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By [Jay Johnson](#)

Jeff Messer, PhD – Episode 004 – Coaching Runners podcast

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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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