

# Time Capsules

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Time capsules: starting and ending points of time-could be the academic, athletic, personal, etc.

What is the end of your time capsule? What is the date of the big event you are preparing for?

Only get shorter and shorter throughout high school

Hard work given time beats talent, or raises talent to higher levels.

Landmarks (literally):

1. You do not determine the end of a time capsule
  - a. District Meet, Regional Meet, STATE MEET, Nationals
  - b. You only have control over yourself
  - c. June/July and Dec/Jan is when true training/winning the state meet occurs not Aug/Feb
  - d. It comes whether you're ready or not
  - e. It takes a minimum amount of time to get ready-continual, consistency are critical
    - i. "there is not enough time"-folks who do not succeed
    - ii. You have time to run every day and follow the program (3-5 weeks to see training effect)

The most Essential Things to know about this Key Word or Component (Core rules and others) by Coach Kenney and Ratcliffe, training leaders, or by your own rules

1. Run every workout the best and with exactness in mind
2. Your time capsule only gets shorter as you get older
3. It comes whether you're ready or not
4. Taking charge of every single day given to you to take before the state meet
5. Be an every day person