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# **DEAR NEW CENTRAL XC ATHLETES,**

Welcome to your first summer of training for the 2020 Cross Country season!! I have been dreaming and planning for this season for a while, as this is going to be my first season as head coach. I am so excited to welcome you to the Cross Country team this fall! The pandemic is going to add a layer of adjustment. As of now we will not be able to gather at the beach at Silver Lake Park for runs on Tuesdays and Thursdays at 6:30pm until after July 1st. I will keep you updated if this changes. Be aware it may change to not being able to gather at all. I have heard a lot of “we are in this together”... but I know that it can still feel very lonely when we are not seeing our social circles. Please follow social distancing guidelines that are in place. We are still a team and we are all working towards one goal...and that is having a successful fall cross country season. In order to do that you must get in your summer training.

We could look at this negatively, or we could take the positive approach and learn from this. I choose to use this as a lesson you can apply to life, training, and racing! You can only control YOU! We cannot control what is going on around us. This summer the thing you can control is your training. **Focus on getting in your miles, doing your strengthening/mobility work, and having a positive attitude.** Summer is a time to work on the little things so we can accomplish BIG things during the season! Starting your training now will help you be ready for practice and races starting in August. It will also help you gradually build into mileage to help avoid injury or burnout during the season. I will outline a training guide, strength exercises, and mobility work in this packet of information for the summer. Please ask any and every question you have( you can text, call, or email me, please let me know who you are). No question is ever a dumb question. This is the startline to your first XC season! Let’s get running!!

*Coach Jess*

# **11 WEEK XC TRAINING PLAN FOR SUMMER OF 2020**

Summer training is the foundation for your cross country season. Summer is about building mileage and slowly increasing the intensity of workouts. You will have 2 days of suggested quality training each week with the other days being aerobic easy miles (keep them easy...recovery is just as important as workouts). The most important thing to remember is that something is always better than nothing. Summer is a flexible schedule that you choose what days are quality runs (Don't do 2 quality days in a row, and try not to take off/alternate days in a row).

The first quality day will be a fartlek. Fartleks are easy to get in anywhere and to go by how you are feeling. The rest during the fartlek should be an easy jog. Fartleks are pickups lasting about :30 seconds to 2:00 minutes with rest being 1 minute more to ½ the time of the pickup. The long run pace should be relaxed but not a jog. You should be able to talk about a sentence at a time, but not hold a full conversation at once. Long runs are the most important run of your week. If there is one run I want you to get in it is the long run finishing with strides. Strides are running tall and fast with your best running form.

Weather is a big factor during summer training. If it is going to be hot and humid please make sure you are properly hydrating with electrolytes and water before and after your runs. Try to plan your runs during the coolest part of the day. If the weather is in the 90s try to take that as your day off or make it an easy day.

Nutrition is very important during your training. The food you are eating is what is fueling your body to be able to perform. Make sure you are properly fueled before heading out to run. Even if you are running early in the morning try to take in some calories (granola bar, banana, etc..) before you head out the door to run. After all your quality runs make sure you are eating and drinking within 20 minutes after finishing your run to help with recovery.

Read through the outline of summer training and the schedule. Please ask any questions you may have. Plan your runs each week. Record what you did post run. This will help you stay accountable and be mentally ready on quality days. Take it 1 week or 1 day at a time. Stay present in your training! It does not have to be perfect. Life isn't perfect. This is a guide and will get you ready for a full season of cross country training.

## **Workouts (Quality days)**

- Beginning of Summer (June)
  - Fartleks w/ pickups at long run pace effort (relaxed and strong) with equal rest
  - Long run (35-40 minutes)
- Middle of Summer (July)
  - Fartleks w/ pickups closer to 10k-5k effort (moderate and strong) pace with equal rest
  - Long Run (45-50 minutes)
- End of Summer (August)
  - Fartleks w/ pickups @ 5k effort (fast and strong) pace w/ equal to half rest
  - Long runs (55-60 minutes)

## **Aerobic Easy Miles (Recovery)**

- Beginning of Summer (June)
  - 2-3 miles (24 minutes to 30 minutes)
  - 1 or 2 days off or alternate exercise like biking/aqua jogging/swimming
- Middle of Summer (July)
  - 2-4 miles (24 minutes to 35 minutes)
  - 1 day completely off and 1 day of alt exercise
- End of Summer (August)
  - 3-5 miles (24 minutes to 45 minutes)

- 1 day off completely (only taking alternate days if injured or sore)

### Week 1 (Monday June 1st- Sun June 7th)

Quality Day 1- 10 minute warmup...12 minute fartlek w/+1:00 rest...10 minute Cool down

Example: 0:30 Hard/1:30Easy/0:30 Hard/1:30 Easy/1:00 Hard/ 2:00 Easy/1:00 Hard/2:00 Easy/0:30 Hard/1:30 Easy

Quality Day 2- Long Run: 35 minutes to 40 minutes finish with 3-5 medium effort strides about 100m (20 seconds) long with walk back rest.

3 Recovery days do 2-3 miles or (24-30 minutes of running)

2 days off or alternate exercise

### Week 2 (Monday June 8th- Sun June 14th)

Quality Day 1- 10 minute warmup...11 minute fartlek w/+ 0:30 rest...10 minute cool down

Ex: 0:30 Hard/1:00 Easy/:30Hard/1:00Easy/1:00 Hard/1:30 Easy/ 1:00Hard/ 1:30Easy/ 0:30 Hard/1:00 Easy/0:30Hard/1:00Easy

Quality Day 2 - Long Run 35 to 40 minutes finish with 3-5 medium effort 100m strides/walk rest

3 Recovery days 2-3 miles or (24-30 minutes of running)

2 days off or alternate exercise

### Week 3 (Monday June 15th- Sun June 21st)

Quality Day 1- 10 minute warmup...12 minute fartlek w/ = rest...10 minute cool down

Ex: 0:30 H/0:30E/0:30H/0:30E/1:00H/1:00E/1:00H/1:00E/1:30H/1:30E/0:30H/0:30E/ 0:30H/ 0:30E/0:30H/0:30E

Quality Day 2- Long run 35 to 40 minutes finish with 4-6 medium effort 100m strides/walk rest

3 recovery days 2-3 miles or (24-30 minutes of running)

2 days off or alternate exercise

### Week 4 (Monday June 22nd- Sunday June 28th)

Quality Day 1- 10 min warmup...15 minute fartlek w/ = rest...10 minute cool down

Quality Day 2- Long run 35-40 minutes finish with 3-5 medium effort 100m strides/walk rest

3 days 2-3 miles or (24-30 minutes of running)

2 days off or alternate exercise

### Week 5 (Monday June 29th - Sun July 5th)

Quality Day 1- 10 minute WU...15 minutes fartlek @ 10k-5k effort w/ = rest ...10 minute CD

Quality Day 3- Long run 45-50 minutes...finish with 3-5 medium effort 100m strides/walk back rest

Recovery Days- 3-4 miles (24-35 minutes)

1 off day (only taking off if sore/sick/injury)

1 day alternate exercise of at least 30 minutes (bike/aqua jogging/Elliptical/aerobic swimming/hiking)

### Week 6 (Monday July 6th - Sun July 12th)

Quality Day 1- 10 minute WU...20 minutes fartlek @ 10k-5k effort w/ = rest ...10 minute CD

Quality Day 2- Long run 45-50 minutes...finish with 3-5 medium effort 100m strides/walk back rest

Recovery Days- 2-4 miles (24-35 minutes)

1 off day (only taking off if sore/sick/injury)/ 1 day alternate exercise

**Week 7-( Monday July 13th- Sunday July 19th)**

Quality Day 1- 10 minute WU...25 minutes fartlek @ 10k-5k effort w/ = rest ...10 minute CD

Quality Day 2- Long run 45-50 minutes...finish with 3-5 medium effort 100m strides/walk back rest

Recovery Days- 2-4 miles (24-35 minutes)

1 off day (only taking off if sore/sick/injury)

1 day alternate exercise

**Week 8 (Monday July 20th - Sunday July 26th)**

Quality Day 1- 10 minute WU...30 minutes fartlek @ 10k-5k effort w/ = rest ...10 minute CD

Quality Day 2- Long run 45-50 minutes...finish with 3-5 medium effort 100m strides/walk back rest

Recovery Days- 3-4 miles (24-40 minutes)

1 off day (only taking off if sore/sick/injury)

1 day alternate exercise

**Week 9 (Monday July 27th- Sunday August 2nd)**

Quality Day 1- 10 minute WU...20 minutes fartlek @ 5k effort w/ half rest ...10 minute CD

Quality Day 2- Long run 55-60 minutes...finish with 3-5 medium effort 100m strides/walk back rest

Recovery Days- 3-5 miles (24-50 minutes)

1 off day (only taking off if sore/sick/injury)

**Week 10 (Monday August 3rd- Sunday August 9th)**

Quality Day 1- 10 minute WU...25 minutes fartlek @ 5k effort w/ half rest ...10 minute CD

Quality Day 2- Long run 55-60minutes...finish with 3-5 medium effort 100m strides/walk back rest

Recovery Days- 3-5 miles (24-50 minutes)

1 off day (only taking off if sore/sick/injury)

**Week 11 (Monday August 10th- Sunday August 16th)**

Quality Day 1- 10 minute WU...30 minutes fartlek @ 5k effort w/ half rest ...10 minute CD

Quality Day 2- Long run 55 -60 minutes...finish with 3-5 medium effort 100m strides/walk back rest

Recovery Days- 3-5 miles (24-50 minutes)

1 off day (only taking off if sore/sick/injury)

## **Bodyweight Strength Training**

Strength training is essential to preventing injury and also making you a faster athlete. We are going to focus on bodyweight exercises since most of us do not have access to a gym during the summer. This routine should be done a minimum of 3 times a week. It will not take long, but you should never rush through it. Each exercise requires you to focus on form and that you are activating the correct muscles. If you practice it the wrong way

you are teaching your body to perform it the wrong way. Again please, please, please ask questions if you have them.

## Body weight circuit- Go through 2-3 times.

### Plank



- Place hands directly under shoulders.
- Engage core and squeeze glutes to stabilize the body.
- Keep neck and spine neutral. Head should be in line with back
- Don't let hips dip or lift.
- Hold for 30 to 60 seconds.

### Pushups



Start in a high plank position, shoulders over wrists, core, glutes, and legs engaged. Bend the elbows to lower chest to the floor. Elbows should point back at a 45-degree angle. Push back up to starting position, making sure to keep hips in line with the rest of the body. If you can't push up without dipping hips or get chest to floor, drop to knees to build strength. Repeat for as many as you can. Try to work up to at least 20 reps.

### BirdDog



- Begin on all fours with your hands directly under your shoulders and your knees directly under your hips.
- Pull your abs in towards your spine. Keeping your back and pelvis still and stable, reach your right arm forward and left leg back. Don't allow the pelvis to rock side to side as you move your leg behind you. Focus on not letting the rib cage sag toward the floor. Reach through your left heel to engage the muscles in the back of the leg and your butt.
- Return to the starting position, placing your hand and knee on the floor. Repeat on the other side to complete one rep. Do 10-15 reps.

### Glute Bridges



Lie faceup, knees bent, feet planted, arms down by sides on the floor. Lift pelvis toward the ceiling. Engage glutes as you lift hips up, driving through heels. Lower back to the floor, then repeat for 15 to 20 reps.

### Squat



Start standing with feet just wider than hip-width apart, toes pointed slightly out, clasp hands at chest for balance. Send hips back and bend at knees to lower down

as far as possible with chest lifted. Press through heels back up to starting position. Do not let knees collapse inward. Repeat for 20 to 25 reps.



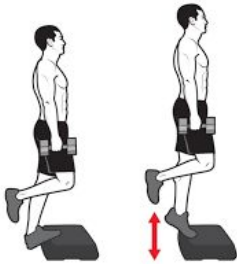
### **Forward- Backward Lunge**

Stand with feet hip-width apart. Step forward with your right foot, bending both knees to 90 degrees. Drive through the right heel to stand, step backward. Do 10 to 15 reps per side.



### **Single-Leg Balance**

Start standing with hands on hips. Engage core. Shift weight to left leg and bring right knee up so hip, knee, and ankle form 90-degree angles. Hold this position for 30 to 60 seconds, then repeat on other leg.



### **Straight-Leg Calf Raise and Bent-knee calf raise**

Stand with feet hip-width apart on the edge of a step or box, legs straight. Push through to come up to toes. Pause for a second, then lower heels back down and repeat for 15 to 20 reps each side. Repeat on both sides with your knee bent.

## **Mobility for Runners**

After running for a while your hips and legs can tighten a bit. You can start to notice restrictions in hip mobility, and increasing muscle tightness in your quads, hamstrings and calves. Stretching can be a way to relieve this tightness – both in the short and long-term. It can also help balance your body and decrease injuries. Here are some mobility exercises I want you to do.



### Couch Stretch

1. Placing your rear foot onto a wall behind you with your knee resting on a towel (ensuring the knee is comfortable – stop this stretch at any point if you experience knee pain)
2. The first picture on the left above shows the initial stretch position – focused more on the quadriceps – tuck the pelvis under and drawing your buttocks back to the wall
3. The second picture above to the right shows the subsequent stretch position that focuses more on the psoas muscle
4. hold for 30-60 seconds each side

### 90/90 position Gluteal Stretch



1. Finding a comfortable 90/90 position as pictured above – sitting underneath a pillow or folded towel if the pelvis rocks to one side and placing a cushion or towel underneath the front knee if it does not touch the ground
2. Inhale to lift the belly high and tilt the pelvis forward – poking your tailbone out behind you (see top left picture)
3. Exhale – bring your belly and chest over the right thigh – using your fingertips to support your weight as little as you can, so that the gluteal muscle has to actively lengthen holding your body weight (hence the term kinetic stretching)
4. Repeat 5-10x – holding for 5-10 seconds on the last repetition

### 90/90 Internal Rotation Stretch



1. In the 90/90 position firmly press your hands of either knee or the knee of the rear leg – placing force comfortably down through the inside of the rear knee to the floor (use a pillow or blanket underneath if needed)
2. With exhale turn through the belly and chest toward the rear leg – placing more force down through the rear knee and ankle until you can no longer turn and internally rotate the rear hip any more
3. Repeat 5-10 x with a 5-10 sec hold on the last repetition



## Hamstring Stretch



Lying down with one leg against a wall or pole – place the leg in a position that allows for a comfortable stretch of the hamstring muscle. Hold for 30-90 seconds



## Half Fish Pose

With one knee bent facing forward and the opposite heel on the front or opposite side of the knee – ensure the buttocks are on the floor. Twist through the spine and reach your arm across the lifted knee. Hold for 10-15 **deep breaths** either side



## Combat Stance Ankle Stretch

This is a great way to stretch the ankle and soleus muscle.

1. Leaning over the ankle – use your bodyweight (or weight as seen above-right) to find a stretch through the calf muscle bulk and achilles tendon
2. Slowly build tension into the lengthened calf muscle by pushing the ball of your foot into the floor until you reach a safe, maximal tension – holding that for 30-60 seconds

# ***CENTRAL CROSS COUNTRY***

## **SUMMER 2020 TRAINING LOG**

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>	<b>Weekly Mileage Total</b>
<b>Week 1</b> <i>Jun 1st</i>								
<b>Week 2</b> <i>June 8th</i>								
<b>Week 3</b> <i>June 15th</i>								
<b>Week 4</b> <i>June 22th</i>								
<b>Week 5</b> <i>June 29th</i>								
<b>Week 6</b> <i>July 6th</i>								
<b>Week 7</b> <i>July 13th</i>								
<b>Week 8</b> <i>July 20th</i>								
<b>Week 9</b> <i>July 27th</i>								
<b>Week 10</b> <i>Aug 3rd</i>								
<b>Week 11</b> <i>Aug 10th</i>								

Fill in the boxes above with the type of workout, approximate mileage, time spent running. Add up the total number of miles each week.

**\*\*First Day of MANDATORY Practice is Monday, August 17th\*\***

**This log will be turned in at the beginning of the XC season for Summer Pride Club**

# Central Cross Country 2020

## Important Dates!

July 7th	Summer runs begin at Silver Lake Park on Tuesdays and Thursdays at 6:30pm.
August 17th (Monday)	<b>Practice begins at 8:30am at Silver Lake</b> Park Lot #3 (by the soccer fields). Make work arrangements prior to this date. <b>Take care of all your forms, fees, and physicals prior to the start of practice.</b> Without them you can not participate in practice. Missed practices due to work commitments or missing physicals/forms will mean missing your first meet.
August 18th (Tuesday)	<b>Parent meeting</b> at 6pm in All Purpose Room at CHS.
Contact:	Head Coach, Jessica Monson <a href="mailto:monsonj@westosha.k12.wi.us">monsonj@westosha.k12.wi.us</a> 262-492-6662

**Remind App: Send text this message: @297fa6 to 81010 for 2020 XC Team**

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## 2020 Central Cross Country Meet Schedule

Wed., Aug. 26th	Antioch Triangular	Fox River Park
Tue., Sept 1st	Lancer Invite	UW-Parkside
Thur., Sept 10th	Conference Relays	SL Park or Fox River Park
Sat., Sept 19th	Angel Invite	UW-Parkside
<b>NO MEET THIS WEEK</b>		
Thur., Oct 1st	County Meet	UW-Parkside
Thur., Oct 8th	Falcon Invite	SL Park or Fox River Park
Thur., Oct 15th	Conference Meet	Elkhorn, Lutherdale
Sat., Oct 24th	Sectional Meet	TBD
Sat., Oct 31st	State Meet	Wisconsin Rapids