

The Numbers of Training

Data Collection & Utilization in
Predictive Periodization

Where Does My Data
Come From?

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.

Where DOES My Data Come From?

Primary Sources

Your information about your current athletes.

Secondary Sources

Other peoples information about your athletes.

Your information about your past athletes.

Other Sources

Databases, videos, historical information, other coaches.

Primary Data Sources

Your information about your current athlete.

- Historical data.
- Goal data.
- Practice data.
- Strength training data.
- Performance vs. conditions.



“If we put a watch on it,
we write it down.”

- Coach Scott

	A	B	C	D	E	F	G	H	I	J	K	L	P	Q	R	S
2	Practice Session Data															
5	Will	Auslander	18:32	05:47	01:00	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

	C	D	G	H	I	M	N	O	P	Q	R	S	T
1	Competition Data (including predictive targets)												
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		

“Distance Factors” Spreadsheet (conversions)									
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

Secondary Data Sources

Other peoples information about your athletes.

- Recovered data: splits, conditions, opponents.
- Observation and commentary from coaches.

Your information about your past athletes.

- Historical data

1	TIME	ATHLETE	MEET	DATE	RANK	TIME	ATHLETE	MEET
Program Historical Data (All-Time List)								
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 Boullis 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 Boullis 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	Krunkosky, T.j.	Loganville Christian Acaden	
35:26.4	Gallo, Isabella	I CA Home Cross Country Meet #1	8/24/2013	21	24:08.0	Gneidina, Daniel	GISA State Championships	

[RESULTS](#) [RANKINGS](#) [CALENDAR](#) [VIDEOS](#) [PHOTOS](#) [NEWS](#) [TEAMS](#) [DISCUSS](#) [MORE](#)

Ranking Data and/or Course Comparison

Georgia High School Boys 5K

LEVEL: SEASON: EVENT: YEAR: GRADE: STATES:

LEAGUE:

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

THE NEW VAZEE RUSH
POWERED BY RAPID REBOUND FOAM

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YOUR HUB FOR

HS XC RANKINGS

GO TO NATIONAL XC RANKINGS ▶

TRENDING ON MILESPLOT GA

Week 4 Georgia HS Male

MileStat.com RESULTS RANKINGS CALENDAR VIDEOS PHOTOS TEAMS DISCUSS

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.



[f](#) [t](#) [p](#) [+](#)

Other Data Sources

Databases, videos, historical information, other coaches.

- Information about past competitions in venues you will compete in.
- Supporting or complementary numbers (we all miss something - go fill in the blanks).

J20 :

Formula Bar

Elite Performance Averaging (event data)

20											
21											
22	300			1.07	34.46						
23	400	48.45		1.13	48.45	53.06	55.24				
24	500			1.18	63.38						
25	600			1.24	79.43						
26	700			1.29	96.60						
27	800	114.90		1.34	114.90	125.84	125.84				
28	900			1.36	130.89						
29	1000			1.38	147.24						
30	1100			1.39	163.95						
31	1200			1.41	181.02						
32	1300			1.43	198.45						
33	1400			1.44	216.25						
34	1500	234.40		1.46	234.40						
35	1600			1.47	251.09	275.00					

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

B39 : MEN

	B	C	D	E	F	G	H	I	J	K	L	M	N
15													
16													
17													
18													
19	1.131	48.45	48.45	12.11	1.131								
20	1.341	114.90	01:54.9	14.36	1.341								
21	1.459	234.40	03:54.4	15.63	1.459								
22	1.553	498.80	08:18.8	16.63	1.553								
23	1.150	12.31	12.31	12.31	1.150								
24	1.235	52.89	52.89	13.22	1.235								
25													
26													
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											
36													
37													

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

	B	C	D	E	F	G	H	I	J	K	L	M	N
23	1.150	12.31	12.31	12.31	1.150								
24	Elite Performance Averaging (formula building)												
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											
36													
37													
38													
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	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

Where DOES My Data Come From?

Primary Sources

Your practice sessions.

Secondary Sources

Other peoples information about your athletes.

Your information about your past athletes.

Other Sources

Databases, videos, historical information, other coaches.

You Are The Expert

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



The Numbers of Training

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