

Green Middle School II Summer Cross Country Training

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Hello athletes and parents! Below you will find our recommended training schedules for this summer as well as other important information to properly prepare for the upcoming Fall 2023 Cross Country season.

Communication:

Most importantly, everyone should sign up for our Remind group as all important info will be pushed out through this avenue over the summer. You can join by texting the code @gmsxc23 to the number 81010.

Form Requirements from Green Local Schools (Check FINAL FORMS)

All student athletes must complete the following forms before official practices begin on Monday, August 7th, 2023:

- Physical Form
- Pay-to-play form
- Emergency Medical Waiver

Whether you are a returning runner or a beginner, here are a few tips to take into consideration as we enter the Summer Training months:

Gear Essentials

1. A watch! –Smartwatches/apple watches are not necessary. I would recommend a ***Timex Ironman Classic***. These cost \$35-\$40 at Target/Amazon. (*Watches will be important to keep track of workout times during the season. It should be considered just as essential as your shoes!*)
2. Buy proper running shoes. Asics, Saucony, Brooks, & Mizuno all are high quality brands for training shoes. Local running stores include:
 - i. Ritchie's Sporting Goods
 - ii. Second Sole
 - iii. Vertical Runner
3. WATER BOTTLE

Time commitments during the Season:

1. **Practice** during the regular season will be Monday-Friday from 3:00 – 4:15PM. Our team will have a bus at the middle school each day after school that will take runners over to Boettler Park and drop off at the pavilion near the basketball courts. If you have any questions about this, please don't hesitate to ask. Parents, please plan for pick up at 4:15pm.
 - a. **Runners will pack their workout clothes/shoes in the morning to bring to practice. There will be time to change after the final bell and before the bus leaves for Boettler.**
2. **Meets** will be held on Saturdays or Tuesdays. Times for meets on Saturdays will vary based on location and race schedule, while Tuesday races typically occur around 5pm. For all away meets, students must ride the bus to and from events, unless coaches are given proper notice more than 24 hrs. in advance. Our current meet schedule is listed below. *Some changes may occur prior to season start.*
 - Saturday, August 26 – GlenOak Golden Eagle Invite
 - Tuesday September 5 – Home vs Jackson
 - Saturday September 9 – Walsh Jesuit HS Pat Ritchie Invite
 - Saturday September 23 – Malone Invite
 - Tuesday, September 26 – Home vs TBD
 - Saturday, October 7, – Medina CC Festival
 - Saturday, October 14 – Federal League Championships

Summer Workouts

- **Please be diligent to complete summer workouts**
 - Unlike a test, you can't cram for cross country season. If you wait until 1 week before the start of the season to start training, you can't make yourself be more prepared by excessive running. You'll potentially injure yourself if you try. Consistency is key! The goal is to be ready to run 3 miles easily without stopping at start of season practices.
- **Summer Training:**
 - Your goal for your summer runs should be to run at about 65-70% of your max speed comfortably for the duration of the run. (You should be able to have a conversation while you run. "Conversational Pace")
 - Keep a steady pace for most of the run. You can start slower as your body warms up (first 5 minutes of a run) and then settle into a comfortable pace.

- **HYDRATE.**
 - Mainly drink water. Sports drinks are ok post work-out, however it is not recommended to use them as your main source of hydration.
 - Caffeinated drinks (Pop, Coffee, etc.) are not recommended
 - Not drinking enough water is the most common reason for muscle cramps while running.
- **Eat at least 3 solid meals a day.**
- **Consider running early in the morning to avoid the heat.**
 - Running in the heat of the day AND not hydrating properly is a recipe for disaster. Take care of yourself.
- **Stretch after your runs for at least 5-10 minutes**
- **Don't race**
 - The summer months are for training and building your aerobic base. If you are consistently running road races throughout the summer, you may be hurting your training more than helping.

Summer Training Schedule

Week	Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
June 4	Rest	15 min.	15 min.	18 min.	15 min.	15 min.	Rest
June 11	Rest	15 min.	15 min.	20 min.	15 min.	18 min.	Rest
June 18	Rest	18 min.	15 min.	22 min.	18 min.	18 min.	Rest
June 25	Rest	18 min.	20 min.	22 min.	18 min.	18 min.	Rest
July 2	Rest	21 min.	15 min.	24 min.	18 min.	20 min.	Rest
July 9	Rest	25 min.	18 min.	28 min.	18 min.	20 min.	Rest
July 16	Rest	25 min.	20 min.	28 min.	18 min.	25 min.	Rest
July 23	Rest	28 min.	22 min.	30 min.	22 min.	25 min.	Rest
July 30	Rest	28 min.	22 min.	30 min.	22 min.	25 min.	Rest
Aug 6	Rest	Regular Season Workouts					Rest
Aug 13	Rest						Rest

Summer Group Runs	(OPTIONAL) 8:00 AM @ The Chapel in Green // Meet @ Parking Lot B near softball fields. 1800 Raber Rd, Uniontown
Season Practices	7am-8am @ Boettler Park // Pavilion Near Basketball Court 5300 Massillon Rd, North Canton

TEAM PICTURES: Team pictures will take place Monday, **August 7th** at **GHS**. Boys are at 12:00pm and girls are 12:30pm. Uniforms will be passed out that morning at our first day of season practices.