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By Jay Johnson

Jeff Messer, PhD – Episode 004 – Coaching Runners podcast









Dr. Jeff Messer serves as department chair for the Exercise Science Department at Mesa Community College, Mesa, Arizona. Dr. Messer also serves as a volunteer assistant coach for boys' cross-country and track-&-field at Desert Vista High School, Phoenix, AZ.

In addition, Dr. Messer serves as a personal coach for professional runner Jessica Tonn.

Dr. Messer is the former head coach for girls' cross-country at Xavier College Preparatory (Phoenix, AZ.) and Desert Vista High School.

In this interview, we discuss post-workout nutrition, mitochondrial quality, how Dr. Messer ensures neuromuscular training is part of every training session, and what his longer practices – the 2 hours and 45-minute sessions entail.

I'm fortunate to call Dr. Messer a friend and I hope you enjoy listening to this interview as much as I enjoyed recording it.

Here is a fantastic video of a Workout Wednesday Flotrack did when Jeff was coaching at Desert Vista.

Jeff is featured on Season 1 of High School Running Coach. Here is a short summary of Jeff's training philosophy, here are highlights from the Q&A with Jeff, here is a HSRC member's take on Jeff's coaching philosophy.

Jeff has presented twice at the Boulder Running Clinics – you can watch free excerpts from his presentations here.

This episode of the Coaching Runners podcast is brought to you by the Fundamentals Education Course and the Boulder Running Clinics. Two great resources for coaches who are looking to take their program to the next level.

If you have questions or comments about the show, please email me – Jay@CoachJayJohnson.com

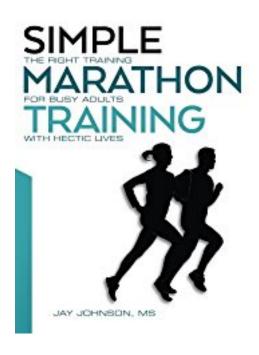
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