Abstract

The RRCA Coaching Certification program is a model for national coaching education. The goal of the RRCA coaching certification is to provide trained individuals to work as coaching professionals for the sport of distance running at all levels from beginner to advanced runners. A coaching program for distance running attracts more individuals to the sport, and more importantly, helps individuals train intelligently, extend their running careers, have more fun running, and minimize the risks of overuse injuries. The program has certified over 1600 coaches across the US.

The RRCA coaching certification class consists of approximately 16 hours of class lecture and practical group exercises over 2 days. The program focuses on issues specific to adult road running and racing, including coaching fundamentals, scientific background and the establishment of training schedules and goals to help athletes reach their running potential. This program provides the background and training to work with individual runners and training groups with goals from beginning fitness to competitive racing.

Day 1 focus is on the Basis of Coaching and Training which includes the following main topics.
- Coaching fundamentals and philisophies
- Laws of training
- Exercise physiology and energy systems
- Sports nutrition
- Sports psychology
- Injury prevention and treatment

Day 2 teaches the Techniques of Training. The class size is 30 allowing the participants to work in groups. They develop a training program and racing plan for a specific individual integrating the main topics. these are
- Training cycles
- Training progressions
- Race planning and recovery
Following the in-person course, attendees are required to pass an online multiple-choice exam with immediate results. The online test option has increased the ability to certify more coaches on an ongoing basis.