

Falls Church High School Boys & Girls XC

2014 Summer Training Program

Boys and Girls,

Summer is the time where you will develop your overall fitness and prepare yourself to perform during the cross country season. The work that you put in over the summer will allow you to progress through the later phases of training. The plan below will give you a general outline of what you should do in order to be prepared for the first day of official practice. Paces and exact mileages will vary based on your overall experience, ability level and proneness to injury.

The summer months in Northern Virginia are not exactly the kindest for cross country training nor is summer training glamorous. There are no medals, cheering crowds or awards. However, the work that you put in during this period will allow you to perform better during subsequent phases of your training and ultimately perform well in the later meets of the season (conferences, regionals, states). "Cross country is a summer sport, whose championship is in the fall."-Andy Gerard(Director Track and Field and Cross Country, GMU)

Summer Training Program

The overall training program is broken down in to four distinct phases starting in July and progressing through Conferences. Many of you will most likely be done with your season by districts however athletes who show regional or state level potential will notice that their training program may change in phases 3 and 4 compared to athletes ending at conferences or earlier.

Phase 1: Base July 1st – August 12th 8 weeks

Phase 2: Pre-competition August 12th-September 15th 5 weeks

Phase 3: Competition Sept 16th- October 13th 5 weeks

Phase 4: Peak Oct. 14th- Nov. 8th 3 weeks

Each phase has very specific objectives that will prepare you for the next phase. If you decide to skip a phase or decide not to follow the plan during the summer you will find it practices to be very difficult and will most likely not see success during the meets. Each phase will prepare you for the following phase but ultimately will prepare you for the 5,000 meter races.

There are 3 different training programs based upon experience level. Athletes who have been running in the Falls Church Program for 2 or more years(this is year 3) should follow the Green program. Athletes who are entering their second year in the program should follow the white program and athletes who are rookies should follow the Yellow program. Each program is tailored to help the specific athlete get ready for the season. If you are not sure what program you should follow or have any questions please contact Coach Krause.(rlkrause@fcps.edu)

NEW THIS YEAR!

In order to better track progress we are going to be using a website to log mileage and runs. We tested this last year with a few athletes and it seemed to work very well. We need everyone to go to www.flotrack.org/site/login and create a username. We are going to be using the Flotracker to record daily runs.

Please make an account and check out the flotracker (located as one of the tabs on the top row). It is very important to log all of your runs and how you felt. Coaches will be checking the logs to see how your progressing as well as to see any potential injuries that may be developing

General Instructions

Train aggressively, work hard, but don't be stupid.

If you follow the work out plan you should have no problems. It is designed to slowly and methodically prepare you to do more and more work. If you decide to skip certain portions and then jump back in to the program where you should be, this is where problems may arise. I fully expect all of you to be tired some days. I fully expect you to be sore some days. However there is a difference between sore and hurt. Pains that get worse as the run goes on, pains that hurt even when you are not running, shooting or stabbing pains are all reasons why you should stop running. Whenever you choose to alter the training plan you **MUST** notify coach Krause. Again each step is very important and I and the coaching staff need to know what you will miss and how we can get you healthy as quick as possible.

Keys to success in summer training

RUN EARLY OR LATE TO AVOID THE HEAT

Find an appropriate effort level. Easy run days are not designed to be too tough so don't kill the pace. However, do not take work out days too easily

Eat right and make sure you hydrate thoroughly. If you do not put the food in your body you will not have the fuel to run. Lean meat such as chicken is a much better fuel source than a McDonald's big mac, make GOOD CHOICES!(if you have specific questions feel free to ask).

Get regular substantial sleep. Summer months are fun, no school hanging out with friends maybe even a summer job to make a little bit of money. I understand some of your schedules will be erratic. It is critical to get a good amount of sleep or your body will not be able to adapt to the stimulus of training

STRETCHING if you are stretching for less than 20min a day twice a day(40min total) you are not stretching enough. Stretching not only increases flexibility but also prevents injury.

Shoes and soft surfaces: The only piece of equipment you need for XC is training shoes. Make sure you don't make the mistake of training in poor shoes. I suggest if you have never been fitted by a shoe expert below are a few different places I suggest:

▪ **Potomac River Runner:**

Falls Church Store: 7516 Leesburg Pike Falls Church VA

Burke Store: 5715 Burke Center Parkway Burke VA

Pacers Fairfax: 10427 North St. Fairfax VA(located in Fairfax City)

As much as possible you should try to run on soft surfaces. Running on the roads and sidewalks is usually the most convenient but leads to a lot more stress on the legs and back. Especially on runs that are longer it would definitely benefit driving to a location where it is safe and you can run on softer surfaces. I will provide you with a list of good parks in the area that have well maintained trails that a lot of people use.

Other Important Notes:

If at any time you think it is unsafe to run do not run and let the coaches know

Try to run in groups if at all possible (especially when running on secluded trails)

Do your best not to run on busy roads or roads in general, trail running has less demands on your legs and will lead to less injuries.

Communication is KEY. If you are experiencing any unusual pain or soreness that is more than expected please communicate with coaches. You will not get any better if you are injured and can't run.

Good places to Run in the area of Falls Church

This list is not an entire list but are some places nearby that the coaches have run in the past and will provide good shade and soft surfaces for training for cross country.

1. Round Tree Park
2. Buke Lake Park: Off Route 123, Loop around the lake is 4.6 miles
3. Lake Accotink/Wakefield Pk.(off braddock road)
4. Fairfax County Connector Trail(Runs from Dulles to Annandale) good places to catch the trail are Oak Marr Recreation Center, Intersection of Route 50 and Nutley(south only). Woodburn Park(head south)
5. W&OD trail: Runs from Shirlington to Perciville. A great place to catch this trail is on Gallows Road about ½ mile north of the Dunn Loring Metro Station. This trail is paved however has ample space on either side of pavement. Please obey all posted signs and stoplights