

## 2023 IMPORTANT DATES for Boys Cross Country (updated 5/29/23)

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<u>Date</u>	<u>Event</u>	<u>Time</u>	<u>Location</u>
Monday 7/10	Panorama Morning Runs begin <i>*every M, W, F from 7/10 – 7/29</i>	6:30am – 8:30am	Panorama Farms
Monday 7/31	Practice @ Albemarle High School <i>(1st official practice)</i> <i>*August morning practice schedule will be released in July. Just know that we will have practice @ 6:30 am every day (5 days/week) up until when school starts</i>	6:30am – 8:30am	Albemarle HS
TBD	PAIN Meeting <i>**Parent info</i>	5:30 pm	Panorama Farms
Th. 8/10 - Sun. 8/13	AHS XC Camp @ Graves Mountain Lodge - \$275		Graves Mountain

### **2023 BOYS CROSS COUNTRY SUMMER RUNNING**

- I will let you know which group (Group A, B, D, E, F, or G) you will be in. Please check in with me by June 11<sup>th</sup>.
- I've attached the Logs for each group or [click here to view the online version \(https://bit.ly/45LSKxU\)](https://bit.ly/45LSKxU).
- This year I really want everyone creating a log online and filling it out each day. If you can't get it done each day, I definitely want it to be filled out on Sunday with a reflection in the last cell for the week.
  - Reflection could include:
    1. Your Physical health, especially lower body "parts". That would also include if you feel/felt sick that week or were experiencing a lack of energy on your runs.
    2. Anything else about you or your week that might help me understand what's going on in your life/running.
    3. One positive thing about cross country from the week
      - One of my biggest goals as a coach is to be able to treat and coach everyone as an individual, and along with the time at practice, this is the best way to get to know you so I'm able to do this.
      - Link to log template: <https://bit.ly/45LbkpL> (please make a copy and share with me)

### **Keys to your Summer Running:**

- Even though summer running technically takes place before the season begins, it is maybe the most important training block of the season. It gives your fitness the base for the rest of the season and allows you to really “get after it” in the season’s workout/races!
- My three keys to focus on this summer are **staying injury free, being confident, and having fun!**
  - Stay injury free
    - Consistency – If you follow the summer schedule, not doing too much or too little, your odds of staying healthy go up tremendously.
    - Communicate – It is very important that you communicate with me about any injuries or anything that can be affecting your running. Talking to me at practice, through your logs, or through email are the best way to do this. Texting is great too.
  - Be Confident
    - Confidence comes from the consistent hard work you put in each and everyday. Nothing makes you more confident than improving your fitness.
    - Focusing on improving **yourself** everyday. I know it’s cliché, but one of my favorite quotes is, “The only person you should try to be better than, is the person you were yesterday.”
    - Being positive will bring confidence along with it.
  - Have fun
    - Maybe the most important aspect of cross country.
    - Having a good light-hearted attitude
    - Caring for everyone on the team
    - Nothing is more fun than setting goals with a team of guys, working hard everyday with this team to reach these goals, and, finally, achieving them as a team.

### **Key for the Training Logs**

- E is easy pace. You should be able to easily hold a conversation at this pace for the entire run. A comfortable pace.
- C = core. [Here’s a link to the core routine.](#) Below are videos that help explain each exercise.
  - <https://www.albemarlexc.com/core-and-drills>
  - More supplemental Videos
    - <https://youtu.be/5-2gUAOnrco>
    - [https://youtu.be/fBxLLadf\\_q4](https://youtu.be/fBxLLadf_q4)
    - <https://youtu.be/1xqZb9EQr9Q>
- D = drills. Don’t do these until you’ve been showed them at practice. Below is a video of alumni, Harris Naseh, going through the drill routine.
  - <https://www.albemarlexc.com/core-and-drills>
- S = strides. This should be around a total of 100 meters. The middle 40 meters should be at a speed that is fast, but still relaxed. Around 800m pace. NO STRAINING. Take the first 30 meters to get up to this speed and the last 30 meters to slow down. FOCUS on form.
  - Your glutes/hips are tucked under you
  - You should have a slight lean from nose to toes. You should be able to draw a straight line down your body from your nose to your toes.
  - Your feet should land underneath you.
  - Your feet should land midfoot/up on your toes.
- HS = hill sprints. These should be 8 seconds long. Near full sprint but not quite there. Probably around 90-95%. Make sure you are relaxed. Hips are forward and you are driving your knees. FOCUS on form.

- Foam rolling. Before your runs and after your runs. Rolling after your runs is the most important. Roll your calves, quads, hamstrings, and it bands.
- Rope stretching. We will provide ropes at practice and will go over the routine there.
- Ankle mobility. This is such an important thing to part of injury prevention you should stay on top of each day.
  - o Roll your arches after each run with a lacrosse ball
  - o work on toe yoga...i know it seems silly but it helps so much with lower leg injuries
  - o Literally rotate your feet and ankle around in the air.
  - o First video: <https://youtu.be/apCIhoPmHW8>
  - o Second video: <https://youtu.be/tMohaoyTy4g>

- Guide to paces is in summer plans. Diagram below shows you where to find them.

Group A														For no track, just run the time of your repeat at the relative effort. e.g. 600m @ VO2 might be 2:00, so instead run 2:00 @ 3200m pace To calculate paces like tempo, C.V. (critical velocity), <a href="#">VO2, CLICK HERE</a> To calculate race paces for rep distances, <a href="#">CLICK HERE</a>						
SEASON TRAINING PLAN														PACES FOR WORKOUTS						
Week of	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Mileage	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday					
June 29 - July 5	Easy	Easy	Easy	Easy	Easy	Easy	Off													
July 6 - 12	Long w/ core, drill, strides		Tempo 1ks w/ core (5x1k w/ 60s rest)			Distance w/ core, drill, 6x10s hill sprints, lifting		45	Long runs can have a slight progression to them but they should be kept steady and under control		Tempo pace is what I like to call "comfortably hard." Basically, you should feel like you can continue the pace after the workout. You should never feel like you're straining to keep the pace during this workout. I want you to finish this workout feeling like you can do more. Your tempo pace can be calculated using the Inman calculator. You can calculate the time for 1000m using the pace calculator.		Hill sprints should be almost all out sprints. You should be focusing on form when running this. Hips and glutes tucked in and engaged. Pushing off the ground with a lot of force and quick contact time with your feet							
July 13 - 19	Long w/ core, drill, strides		Tempo 1ks w/ core (5x1k w/ 60s rest)			Distance w/ core, drill, 8x10s hill sprints, lifting		50	Long runs can have a slight progression to them but they should be kept steady and under control		Tempo pace is what I like to call "comfortably hard." Basically, you should feel like you can continue the pace after the workout. You should never feel like you're straining to keep the pace during this workout. I want you to finish this workout feeling like you can do more. Your tempo pace can be calculated using the Inman calculator. You can calculate the time for 1000m using the pace calculator.		Hill sprints should be almost all out sprints. You should be focusing on form when running this. Hips and glutes tucked in and engaged. Pushing off the ground with a lot of force and quick contact time with your feet							
July 20 - 26	Long w/ core, drill, strides		Tempo 1ks w/ core (7x1k w/ 60s rest)			Distance w/ core, drill, 10x10s hill sprints, lifting		55	Long runs can have a slight progression to them but they should be kept steady and under control		Tempo pace is what I like to call "comfortably hard." Basically, you should feel like you can continue the pace after the workout. You should never feel like you're straining to keep the pace during this workout. I want you to finish this workout feeling like you can do more. Your tempo pace can be calculated using the Inman calculator. You can calculate the time for 1000m using the pace calculator.		Hill sprints should be almost all out sprints. You should be focusing on form when running this. Hips and glutes tucked in and engaged. Pushing off the ground with a lot of force and quick contact time with your feet							

- WO #1 (July 13th) = 1-3 x 3 mins at a tempo pace w/ 1 min at an easy pace for rest.
  - o You will run at a tempo pace for 3 minutes and then jog at an easy pace for 1 min. Repeat 1 to 3 times
  - o Tempo pace is what I like to call "comfortably hard." Basically, you should feel like you can continue the pace after the workout. You should never feel like you're straining to keep the pace during this workout. I want you to finish this workout feeling like you can do more.
- WO #2 (July 19th) = 2-4 x 3 mins at a tempo pace w/ 1 min at an easy pace for rest.
- WO #3 (July 25th) = 2-5 x 3 mins at a tempo pace w/ 1 min at an easy pace for rest.

- Core Day 1:
  - **Core:** planks --> side planks (each side) --> planks (15 secs each, 60 secs total)
  - **Hip Strength:** double leg bridge (x8), clams (x6), lateral leg raise (x6), single leg balance (x6), bird dog (x5)
  - **Hip Mobility:** donkey kicks (x8), fire hydrants (x8), knee circle forward (x8), knee circle backwards (x8)
  
- Core Day 2:
  - **Core:** Nothing
  - **Hip Strength:** double leg bridge (x8), clams (x6), lateral leg raise (x6), single leg balance (x6), side walk squat (5x)
  - **Hip Mobility:** donkey kicks (x8), fire hydrants (x8), knee circle forward (x8), knee circle backwards (x8)

❖ I will leave you with a quote from one of my favorite coaches, Mark Wetmore of University of Colorado. This is from the book “Running with the Buffaloes”, maybe the best running book out there, which follows the 1998 CU Men’s XC team. The quotes from his first meeting with the team on September 15<sup>th</sup>, 100 days from Nationals.

“I don’t need to build you up. I don’t want you to leave here smashing your head against the wall. Be businesslike, patient, and methodical. Do a little head smashing every day for one hundred days.”

- Running is simple guys, all you need to do is be consistent and be positive. No need to go out and try to crush all your summer runs. Just following the schedules will lead to very successful seasons. I’m excited for all of you!