



Coaching Cross Country Successfully

Pat Tyson, Doug Binder

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In *Coaching Cross Country Successfully*, Pat Tyson shares his secrets to building one of today's elite cross country programs. While there are many instruction books on running, only *Coaching Cross Country Successfully* provides a blueprint to building a successful team:

- Establishing and communicating a coaching philosophy
- Tailoring training to individual and team needs
- Teaching running techniques and improving performance
- Preparing for meets and competition
- Evaluating individual runners and your entire program
- Working with assistant coaches, volunteers, and the community

As one of the winningest cross country coaches in the United States, Pat Tyson developed his philosophies of training and competition by associating with legendary runners and coaches. He was a teammate and roommate of Steve Prefontaine while he was running at the University of Oregon for Coach Bill Bowerman. *Coaching Cross Country Successfully* draws on this breadth of experience, showing you how to inspire your athletes and create your own tradition of excellence.

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