

Ice Cold Post Collegiate Running Group

Coached by Mark Tompkins



Brief Coach Summary

Coach Mark Tompkins, a Palo Alto native and Naval Academy alumnus, has more than 22 years of experience coaching distance running. He has served as Head Cross Country and Track Coach and as a teacher at Jamestown High School in Williamsburg, Virginia, since 2016.

About Ice Cold

The Ice Cold Post Collegiate Running Group is a competitive post-collegiate training group for motivated and serious athletes ages 20–30 seeking to continue high-level racing in cross country, indoor track, and outdoor track.

Who We're Looking For

- Ages 20–30
- Post-collegiate athletes seeking training advice and competition

Workouts & Schedule

Structured workouts are posted every two weeks on www.gwrun.org.

Base building all 3 groups June to August

- 800/1600 — speed and middle distance training September to May No XC Season/Road Racing in Fall
- 1600/3000 — threshold and speed endurance, training (September to May) – XC Season/Road Racing - Fall
- 3000/5000+ — aerobic strength and VO_2 , max, training XC Season/Road Racing

Training Philosophy

Ice Cold training follows a conservative, long-term progression focused on durability and consistency.

Summer: aerobic base

Late July: progression runs and fartlek sessions

Early August: threshold development

Late summer–fall: VO₂ max and race-specific workouts

Rest of the year: specific weekly training sketches for 800/1600, 1600/3000, and 3000/5000+ groups.

Ice Cold Is Always Free

Ice Cold will always be free. Athletes may complete or modify workouts based on their location and access to training facilities.

Coaching History & Personal Bests

Mile 4:13 | 1000m 2:27 | 1500m 3:53 | 3000m 8:29 | 5000m 14:58 | 8K 25:04

Recent Recognition

NFHS Section 2 Boys Outdoor Track & Field Coach of the Year (2024–25)

Elite Summary — Athlete Results (recent)

- Virginia 4A Girls Cross Country State Champions — 2023
- Virginia Boys Track & Field Indoor State Runner-Up — 2025
- Virginia Boys Track & Field Outdoor State Champions — 2025

Former Athlete Highlights (Recent)

- Jonathan Grimm — 4:13 Mile; 9:11 2-Mile; 4A XC State Champion 2025
- Caroline Bauer — 10:32 (3200m); 16:54 XC; 4A Indoor State Champion
- Kylie Brooks — 10:36 (3200m); 4:57 (1600m)
- Jeffrey Linton — 1:53.75 (800m), Adidas Nationals Runner-Up
- Carley Shannon — 11:01 (3200m), 2A State Champion
- Jamestown Girls 4x800 — 9:26 at VA 4A State Meet Champions 2024-Outdoor, Jamestown Boys 4x800 – 7:52 - VA 4A State Meet Champions 2025 - Outdoor

Contact Information

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