

Coach Tom Schwartz has been a coach since 1989. He started at the collegiate level as an assistant coach at the University of Wisconsin - La Crosse, while also serving as a graduate assistant for the Department of Exercise Science. While working as a YMCA director, he coached at Concordia University - Chicago, in the early 1990s. Later, he became a self-affiliated personal coach of runners and has done so since the mid-1990s. He coaches two elite teams (Tinman Elite and Tinman Track Club) with 25 elite runners in total. The Tinman Elite running team includes Drew Hunter, Reed Fischer, Sam Parsons, Connor Winter, Jeff Thies, Jordan Gusman, Aaron Templeton,

In the timeframe of December 2018 to March 2019, Tom coached four national champions and one team champion (the second year in a row his team won the USATF Club Cross-Country Championships). The four national champions included Brogan Austin (USATF Marathon Champion), Jordan Gusman (5,000m track champion in Australia), Sam Parsons (3,000m indoor national champion in Germany), and Drew Hunter (USATF indoor 2-mile champion).

In addition to coaching elite open male and female runners, Tom has coached and still coaches many of the top high school runners in the USA. Drew Bean is one example. He won the Texas 4A state cross-country meet with the fastest time of all the divisions, and he won the 3200m state track title. Drew Hunter is another example. He won the Footlocker National Cross-Country Championship and set three USA high school indoor records (3,000m - 7:59, 1500m - 3:41, and the mile - 3:57).

Tom is the personal coach of high schoolers Aidan Puffer, Valencia Wright, Rheinhardt Harrison, Judson Greer, Annalee Weaver, Whit Dennis, Isiah Givens, and Ishaan Sing. Under Tom's coaching, Aidan set three age-group world records. In 2019, Aidan was the USA's fastest freshman 3200m track runner with a 9:10. Under Tom's coaching, Valencia has won several Scottish national titles in track & cross-country, and she's one of the top-3 girls in all of the United Kingdom for her age division (14 and under).

Rheinhardt Harrison ran the 1600m in 4:12 as a freshman (#5 all-time in the USA). In the autumn of 2019, Rheinhardt won the big school division state cross-country title in Florida. Judson Greer won the 3200m and 1600m at the Texas Class 4A state track meet in the spring of 2019. Judson ran 9:06.0 for the 3200m, which ranked him #1 in the USA for sophomore boys. As a junior in the autumn of 2019, Judson won the Class 4A state cross-country title (for the second year in a row). He ran 14:34 over the 5km course, which was a state record for his division. Whit Dennis (of Texas) signed an athletic scholarship with Ole Miss. Isiah Given and Ishaan Sing are high-level high school runners in California. Annalee Weaver won the big school Minnesota state cross country title. Tom also wrote the training for Josette Norris when she was in high school. She ran a 4:40 mile.

Books, Videos, Clinics, and Camps

Tom co-authored a running book called *Build Your Running Body*, found on the Amazon.com website. Championship Video productions and Jay Johnson have produced videos featuring Tom speak about how to apply his training methods. Additionally, Tom has been a featured speaker at several running clinics, including The Running Summit in Chicago and Columbia, South Carolina, Villanova University, the Colorado Track & Field Association,

and the Wisconsin Cross-Country Association. Tom has been the Project Gold head coach since in inception in 2016.

Running Credentials

Tom holds a level-3 (the highest level) certifications by USATF for youth specialization and endurance coaching. He also holds the Elite Endurance Coaching certification (level 5) for the world governing body for Track & Field (IAAF).

Academic Background

- Ph.D. candidate in Health & Human Performance (Exercise Science) at Concordia University-Chicago. Presently, he is conducting research and writing a dissertation. He expects to graduate in the summer of 2020.
- Master's in Business Administration—Marylhurst University (2014)
- Master's in Human Performance (Exercise Science)—University of Wisconsin-La Crosse (1991)
- Bachelor's in Exercise Science w/ Coaching Minor—University of Wisconsin-La Crosse (1989)