

**Summer Distance Training**  
**Great Hearts Monte Vista Athletes**  
**By XC Coach Wilson**

Every athlete and family has different priorities for the Summer Break. You are involved in summer sports, vacations, summer school or, have issues with transport to and from our scheduled GHMV Off-Season Distance sessions. Just because you are not able to meet with our group throughout the summer does not mean you cannot complete training on your own. It is nice to run with other athletes and friends but many athletes prefer running alone and at your own personal pace. The following recommendations are designed to allow you to understand what you need to be doing if you are interested in getting in proper condition to run XC in the fall, or just wanting to enhance your aerobic conditioning for whatever sport you engage in. The following workouts and schedule will vastly improve your performance in any and all sports or events you will be involved in, not to mention your overall well being.

The goal in this summer program is to improve your ability to perform at a higher level for a longer and longer period of time. Aerobic conditioning means you will develop a body (muscles, heart, arteries, lungs and increased red blood cells) that can utilize oxygen at a much higher level and help you become a better athlete in any action sport.

Aerobic conditioning involves running at a slower, conversational pace for extended periods of time ( minimum 20 minutes up to an hour or more) and is measured in the length of time exercising and not on distance covered or miles per hour. If you can carry on a conversation without having to catch your breath, you are running at the correct pace. It will seem very slow to begin with but will quickly increase as the days and weeks progress. You will improve steadily and running will actually start to become relaxing. The benefits are tremendous: fuel used will be fats in the body, muscle tone increases, excess body weight disappears, sleep and concentration improves and your appetite improves as well as a sense of well-being.

Basically, you are building a wide base for your conditioning pyramid. Without a solid and wide base conditioning, your “in season” sport peak will be quite weak. Each run will be a “brick” of conditioning that you lay as your aerobic base. A “brick” unit will be achieved when you complete 30 minutes of running. That can be a single “brick” with 30 minute run or 3 separate 20 minute runs over 3 days = 2 bricks. This is a task of accumulation...day after day, week after week and adding your training bricks to build your base. After approximately 10-12 weeks of training, you will have greatly increased your aerobic condition but also built a WIDE base for your in-season peak.

Have you wondered why some athletes just seemed to be at another level of skill and endurance? Aerobic conditioning is the main reason. Once you are aerobically fit, you can then increase your “in-season” sharpening to great new heights. For any sport, aerobic conditioning is the most important factor in your success.

The following schedule will help you organize your time and energy and protect you from overtraining during this 10-12 week period. Yes, people do overtrain and that is detrimental to their effort to become “aerobically fit”. Do not run too fast! You should end your run feeling like you could have kept up the effort. Recovery is also very important. If you do not recover from yesterday’s effort, it will effect tomorrow’s effort.

**Week One-**

**Monday- 20 minute run at EASY pace followed by 5 X 50 yard “Stiders”**

**Tuesday- 30 minute run EASY “ “ “ “ “**

**Wednesday- Same as Monday**

**Thursday- Same as Tuesday**

**Friday- OFF (Rest/Recovery Day) no running**

**Saturday- 40 minute run Easy pace followed by 5 X 50 yard “Stiders”**

**Sunday- 30 minute run at Easy pace “ “ “ “**

**Week Two- Do not increase your runs by more than 10% each week or 10% a week total.**

**(You can repeat the same schedule again this week if you wish, then increase daily 10%)**

**Week 3-12 in progression, add anywhere between 5% to 10% on each run. The most important single run is the Long Run Saturday. That run signals your body to prepare for longer runs in the future. It helps with adaptation inside the body.**

**Is this schedule as challenge? YES. Is it difficult? NO Like anything new you will have to work hard for 3 weeks before it becomes a habit. Will it pay off? Big Time. You will have discovered the process to become good at about anything that requires physical effort. “Never be afraid of a challenge or something that makes you feel “uncomfortable”, in the process of exploring these challenges you may find THE very things that you enjoy the most and give you the greatest pleasures in life.”**

**Make sure you have a good, quality pair of running shoes that fit your feet and make sure you have a thumbs width of space between you longest toe and the end of the shoe box. A good quality running shoe will normally cost in the range of \$75 and \$150 dollars depending on what you expect it to do.**

**Do you “pronate”, or does you ankle and foot collapse toward the inside? Look at your present shoes, do you wear out the inside of the sole or the outside? When your ankle collapses to the inside, you are a “pronator”, therefore you need to buy a “stability shoe”.**

**\*\*Make sure you visit a running shoe store that evaluates your feet and running motion and can recommend the right shoe for YOU.**