



# From High School to World Class



The development of Scott Bauhs

# Introduction



- Who is Scott Bauhs:
  - DOB: 11 May 1986
  - Hometown: San Francisco
  - Training Base: Mammoth Lakes and San Diego
  - Other interests: Hanging out with my wife and family, Extreme sports (more often as an observer these days), travelling.



# Introduction

- How fast is Scott Bauhs:
  - 1500m: 3:41.34
  - Mile: 3:59.81
  - 3000m: 7:50.27
  - 5000m: 13:28.92
  - 10000m: 27:48.06
  - HM: 1:02:39
  - Major Championships:
    - World XC Champs 2008 (51<sup>st</sup>) & 2010 (52<sup>nd</sup>)
    - World Half Mara Champs 2009 (70<sup>th</sup>)
    - World T&F Champions 2011 10,000m (14<sup>th</sup>)
- Why he's here:
  - Support his wife's studies in Edinburgh this year
  - Share his running experiences with us
  - Learn from our running experiences

# Running Basics

- Have Fun.
- Hard work pays off.
- Stay healthy.
- Don't be afraid to take on new challenges.
- Plan for the future and enjoy the present.

# Youth Running and High School

- Falling in love with running
- HS sport in the US
- From humble beginnings
- Why I picked running...or it picked me!
- Goofing off at practice
- Road trips with the team
- Gradually getting better
- Being recruited to college
- 4:15 mile, 9:10 two mile  
off of 60 miles per week

# Learn to Love the Sport

- The best runners love to train.
- The best runners love to race.
- The best runners love to work on weaknesses.

# Running at College



- Big jump in training level
- Big jump in performance level
- Not setting limits
- 80 miles a week max as a first year, 100 miles a week by graduation
- Racing from 1500m through to Half Marathon
- Running 27:48 and winning some races
- Having fun along the way
- Having faith in the training system and coach

# Training takes Years: My 2011

September: Build from 50 to 80 miles per week.

October: Build from 80 to 100 miles per week.

November / December: Av. 100 miles per week w/ low key races.

January / February: Av. 90 miles per week w/ Cross Country races.

February / March: Av. 95 miles per week w/ some low key races.

April: Av. 80 miles per week w/ 10,000 and 5,000.

May: Av. 90 miles per week

June: Av. 70 miles per week w/ USA Champs

July: Av. 85 miles per week.

August : Av. 60 miles per week.

September: Finish out the season, take a break.

# Professional Running



- Improving just got harder
- Racing on the pro circuit in America
- Daegu and the World Championships

# Workouts

- Start the year working on sprints/form drills and tempo runs/strength work.
- Move towards the middle with fast intervals with full recovery near peak.
- Some of my best:
- 2mi 9:00,3mi 14:00,1mi 4:09.
- 6 by k and 2 by 2mi,2:36,2:55,2:36,2:54,2:34,2:53,8:57,8:49.
- 3k 8:50,3k 8:40,3k 6X300 45, 200 40.



# Further on down the road...

- Getting back to basics
- Working hard on weaknesses
- Not setting limits
- Taking on new challenges
- The marathon

# Questions from the floor?

