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Cross Country is here!!

Attached is a schedule for June and July. The schedule is designed for the average runner to establish a good base before we start official team practice on AUGUST 03 (time TBD). **Running too much, too early will lead to injuries. We need to eliminate this from happening.** If you have already started your running schedule or continued it from track season, then stay to your course and increase your mileage in variations much like the schedule depicts. Make sure you run in the mornings and in the afternoons to acclimate yourself to the heat. August and September will be hot especially at 3:30 practices/races.

Below is description of “run paces” that we will perform over the cross country season. Again, the schedule I gave you would be an “E” workout for the most part. It’s all about establishing consistent mileage right now so we can avoid nagging injuries during the season. We will do the other workouts once August gets here.

- Easy Pace (E)
- Threshold Pace (T)
- Interval Pace (I)
- Repetition Pace (R)

In addition to the types of run paces above there are certain Phases of training that we need to move through. The workout on the calendar is Phase 1. Phase 1 will last about 5-7 weeks. When August gets here we will make the jump to Phase 2, except for the varsity boys who should be reaching this phase on July 21. Below is a description of the phases.

- **Phase 1** = “E” pace, gradual increases in mileage every 7-10 days, incorporate longer runs towards the end, stretching and core workouts are a must, running bare feet strides
- **Phase 2** = the “flexibility” phase, lasts 2-4 weeks, incorporates (R) pace and (T) pace workouts, and slightly increases stress to prepare for Phase 3
- **Phase 3** = most intensive training, mileage per week will vary between 27-40 miles, needs to be built around races, and event specific (hills, flat, rolling terrain), includes (T), (I), and (R) pace workouts.
- **Phase 4** = final training stage of the season...”peaking-out”, begin to drop mileage to freshen up your legs for the big races like MSCCA Championship and Regions, focus on your strengths, same workouts but just less and less of it to avoid “dead legs”

While you are training independently, don’t forget to stretch easy before a run and then a more intense stretch after a run while your muscles are warm. Perform 20 yard lunges after each run. Crunches, push-ups, planks, and wall-sits are all good strengthening exercises after a run. Remember, your whole body needs to be strong, not just your legs. I don’t need you looking like a bobble-head doll when you run a 5K. Find a soft grassy surface and run bare feet. This is the natural way to run and strengthens your feet and legs...Why do think the Kenyans are so good!!! DO RUNNING RESEARCH!! Get online and Google stuff about running...videos on YouTube, etc. BE A THINKER and have some devotion about running...I don’t need to be the only one doing this!! And last, make sure you are running in a good pair of shoes. You are only given one pair of feet...take care of them!

Feel free to email/call/text me if you have questions over the summer! Check our website occasionally too!!

Coach Jones