

# SETTING YOUR GOALS

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Part IV in a Series

## GOAL III: RUNNING

### SETTING YOUR GOALS

There are SIX major steps in setting goals with the BFS program during the off season. In previous issues we discussed NUTRITION and AGILITY as step or goal I and II. The third step or goal is RUNNING. It is important to follow a total plan for success. A total program must include a lot more than just lifting weights. What good does it do to Bench Press 450 pounds and not be able to run to the action? The true athlete commits to a master plan because he is not content to "WAIT" for his natural abilities to bring him success but will strive with total dedication to "MAKE" success happen.

### YOUR RUNNING GOALS

Obviously the faster an athlete can run the better that same athlete will be. We believe an athlete should work on running at least 3 times per week. A running program should be challenging, motivating and progress oriented. Both coach and athlete should work closely in three following areas:

#### I. FORM RUNNING

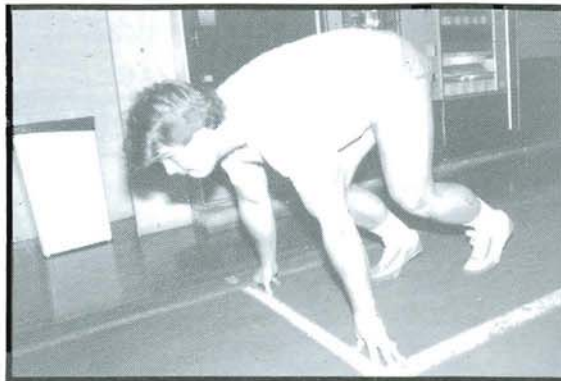
Each athlete should be taught how to properly run. As athletes work on their sprinting, coaches should look for proper arm, head, knee and feet positions. Arms should be at a right angle and should drive forward not across the body. The hands should be relaxed. The head should not move. Of course, the knees should be high and the toes should be straight ahead and not out at a 45° angle like a penguin.

#### II. SPRINTING

Athletes should work on 5, 10, 20 and 40 yard sprints. It is more fun to race against and with a buddy. A great deal can be accomplished in 5 to 10 minutes three times per week. Athletes should sprint in a structured situation with a coach and also be allowed to sprint on their own.

#### III. ENDURANCE

A minimum acceptable plan for endurance training is to run 2 miles three times a week. At clinics we show real heavy athletes it's no big deal by allowing them to walk when their running really starts to hurt. The key is to keep moving. Don't stop! Most very heavy athletes can cover two miles in 20 minutes with this jog-walk-jog method. An athlete is in good shape when he can do 2 miles in 12 minutes. Linemen should do it in 14 minutes. High school athletes who have a significant fat problem should set a goal of 18 minutes. We know many coaches use a mile to test their



RUN FOR SPEED, ENDURANCE AND FORM.

athletes. We feel a good athlete who is NOT in good shape can run a mile in respectable time. However, he can't fool anyone when the distance is two miles. You have to be in good endurance shape to run 2 miles in twelve minutes. One important coaching point: "A football player does not need endurance for the play itself, but for the ability to recover quickly between the plays."

### TESTING

Remember our important slogan: If you can't measure your goal, you can't manage your goal. And if you can't manage your goal, you can't accomplish your goal.

Therefore, a coach must do two things. First, accurate records must be kept and charted. Second, testing must be done at regular intervals. Endurance testing can be done once a month. Sprint testing should be done once every two weeks. We like to test twenty yard dashes as well as forties. Twenties are good for two reasons: First, it's always desirable to bring some variation into your testing as this prevents staleness. Secondly, during the winter months, in many places climate and facilities prevent running forties. However, twenties can be run very easily indoors. It is more difficult to time a 20 accurately but it is important for each athlete to see improvement. Remember, we are saying when an athlete's squat improves, so will his speed. Every athlete must have that feedback. An athlete will be much more enthused about squatting when he sees his speed improve. As far as standards for the twenty, a 3.0 twenty is roughly equivalent to a 5.0 forty. Just figure 2.0 seconds difference.

In conclusion, we guarantee that coaches and athletes who follow this goal plan will improve speed and endurance. Set a measurable goal, implement the plan, then test and chart the result. By following this step in your master plan you will "MAKE" things happen on your Quest for Greatness! Next issues article will discuss our BFS plan on developing technique.