

**RESUMM**

# Conestoga Cross Country



## Summer Training Packet

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***Running is like a game of chess. It's a mental game of outwitting the part of your brain that tells you to stop; that enough is enough; the part that gives your ego a good kick in the rear to keep going; and the part that tells you push yourself beyond one more step. Both distance and speed must be negotiated with strategy and physical conditioning. There is more to this than you and the competition.***

# CHSXC 10 - Summer Training Regime

## **Starting on the Same Page...**

We need to make sure as team; we're all starting on the same page. A successful 2010 fall cross country season is contingent upon a successful and consistent SUMMER of training! Running over the summer is not considered a bonus – it is just simply how it's done. When we start our official team practices in the 3<sup>rd</sup> week of August, we will not try to get you into shape then, we will simply pick up your training where this packet ends.

## **Your Summer Expectations:**

1. Consistency! Above all, I expect you to get out the door for a run on a very consistent basis.
2. the best way to keep your running uninterrupted by minor or nagging injuries that would cause you to take a day off here and there, is to keep up with your ancillary routines (supplemental or injury prevention exercises) Make sure you review and learn any of the video clips I send via email, take advantage of practice days when I am present to teach the correct form and ask questions!
3. Running Log. Every Sunday throughout the summer you are expected to send an email with that weeks training summary. The enclosed plan is a general guide; your communication will allow me to accurately make individual adjustments to your training.

### **EXAMPLE:**

Monday 7/5: Ran 5 miles at Valley Forge Park. 35:24, felt good, second half of run was better than the first. Hot and muggy, but have stayed hydrated. 20 mins of ancillary work after run, foam roller massage before bed.

## **Dates for sending emails to Stogatrackxc@gmail.com:**

**(6/13, 6/20, 6/27, 7/4, 7/11, 7/18, 7/25, 8/1, 8/8, 8/15)**

4. Become nutrition conscious. Eat, Eat and eat some more!!! I want you guys pigging out this summer! Just make smart decisions on what foods you are actually putting into your body! Stay away from chips and sodas. Eat plenty of fresh fruits and vegetables. Eat whole grains rather than heavy processed foods. When you are hungry and need a snack, have an apple rather than an Oreo cookie. DRINK PLENTY OF FLUIDS!

## **Unofficial Team Practices:**

- Check website and email for our summer practice schedule (times/locations)
- We may have open weight room at CHS this summer (times and days are TBD)

Enjoy!

Coach Comstock

StogaTrackXC@gmail.com

610-506-8940

## **2010 TEAM CAPTAINS:**

### **Girls Team:**

Maddie Klebe (Senior) 11klebem@stoga.net

Caroline Sheep (senior) 11sheepc@stoga.net

### **Boys Team:**

Adam Rodriguez (Senior) 11rodriguez@stoga.net

James Ferguson (Senior) 11fergusonJ@stoga.net

# 2010 Summer Running Program

(Geared towards returning incoming freshman/new runners)

## Summer Goals:

1. Build an endurance base through a consistent and progressive training program.
2. Learn the benefits of training "smart" versus training "hard"
3. Develop a stronger core area and become accustomed to daily injury prevention/supplemental routines.

## The training will be broken into 2 - 4 week blocks:

Block 1: June 21-July 18

Block 2: July 19 - August 15

Each block of 4 weeks will have a specific objective. Basically you should be preparing yourself during each period for the next phase. The mileage quantities that each of you should run per week are always going to be individual to each of your background and goals. I cannot emphasize strongly enough, the importance of a solid base of mileage. Be sure to monitor your heart rate on mileage days. The guideline for an easy day is to keep your pulse at approximately 140 beats per minute, while hard days should be no higher than 170-180 beats per minute. All of your aerobic distance running should be well within those ranges. These numbers will vary for each individual, but they are very appropriate guidelines. Try to monitor your resting heart rate; this will help in evaluating your recovery. Keep a log of your resting heart rate.

I have also included a separate packet of information regarding flexibility, and form drills. Summer is the time to gain over all fitness and strength from body weight routines, on your flexibility and your running form is essential for each of you to continue to progress to the next level. Do not skip out on any of these training components.

## PHASE ONE

June 21 - July 18

For the first 2 weeks run 3-4 days per week. Begin with a reasonable number of weekly miles. Approx. 11-14 miles within those 3-4 days. In the final 2 weeks. Run 4-5 days per week, making sure one day is longer than the others. Do 3-4 150m striders 2 days per week after an easy run. Increase your mileage to 3-5 miles per day, or around 13-18 miles in those 4-5 days. Be sure that one run during the week is a hilly course.

By the **END** of Phase One, your training should resemble this:

Monday	20 mins of running on grass And/or swim for 30 mins	(Abs/Core, Ancillary work)
Tuesday	25-30 mins on a hilly course (working the hills)	(core, injury prevention)
Wednesday	No running, stay active, ultimate frisbee, swim...	(Abs/Core, Ancillary work)
Thursday	30 mins. On grass,	(core, injury prevention)
Friday	25 mins, moderate pace	(Abs/core, ancillary work)
Saturday	No running, stay active, ultimate frisbee, swim...	(Abs/core)
Sunday	35 mins of easy running (long run for week)	

## NOTES

Stretch Every Day! (RULE: Dynamic stretching before workout, static stretching after workout!)

If your stretching routine is completed in less than 15 mins, then it is probably inadequate and you should make some drastic improvements.

# PHASE TWO

July 19 – August 15

1 or 2 5k time trials (or low key road races)

In the first 2 weeks, run 5 days a week with one very easy jog, bike or swim per week. Begin to do your hilly run as a fartlek; thus working the hills. 3-5 miles per day, gradually begin to increase your long run. In the next 2 weeks you should continue to gradually increase your mileage and attain your weekly target mileage. Additionally, you should progress your hilly run toward becoming short 400m repeats. Therefore, by the time official practice start your training should resemble this:

Monday	30 mins of easy running and strides on grass	[Abs/Core, Ancillary work]
Tuesday	25-35 mins of a hilly fartlek, Or a hilly circuit of 400-600m repeats	[core, injury prevention]
Wednesday	30 mins of easy running	[Abs/Core, Ancillary work]
Thursday	Rest day or cross training (biking or swimming)	[weight room, core]
Friday	30-35 mins of moderate paced running	[Abs/core, ancillary work]
Saturday	25 mins steady state run or road race	[Abs/core]
Sunday	Long run of about 40-45 mins (easy pace)	

## NOTES

Continue with body weight, core routines, stretching etc.

You should be building your mileage to your range by the end of this phase, but do it gradually. Do not jog all of your miles and be sure to integrate the form drills and concentrate on your stretching regime.

**\*It is very important that all freshman keep up their weekly emails, this is the best way for me to make sure your training is appropriate!**