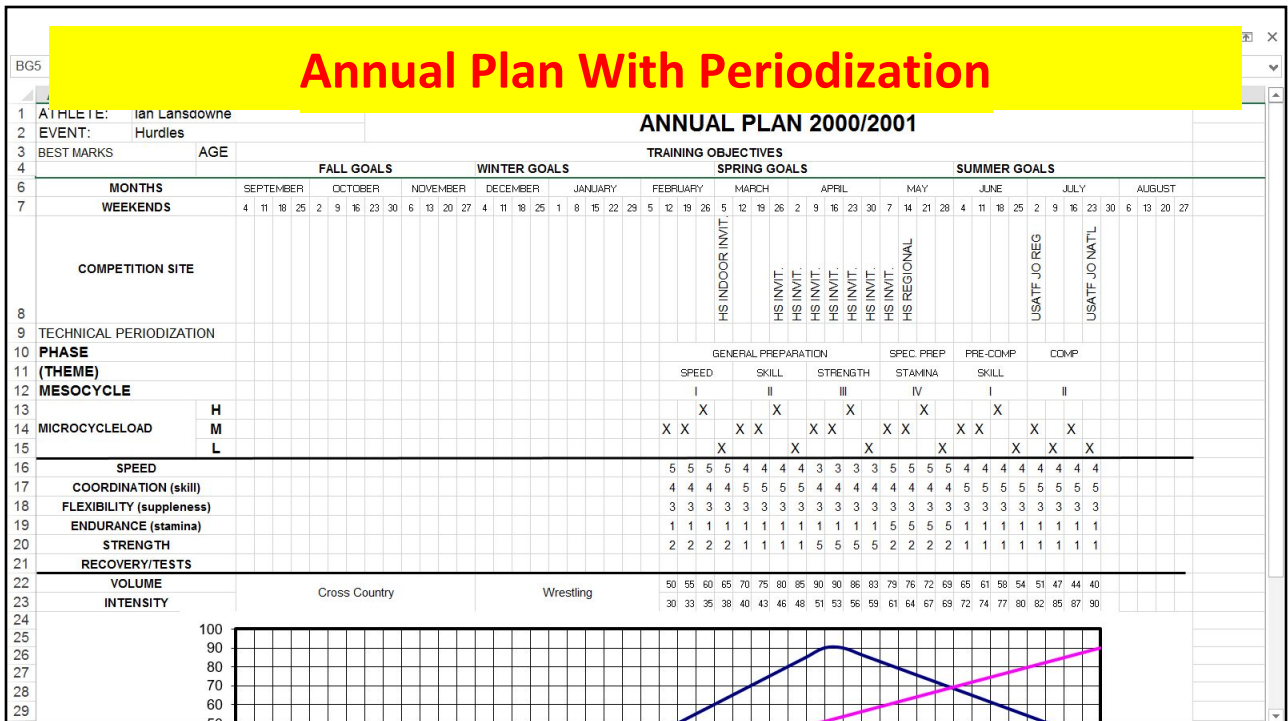
Long Range Planning

Season comparisons allow us to plan for growth.

- Compare athletes season-by-season.
- Compare event groups to find trends.
- Compare meets for a productive schedule.
- Compare peaking for effective coaching.

Annual Plan With Periodization

BG5

1	ATHLETE:	Ian Lansdowne		**ANNUAL PLAN 2000/2001**
2	EVENT:	Hurdles		
3	BEST MARKS		AGE	**TRAINING OBJECTIVES**

MONTHS	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST
FALL GOALS			**WINTER GOALS**			**SPRING GOALS**			**SUMMER GOALS**			

Row 7 WEEKENDS: 4 11 18 25 | 2 9 16 23 30 | 6 13 20 27 | 4 11 18 25 | 1 8 15 22 29 | 5 12 19 26 | 5 12 19 26 | 2 9 16 23 30 | 7 14 21 28 | 4 11 18 25 | 2 9 16 23 30 | 6 13 20 27

COMPETITION SITE: HS INDOOR INVIT., HS INVIT., HS INVIT., HS INVIT., HS INVIT., HS INVIT., HS REGIONAL, USATF JO REG, USATF JO NATL

9 TECHNICAL PERIODIZATION
10 PHASE — GENERAL PREPARATION / SPEC. PREP / PRE-COMP / COMP
11 (THEME) — SPEED / SKILL / STRENGTH / STAMINA / SKILL
12 MESOCYCLE — I / II / III / IV / I / II

MICROCYCLELOAD:

	H												
13	H			X		X		X		X			
14	M			X X		X X		X X		X X		X X	X X
15	L			X		X		X		X		X X	X

	SPEED											
16 SPEED	5 5 5 5	4 4 4 3	3 3 3 5	5 5 4 4	4 4 4 4	4
17 COORDINATION (skill)	4 4 4 5	5 5 5 4	4 4 4 4	4 4 5 5	5 5 5 5	5
18 FLEXIBILITY (suppleness)	3 3 3 3	3 3 3 3	3 3 3 3	3 3 3 3	3 3 3 3	3
19 ENDURANCE (stamina)	1 1 1 1	1 1 1 1	5 5 5 5	1 1 1 1	1 1 1 1	
20 STRENGTH	2 2 2 1	1 1 5 5	5 5 2 2	2 2 1 1	1 1 1 1	

21 RECOVERY/TESTS

22 VOLUME | Cross Country | Wrestling | 50 55 60 65 70 75 80 85 90 90 86 83 79 76 72 69 65 61 58 54 51 47 44 40
23 INTENSITY | | | 30 33 35 38 40 43 46 48 51 53 56 59 61 64 67 69 72 74 77 80 82 85 87 90

(Chart axis values: 100, 90, 80, 70, 60, 50)

Personal Observations by Others

Fauquier Sarah Bowman of Fauquier indicated fully well that she wants to be the top middle distance runner in the state with her outstanding performance at the East Coast Invitational where she won the 1600 in 5:11 and 1000 in 3:05, showing she could very well be already in sub 5 minute shape for the 1600 and sub 3 for the 1000 as she earned athlete of the week honors.

Athlete Data Form (pre-season)

Athletics Prime Athlete Data Form

This form is intended to streamline the process of collecting the information needed to contact schools, coaches, and/or representatives on your behalf. Please complete this form as completely and accurately as

Personal Information

First: _____   Middle: _____   Last: _____

☐ F   ☐ M   DOB: _____

Graduation: _____   E-mail: _____

Phone: _____   Alt. Phone: _____

Address: _____

Address 2: _____

City: _____   State: _____   ZIP: _____

Athletic Information

Running Events (please use MM:SS.00 format - 10:15.10, 10.66, etc.)
In Open/HS distances, circle the distance that applies to the listed time.

40m: _____	55m: _____	100m: _____	200m: _____
300m: _____	400m: _____	500m: _____	800m: _____
1000m: _____	1500/1600m: _____	3000/3200m: _____	5000m: _____
55/60m HH: _____	HH: _____	400/300m H: _____	5000m XC: _____

Relays: List leg/split (ex: 1/54.8, or 4/2:06.3)

400m R: _____	800m R: _____	1600m R: _____	3200m R: _____

Field Events

Discus: _____	Long Jump: _____	High Jump: _____	Pole Vault: _____
Shot Put: _____	Triple Jump: _____	Javelin: _____	Hammer: _____

PreSeason Testing and Evaluation

PreSeason Testing/Eval   Evaluators: _____

G	C	Athlete	SLJ	STJ	5 DLH	OHB	BLF	30m F	SBT	Vrch	VJ	Vert	800a	800b	AVG	REC	Didx
													03:39.0	03:47.0	03:43.0	96.48%	03:51.

SLJ	Standing Long Jump
STJ	Standing Triple Jump
5 DLH	5 Double-leg hops (continuous, measure start to finish)
OHB	
BLF	Between the Legs forward medicine ball throw
30m F	Flying 30m sprint (15-25m acceleration before starting line)
SBT	Softball throw
Vrch	Vertical Reach

Preseason_evaluation_blank

Program Historical Data (All-Time List)

TIME	ATHLETE	MEET	DATE	RANK	TIME	ATHLETE	MEET
24:53.0	Barton, Amanda	GISA State Championships	10/30/2010	4	19:54.3	Terns, Carl	GISA State Championships
25:13.1	Cisco, Christine	LCA Lions' Prowl	10/15/2011	5	20:28.3	Price, Jacob	LCA Lions' Prowl
25:56.5	Moss, Shelby	GISA State Championships	10/30/2010	6	20:31.9	Scott, Wells	GISA State Championships
25:59.9	Baker, Christy	GISA State Championships	10/27/2012	7	20:38.2	Glassman, David	GISA State Championships
26:14.9	Jarrett, Shelby	GISA State Championships	10/30/2010	8	20:50.4	Swars, Christopher	GISA State Championships
26:38.4	Bhatia, Omeka	Morgan County's Rick Boulis Inv.	9/7/2016	9	21:01.9	Norrell, Nevan	North Georgia Championsh
27:35.4	McAuley, Maddy	GISA State Championships	10/31/2015	10	21:19.0	McCullough, Sebastian	CCS Knights Invitational (G
27:41.4	Shah, Sadie	GISA State Championships	10/25/2014	11	21:22.0	Joseph, Samson	GISA State Championships
27:59.5	McCullough, Paxton	GISA State Championships	10/31/2015	12	21:39.4	Lopez, Johann	North Georgia Championsh
28:58.0	Mojica, Andrea	Morgan County's Rick Boulis Inv.	9/7/2016	13	21:56.9	Smith, Ford	Stratford Invitational
29:26.2	Ramos, Balbina	GISA State Championships	10/29/2011	14	22:09.7	Kurian, Chris	LCA Lions' Prowl
29:27.2	Christian, Malia	GISA State Championships	10/25/2014	15	22:13.8	Rhyme, Chad	GISA State Championships
31:19.9	Gallegos, Emily	GISA State Championships	10/30/2010	16	22:17.6	Reyes, Carlos	Dominion Dash
32:05.8	Curtis, Erin	GISA State Meet	10/31/2009	17	22:52.2	Barks, Tucker	GISA State Championships
33:34.8	Kurian, Crystal	Stratford Invitational	9/19/2011	18	23:00.7	Moore, Zach	Loganville Christian Acaden
34:34.0	Morgan, Andrew	Stratford Invitational	9/19/2011	19	23:36.0	Ohana, Michael	CCS Knights Invitational (G
35:18.0	Flores, Arianna	Trinity Cross Country Invitational	9/20/2014	20	23:36.1	Krunksosky, T.j.	Loganville Christian Acaden
35:26.4	Gallo, Isabella	LCA Home Cross Country Meet #1	8/24/2013	21	24:08.0	Gneiding, Daniel	GISA State Championships

20160908 | Progression | Meet Sheet | Chart | XC Transportation | **MDCHSXC All-time** | Ct ...

How Do I Use My Data?

Training Targets
Use recent data to set targets for practice sessions.

Practice Adaptation
Grade yourself, and adapt practices based on reality.

Competition Goals
Predict with training results and competition history.

Long Range Planning
Season comparisons allow us to plan for growth.

You Are The Expert

You are already good at what you do, now be courageous enough to become even better.
Plan, execute, adapt.