

Janet Leet, SUB5 Camp Director and Owner, Dyestat ESPN Writer

Janet created Sub 5 because she never found another camp that told the whole story. Janet believes that the athlete must have a level of understanding about the mental and physical side of the sport. The young female runner must understand what her body is going through and how to deal with it. The athlete must be both "Mind-Fit" and "Body-Fit", merely running is not enough. There is so much more to teach and continually learn. Janet took her message this year to Dyestat ESPN Rise in order to bring light to some of these very serious issues.

Janet has over 35 years experience in Cross Country and Track & Field. She has several honors and accomplishments:

New Jersey's High School Cross-Country Athlete of the Century; ACC 50 Year Team in Cross Country, Indoor Track, & Outdoor Track; Kinney (Foot Locker) Cross Country National Champion; 28 x New Jersey State Champion; 10 x Collegiate Division I All American; 23rd at the World Cross Country Championships; Team USA Champion; 2 x Olympic Trials qualifier. Janet held the New Jersey State Holmdal course record for 27 years.

Personal Records:

10,000 Meters	5,000 Meters
32:30	15:50
3,000 Meters	1,500 Meters
9:21	4:22

Janet was known as one of the toughest mental competitors out in the field. She designed the "Mind-Fit" program to give athletes the tools to increase focus and self-discipline. Today, Janet works with many high school and collegiate programs utilizing the "Mind-Fit" program.

"I believe many runners are missing a key element in their training, and that is a strong mental preparation program. I designed the "Mind-Fit" program to guide the athlete to achieve the highest level of success!"

Janet's coaching career started at the University of Arkansas under head coach Lance Harter. Currently, she is a stay at home mom with two kids and runs a small private coaching and motivational speaking business along with her camp. Janet has worked with the New England Coaches Association, University of Illinois, University of Arkansas, Midwest Coaches Clinic, Northwestern University, Illinois State University, MITCA, and Cortez, Colorado's Pinon Projects.

Janet privately coaches high school distance runners in the off season. She is a running mechanic specialist and works with athletes to improve efficiency. Janet also works with soccer and football players to improve speed and agility. Power training is a big part of her program. Janet believes the off season is a time to work on technique, strength, flexibility, and the cardiovascular system.

Recently, Janet has launched her Narcessian's Running Mechanic Training Program. The program is a motor learning sequence of training that teaches the body and mind how to fire muscles in the correct sequence. This is effective via configuration training and a level of understanding of how gravity and momentum work. This is all done in an interactive inspiring session that will leaves the athlete thinking and with the ability to self-correct. The athlete learns how to run utilizing a forward and up movement pattern that gives the athlete a sense of being a skipping rock across the pond.

At the ITCCCA-South Clinic Janet will be presenting "A Compromised Oxygen Uptake System In Young Female Athletes". She will be discussing low ferritin iron levels and iron deficiencies in young female and some male athletes. Janet will also, present "The Heart Of The Program", which discusses how to train distance runners and get the most out of them.