

My Coaching Ethos

Glen Grant

Linkedin/Facebook/Whatsapp

00371 20226612

Grantglen@hotmail.com

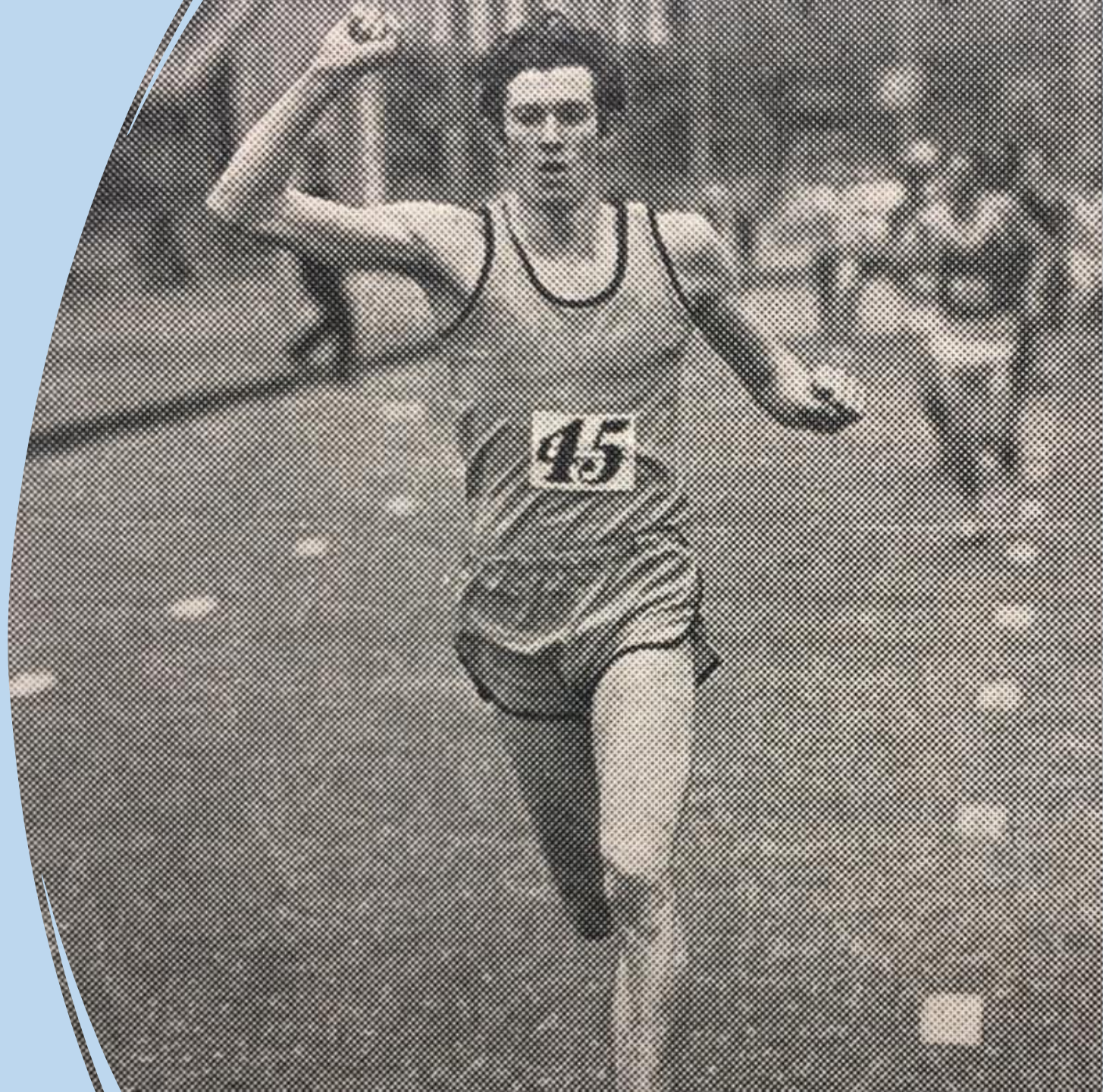


Glen

- Lives in Riga
- Chairman Board of 3Lightspace
- Business support – LMT (Lv), Patria (Fi), Sherp (UA)
- Former Artillery officer and diplomat
- Defence reform work in 15 countries
- Ukraine expert and volunteer
- Journalist
- Former adviser to Minister of Defence Estonia
- Former adviser to Minister of Justice Latvia
- Lecturer Riga business school
- Published defence academic works in USA
- Athletics coach

Athletic Performance Background

- 3 world cross country championships (31st Chepstow 1976)
- Commonwealth Games 800m and 1500m finalist Edmonton 1978
- Welsh and army record 1500m 3:38:1 1978
- 22 times British army champion, 800m, 1500m, 5000m, 10000m, 3000m steeplechase and cross country
- 4 times British army orienteering champion
- 4th British night orienteering championships
- 4th 30km and 5th 15km British championships cross country skiing
- Inter Counties Mile champion 3:59:7 1976 (Second IAAF President Lord Coe!)



Life influences

- Worked full-time all life from 16 years
- Many world class colleagues and mentors in sport, military and academia.
- Coaching 54 years – so far
- International in 4 endurance sports
- Still competing (badly) in orienteering M70 age group
- Lived in 10 countries and worked in about 20
- Have been member of 14 sports clubs in 5 countries
- Team manager and coach in 3 British national sports

Sports Influences



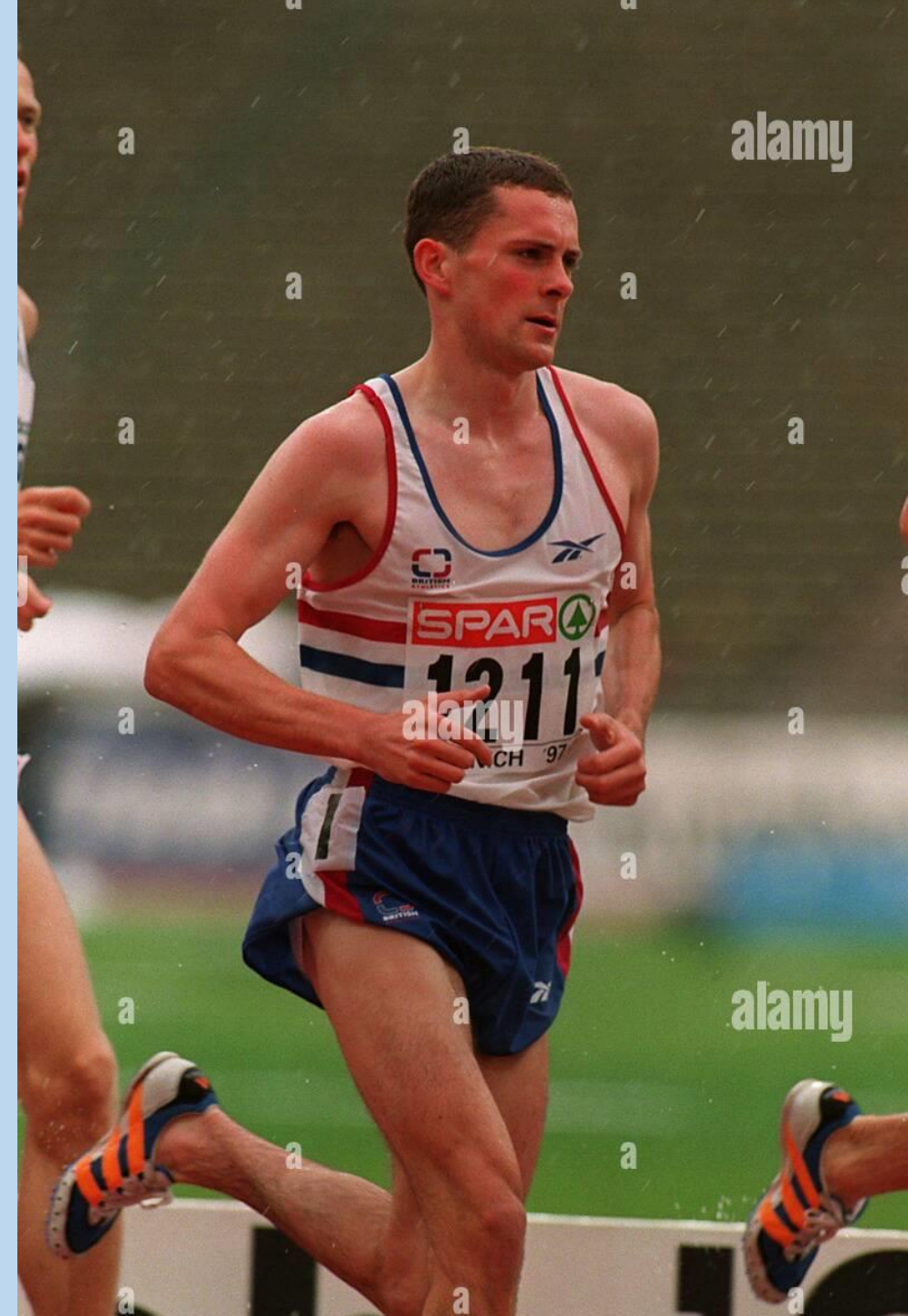
Peter Angerer

- British athletics coaches
- British athletes, Coe, Cramm, Ovett, Bedford
- NZ athletes, Walker, Dixon
- Norwegian sport (6 winters there)
- German Biathletes
- West German athletics
- Finnish endurance coaches and athletes
- Physiologists, Åstrand & Roehdahl, Atko Viru, John Humphries
- British army colleagues (Pursuit of excellence)

Individuals coached

- Rob Hough Europe cup steeplechase winner
- John Read, Ken Rudd & Ben Rex Olympic cross country and biathlon skiers
- Tom Lerwill World Junior Silver medal 800m & 4x400m
- Tiina Kivimaki World Junior Champion orienteering
- Laura Maasik Baltic Champion steeplechase and cross country (plus other Estonians)
- Over 50 national senior and junior champions from UK, Latvia, Estonia and Finland

<https://www.youtube.com/watch?v=sjpxrvk26zg&t=39s>



Philosophy

My aim is to
coach the person
not the event



Philosophy

If three different sports people in the three different environments say the same thing then it is a sporting “truth”

Philosophy

I believe that the coach is there for
the difficult and bad times not just
the good days



Philosophy

Building and guiding the support team is as important as the coaching

Philosophy

The athlete has to own their own body and progress not the coach

Philosophy

I see the key work of a successful coach is helping the athlete manage their load, rest and recovery not just manage the sessions



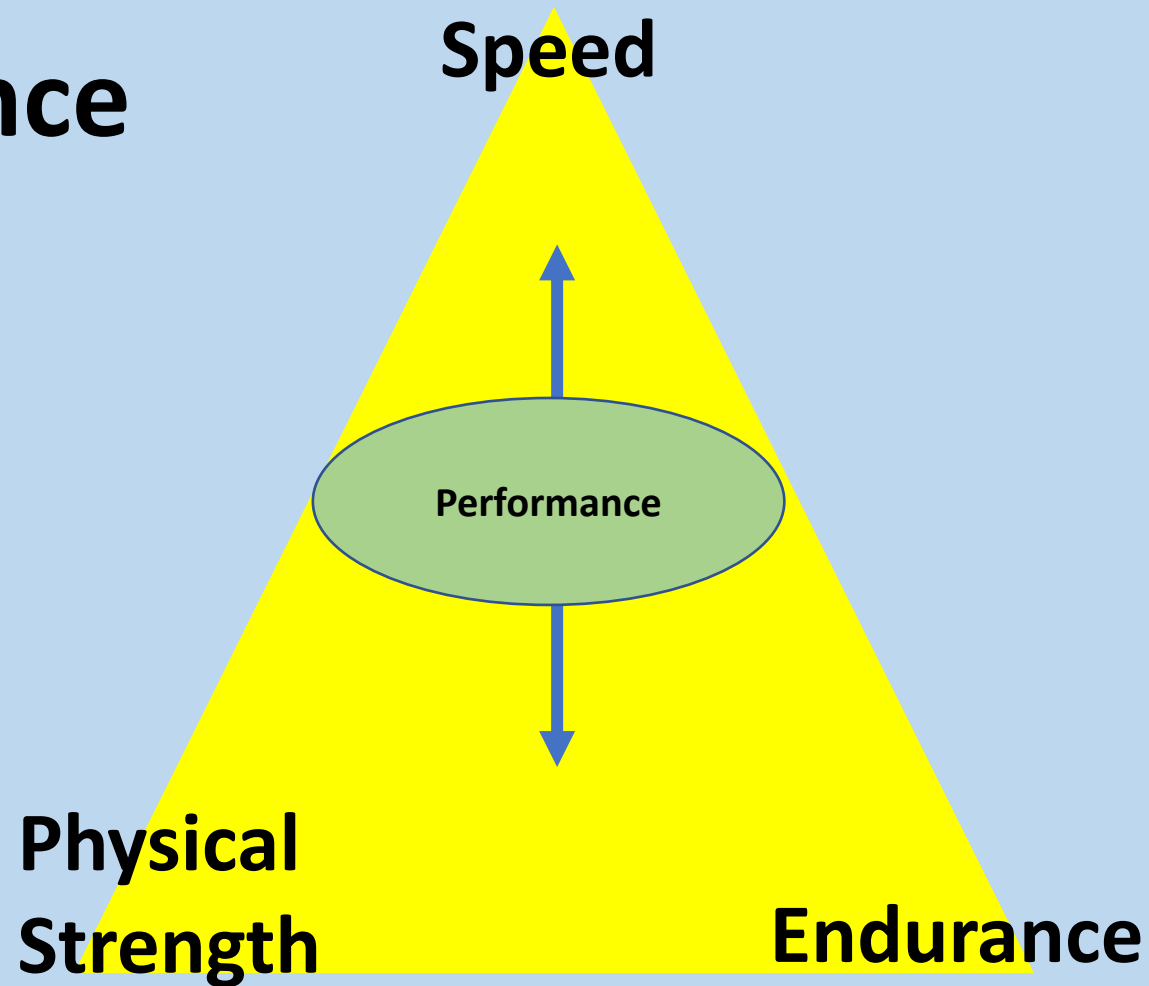
Philosophy

The training must fit around the athletes lifestyle and character not the reverse. Difficult characters often make for great competitors and winners

Philosophy

Coaching for me is about making long term friends and helping my athletes develop into great and successful people

Running performance

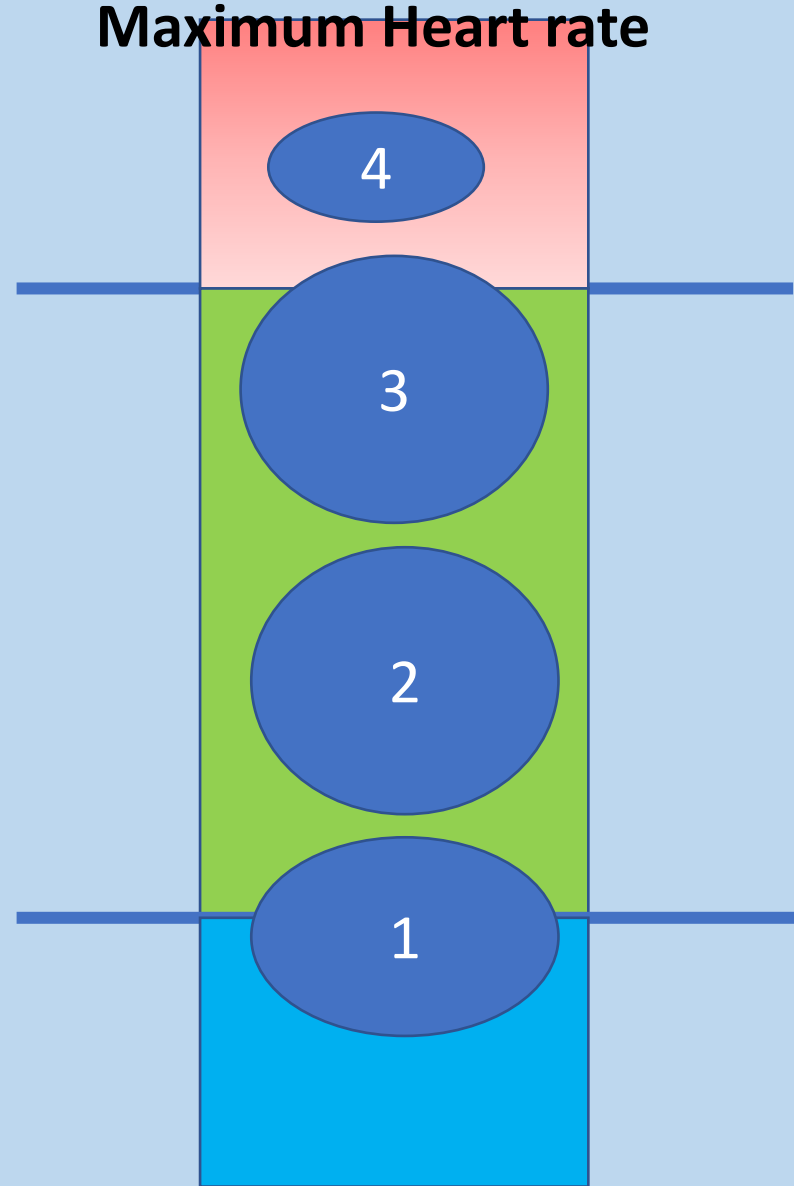


The triangle must be kept in balance for long term success

Runners training Zones

Anaerobic threshold

Aerobic threshold



With care

Main zones for
training

Vital work area for
longer races, growth of
heart and health
maintenance – but not
too much.

Types of training

- Structural
 - 6x1000m with 1-3 mins rest
 - 12-15x300m with 100m jog
 - 20x200m hill jog back down (or 4 sets of 5 faster)
- Heart Rate
 - 5mins run, 1min stand still – HRs 140, 145, 150, 155, 160, 165, 170 (Last run on threshold).
 - 4x15mins 2mins stand still – HRs 140, 150, 160, 170.
- Feel
 - Free running Fartlek using the terrain for best effect
 - Running at talking pace or running feeling close to stress
- Time/distance
 - 20x 1min run, 1 min jog all under threshold
 - 2 hours long slow run or 30k long slow
 - 30mins at best speed

Athletes stories

- <https://youtu.be/sjpxrvk26zg>



Rob



Tom



**The three
Amigos Alexes**

My Coaching Ethos

Glen Grant

Linkedin/Facebook/Whatsapp

00371 20226612

Grantglen@hotmail.com