CSU Stanislaus Cross Country / Track and Field
Program Information

Dear Potential Student-Athlete:

This document gives a basic overview of some of the fundamental aspects of our distance training philosophy at CSU Stanislaus. We have tried to include the most pertinent and up-to-date information for you to see. We are committed to success, and we welcome any student-athlete who shows the same level of commitment. Hopefully, after reading the following pages, you will gain a better understanding of how our program works and what we believe leads to success.

Director of Track & Cross Country / Head Coach: Diljeet Taylor (2008-present)

Coach Taylor ran at CSU Stanislaus in the late 90’s and then went on to train and compete for the Nike Farm Team in Palo Alto, CA (now the Oregon Track Club). She was a multiple All-American and National runner-up in the 800 and 1500 meters. She holds a PR of 2:06 in the 800.

Assistant Coach: Dawson Vorderbruegge (2013-present)

Coach V also ran at CSU Stanislaus as a student-athlete. Coach V was an individual qualifier for the NCAA Cross Country Championships in 2012 and is a two-time All-American in the 1500 meters. He holds personal bests of 3:48 for the 1500 and 14:41 for the 5k.

Location: Turlock, CA (90 miles south of Sacramento, 90 miles east of San Francisco)
Population: ~8,000 students, ~70,000 residents in Turlock
Conference: California Collegiate Athletic Association (CCAA) www.goccaa.org
Average Team Size: 15-25 Women, 10-15 Men
Average Travel Roster Spots: 7 Women, 7 Men
Duration of Season: We take about four weeks off from running every year. We take two weeks after XC is over in November and two weeks after track is over in May. Training then resumes on your own over the summer and winter school breaks until formal practice starts at the beginning of each semester.
Practice Days per Week: Monday - Friday is together as a team. Saturdays are on your own (though our athletes often meet up to run together) and Sundays are optionally off or very easy.
Distance Training Principles
CSU Stanislaus Cross Country/Track & Field

Our training scheme is based on a few key principles:

1. Quality over Quantity
   We believe in training smarter rather than harder. This is not to say that we don’t work hard, but rather to say that we are very selective about the work we put in. Running hard every day does not make you faster, it makes you injured. We position key workouts at appropriate times in the week, month, and season to optimize performance. Our philosophy is that we would rather have our athletes be 5 seconds slower and healthy than be injured. An injured athlete contributes nothing to the team. We work to find each athlete’s optimum training volume without exceeding it.

2. Individualized Training
   We do not simply put all of our athletes under a “program” that is one-size-fits-all. Making every athlete run the same amount of mileage and the same workouts every day does not take into account the individual strengths and weaknesses of each athlete. Each athlete has a unique threshold of training that he or she can handle without getting injured. As well, some athletes respond better to certain stimuli. Slow mileage may work for some, while more speed injection may work for others. Some athletes race better when they are a little fatigued, some athletes race better when they are completely fresh. We aim to find patterns and methods that work for each of our athletes.

3. Distance to Speed Transfer (Periodization)
   Our system, like many, revolves on macro- and micro-cycles. Each part of the year has a distinct training function that builds towards success at championship races. We race well at the end of the year, when it counts. As such, our summers and winters are devoted to building mileage tolerance and aerobic capacity. We begin each season with long intervals and tempos that begin to transfer aerobic capacity into anaerobic strength. As the season progresses, intervals become shorter and faster as we develop finely tuned speed. The championship part of the season is devoted to race-readiness and rest. This system has proven itself in the past, and is a staple for our training.
The CSU Stanislaus Women’s Cross Country Team after NCAA Regionals, 2012
NCAA National Championship Qualification
20th Place Team Finish at NCAA’s two weeks later
# Two Typical Mid-Season Training Weeks in Warrior Cross Country

<table>
<thead>
<tr>
<th>Day</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<tbody>
<tr>
<td></td>
<td>8, 10, or 12 mile tempo maybe with hills (40-50 secs slower per mile than XC race pace.)</td>
<td>Recovery Day: 40-60 minute easy run</td>
<td>Men: 2 miles, 1 mile, 2 miles, 1 mile Women: 1 mile, 2 miles, 1 mile 3 minutes rest between reps</td>
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<td></td>
<td>Fartlek:</td>
<td>Recovery Day: 40-60 minute easy run</td>
<td>Men: 8-10 x 1000 meters Women: 5-6 x 1000 meters 2 minutes jog rest</td>
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<td></td>
<td>Men: 6x5on3off</td>
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<td></td>
<td>Women: 5x5on3off</td>
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<td></td>
<td>“on” = XC race pace</td>
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<td>“off” = easy jog</td>
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<tr>
<td>Tuesday</td>
<td>Recovery Day: 40-60 minute easy run</td>
<td>Recovery Day: 40-60 minute easy run</td>
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<tr>
<td>Wednesday</td>
<td>Men: 2 miles, 1 mile, 2 miles, 1 mile</td>
<td>Men: 8-10 x 1000 meters Women: 5-6 x 1000 meters 2 minutes jog rest</td>
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<td>Women: 1 mile, 2 miles, 1 mile</td>
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<td>3 minutes rest between reps</td>
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<tr>
<td>Thursday</td>
<td>Recovery Day: 40-60 minute easy run</td>
<td>Recovery Day: 40-60 minute easy run</td>
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<tr>
<td>Friday</td>
<td>Men: 5-6 x 1 mile repeats Women: 3-4 x 1 mile repeats 3 minutes rest between reps</td>
<td>Easy pre-race run; 25-40 min</td>
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<tr>
<td>Saturday</td>
<td>Long Run: 20% longer than your longest run during the week, pace slightly faster than recovery pace (typically 8-14 miles)</td>
<td>Cross Country Race (8k Men, 6k Women)</td>
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<td>Sunday</td>
<td>OFF (No running) or Short Easy Run</td>
<td>OFF (No running) or Short Easy Run</td>
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Men’s XC Team and Alumni, Pre-Race Chant: 2010
### Two Typical Mid-Season Training Weeks in Warrior Track and Field (1500m Workouts)

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<tr>
<th>Day</th>
<th>Monday</th>
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<th>Saturday</th>
<th>Sunday</th>
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<tbody>
<tr>
<td></td>
<td>1500m Breakdown:</td>
<td>Recovery Day:</td>
<td>3 Mile Lane 8 Tempo</td>
<td>Recovery Day:</td>
<td>Michigan Workout</td>
<td>Long Run: 20% longer than your</td>
<td>OFF (No running) or Short Easy Run</td>
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<td></td>
<td>2 x 800-400-300 @ race pace</td>
<td>40-60 minute easy run</td>
<td>(repeat 400’s w 10 sec rest)</td>
<td>40-60 minute easy run</td>
<td>6.5 miles: broken into Miles, 1200’s,</td>
<td>20% longer than your longest run</td>
<td>OFF (No running) or Short Easy Run</td>
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<td>1 minute rest between reps</td>
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<td>@ 5k pace</td>
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<td>800’s, and 400’s</td>
<td>during the week, pace</td>
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<td>2 x 1000 meters</td>
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<td>Easy pre-race run; 25-40 min</td>
<td>slightly faster than recovery pace</td>
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<td>(typically 8-14 miles)</td>
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<td>One Mile of 40-30’s</td>
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<td>4 x 1000 - 400 Step Downs</td>
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<td></td>
<td>(Alternating fast and slow 200’s)</td>
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<td>(run 1000m, jog 200m, run 400m, jog 400m)</td>
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<td></td>
<td>2 mile road tempo at slightly slower</td>
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<td>than 8k race pace</td>
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Men's XC Team: 2011 after a race in Sacramento
Supplemental Training:
Besides running, we do other training to complement our fitness.

- Pool Work: We get in the pool and do treading, swimming, aqua-jogging, and breathing exercises after hard runs.
- Weight Lifting: We have a weight circuit we go through twice a week after our recovery runs.
- Hurdle Mobility Drills: Drills to increase hip strength and running posture. Twice a week after recovery runs.
- Core Work: Abs and low-back exercises to strengthen the core.
- Cross Training: Stationary Biking, Elliptical machines, for added aerobic fitness or to recover the legs without impact.

Women’s Distance Squad in a Home Meet 3000 meter race
(from left to right: Tomara Hall, Marina Vorderbrugge, Danna Juarez, Lizzie Grolle, Dallas Campbell, Alyssa Thiele, Denali Foldager, Claire Jenkins)
Terrance Ellis and Coach Taylor at NCAA Outdoor Track and Field Championships, 2013
Terrance ran a personal best of 1:50 to finish in 5th place, taking home his second All-American Award.
Where the Warriors Run
CSU Stanislaus Cross Country

For a rural town, Turlock offers a diverse array of places to run and train.

- **Irrigation Canals**: These are long, flat, dirt paths with no cars. We run on canals for most of our recovery runs because the surface is soft and you can run without stopping for traffic.
• **Orchards and Vineyards:** Our area is known for agriculture, and many of our runs lead through nut orchards and vineyards. These are on soft dirt and typically have some nice shade.
- **Basin Parks**: These are giant grass parks maintained by the city. They are public use parks, mainly for soccer. We do a lot of intervals on these grass parks, and there are several within two miles of campus.
• **Modesto Reservoir**: This is a state water reservoir with trails surrounding it. The Reservoir is about 25 minutes from campus. We drive here a couple times a year to do workouts or long runs.
- **Campus:** Our campus has exact 1 mile, 2 mile, and 2.5 mile loops embedded within. Winding sidewalks, large shade trees, and long walkways fill up the campus. We do several workouts a year on campus.
- **Knight's Ferry State Park**: This park is set along the Stanislaus river, about 30 minutes from campus. We drive here for long runs every couple weeks and do a long, hilly trail run followed by a dip in the river.
- **Hawkins Road**: We drive to these farms about 25 minutes from campus to get in some hill work. These are very hilly orchards and vineyards.
• **Soda Springs/Donner Lake:** We go to team camp at the beginning of every Cross Country season the week before school starts in August. We rent two cabins in Soda Springs, CA, near Lake Tahoe. We do a week of high altitude training and team bonding before the season starts. Below is a picture of Donner Pass and Donner Lake, where we run.
• **Al Brenda Track at CSU Stanislaus**: To save the best for last, our track is one of the finest on the West Coast. It is composed of the same surface material as Hayward Field at the University of Oregon. We hosted NCAA Outdoor Track Nationals in 2011, and we have hosted the CCAA Championships in 2011 and 2013. Each year we hold 3-4 home meets that draw most of the teams in Northern California. The track is extremely soft so as to prevent shin splints.
Al Brenda Track at Warrior Stadium
Team Culture

There really is no camaraderie like a group of college runners. The friendships formed during college are some of the strongest you may ever make. Our runners live together, eat together, hang out together, and train together every day. If you are a member of this team, it becomes the biggest commitment of your college career. As our athletes share life together, they pursue several common goals:

Excellence

We strive to do our best in running and in the classroom. Our team GPA is regularly above 3.0, and many of our student-athletes graduate with honors. We annually produce a large number or All-Conference and All-Region Academic Performers.

Clean Lifestyle

We strive to maintain overall health and wellness by avoiding alcohol and drugs. Our team agrees not to consume alcohol during training seasons, and to never drink underage. For us, drinking is not fun, winning is fun.
Team Chemistry
Our runners end up building strong relationships with each other outside of practice. They often live together, visit each other’s families, and become life-long friends. We embrace the unique camaraderie that only athletics can bring, and we feel that it adds to our ability to succeed as a team.
Success in the Taylor Era (2008-Present)

All-CCAA Track and Field:
2008: Bobby Oliveira (10000m)
    April Montgomery (800m)
    Cherise McNair (3000m Stpl)

2009: **April Montgomery (800m)**
    Joey Nunes (5000m)

2010: Denali Foldager (3000m Stpl)

2011: Joey Nunes (10000m)
    Terrance Ellis (800m)

2012: Terrance Ellis (800m)
    Dawson Vorderbruegge (1500m)
    Courtney Anderson (3000m Stpl)
    Denali Foldager (3000m Stpl)

2013: **Aman Hundal (800m)**
    **Terrance Ellis (800m)**
    **Dawson Vorderbruegge (1500m)**

(Bold Denotes CCAA Champion)

All-CCAA Cross Country:
2009: Joey Nunes

2010: Rubye Elhard
    Joey Nunes

2011: Marina Ghabbour

2012: Dawson Vorderbruegge
    Courtney Anderson
    Rubye Elhard
    Rachel Naranjo

Men's Squad 2008
Success in the Taylor Era (2008-Present)

NCAA Track Championship Qualifiers

2009: April Montgomery (800m)

2010: Denali Foldager (3000m Stpl)

2012: Dawson Vorderbruegge (1500m)
    Terrance Ellis (800m)
    Courtney Anderson (3000m Stpl)

2013: Dawson Vorderbruegge (1500m)
    Terrance Ellis (800m)
    Aman Hundal (800m)
    Marina Ghabbour (1500m)

NCAA XC Championships

2012: Women’s Team
    20th Place Finish

2012: Dawson Vorderbruegge
    Individual Qualifier
    120th Overall

All-American Track and Field

2012: Dawson Vorderbruegge (1500m)
    Terrance Ellis (800m)

2013: Indoor Women’s DMR (2nd Place)
    Char Ryan, Aman Hundal,
    Marina Ghabbour, Courtney Anderson

2013: Dawson Vorderbruegge (1500m)
    Terrance Ellis (1500m)

Dawson Vorderbruegge wins CCAA 1500m, 2013
We hope this document has been informative and inspiring. If you are a runner who desires individualized training, the opportunity to compete at a high level, and a success-driven training atmosphere, then CSU Stanislaus might be the place for you.

We welcome inquiries into our program. If you are interested in joining our squad, please contact us at the information provided below.

Also, please fill out a “Prospective Student-Athlete” recruiting questionnaire on our website: It is under the “Additional Links” tab, or can be found here:  

Thanks for reading, and please be in touch!

**Go Warriors!**

Coach Dawson Vorderbruegge  
Office: (209) 667-3716  
Cell: (808) 457-0176  
Email: dvorderbruegge@csustan.edu

Mailing Address:  
CSU Stanislaus Athletics  
c/o Cross Country  
One University Circle  
Turlock, CA 95382