

2020 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 9th.
- I've attached the Logs for each group.
- 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 want it definitely 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://goo.gl/AqyJBc> (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 successful running are **staying injury free, being confident, and having fun!** If you work on these three things every day at practice, I promise you that you will have a great season.
 - Stay injury free
 - Consistency – If you follow the summer schedule, not doing too much or too little, your odds of staying health go up tremendously. Be committed to the sport/team.
 - 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 and your Sunday emails 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 on 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. Comfortable.
 - C = core. I've attached the core routine we use and will explain it at practice
 - D = drills. Don't do these until you've been walked through them at practice.
 - 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.
 - 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.
 - HR = hill runs. These are 30 seconds long. Should be at a pace you could hold for 8-10 mins, so not a sprint. Still focusing on form and staying relaxed.
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- WO #1 = 2-3 x 1000m at tempo pace w/ 1 min easy for rest.
 - You will run at tempo pace for 1000 m (or 3 mins if you can't measure 1000m) and then jog easy for 1 min. Repeat 2 to 3 times
 - 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 – 3-5 x 1000m at tempo pace w/ 1 min easy for rest.
 - WO #3 – 4-7 x mile at tempo pace w/ 1 min easy for rest.
 - WO #4 = 4-6 x 800m at C.V. pace w/ 90 secs easy for rest.
 - You will run at C.V. pace for 800 m (or 2 mins 30 secs if you can't measure 1000m) and then jog easy for 90s. Repeat 4 to 6 times
 - Critical Velocity, or C.V., is faster than tempo but not at 5k pace. For most of you it is around 8k pace or a pace you think you could hold for 30 mins. This should be harder than tempo but still under control
 - 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 Colorado University. 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 15th, 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!