

2022 Cross Country Running

We have a full six weeks come Monday, June 20th to the first day of cross country and then shortly thereafter our first meet (nine weeks). That gives us more time to train so we can have a great season. The more time you put into this sport the better you will be. With endurance sports you have to train to succeed. In the cold, the snow, the humidity and the heat, you have to put the work in. You have to accept no excuses. How good do you want to be?

Monday, Wednesday and Friday we will meet at the school, door 20. We will run and lift weights on those days. Tuesday will be at the Groveton Parking Lot and Thursday at Bristow Battlefield. There is a Saturday group that meets at 8am at the Wendy’s but you have to join that club group. All practices at 8am. Tues and Thurs will have afternoon practices at Safeway parking lot, meeting by the fireworks yellow container. We will meet at 5 pm.

The week of July 4th (July 4th-10th) is a dead period for Virginia high school sports. We can’t hold organized practices but it is important to continue on your fitness journey. You guys can meet up at off-site locations. Captain led. If you are a club runner you can show up for those runs.

The goal for summer running is not to lose what you gained in track and to increase your fitness or to get kids in shape who didn’t do a spring sport. When done properly runners who train hard over the summer can make a big leap in cross country.

**A few things to remember:**

**Safety** – Avoid high traffic areas. Run early to avoid the heat. Let people know where you are running and how long. Run with someone whenever possible. Don’t wear headphones.

**Clothing** – Visible clothing and breathable clothing works best. Avoid cotton.

**Ticks** – Check for ticks after every run. Shower after workouts! Very Important!

**Altering workouts is always OK** – Something is ALWAYS better than nothing. If you have to shorten or switch workouts that is infinitely better than doing nothing.

**Take care of yourself** – You need to maintain a healthy balance to ensure your physical and emotional health all year long.

* Hydrate and eat properly – very important to drink a lot of water. Eat lots of vit. C rich foods and pay attention to iron intake.
* Sleep enough – More sleep = better academic success, less chance of injury and you will adapt to the training. You are also much less likely to get sick. This all equals a happier, healthier and faster runner. 9 hours.
* Wash your hands often and do not share water bottles.
* Recovery snacks – protein immediately after workouts. Chocolate milk, Boost, Builder Bars, Whey protein shakes, bagel and peanut butter, egg sandwich, etc.

**Practice with the team** – It is much easier to do workouts and more fun with teammates.

**DO THE LITTLE THINGS** – Running is what will make you better. Do the running AND the little things will make you great! Activation, dynamic, jump roping, hurdle drills, circuits, weights, strides, stretches, foam rolling, core, eating right and lots of sleep will make you a complete runner.

**Pace** – Just get in the effort. Heat and humidity can make your run slow. Effort is what matters. In the summer we will work on getting our mileage higher. We are just getting in the work so we can have a great season ahead.

***You don’t have to be great to start, but you have to start in order to be great.***

Training is based on experience. If you have run a full season of cross country and also done track you can do the “A” program. If you have run cross country and done another sport you can start on the “B” program. If you are just starting running but have been an active soccer/ lacrosse player start with the “C” plan. If you are a first time athlete start with the “D” plan. After two to three weeks you can move up to another plan.

The goal is to stress your body so it grows stronger, but doing too much can cause injuries which we want to avoid at all cost. We have 21 weeks until the state meet. A and B groups will ramp up quickly. (we will get there in seven weeks). C & D gradually increase since cross country is a brand new stress. Mileage is approximate. Focus on minutes for the first few weeks. The minutes shown at the end of each week is the daily average. However some days will be longer and other days shorter….

Beginners are to run and walk for 30 minutes each day. A good way of doing this is one minute of running followed by a minute of quick walking and repeat. If you are able to run 5 minutes without stopping do that. Run 5 minutes, take a 1-2 minute walk break and then run 4-5 more minutes followed by a walk break. Shoot for 30 minutes total.

**Summer Schedule before school starts.**

Monday – at school, we meet at the weight room. Door 20. Key aerobic workout for the week. 7:30am-10:00am.

Tuesday – Groveton Lot. Mid-week long run (up to 75 minutes). 8am-9:30am

Afternoon practice at Safeway. Short run 2-4 miles. Afternoon run for experienced runners and those not able to make the morning practice. 4pm-4:40pm.

Wednesday – at school. Meet at weight room. This session is form drills and speed – working on running efficiently. We lift on Wednesday. 7:30am – 10:00am. CAMP DAYS Aug 3rd and August 10th.

Thursday – Bristow Battlefield. Easy run. 8am-9:30am.

Afternoon practice at Safeway. Dunbarton Trails. Short run 2-4 miles. Afternoon run for experienced runners and those not able to make the morning practice. 4pm-4:40pm.

Friday – at school. Meet at weight room. Door 20. Medium workout day. We lift also. 7:30am-10:00am.

Saturday – Running Club ONLY - Meet at Wendy’s at Parkridge Center Mall off of Bulloch Road, coming off of Sudley. Near the Manassas Battlefield. Long run day. 8am-9:45am.

**2022 Patriot Cross Country**

**Important Dates:**

Do now! – get physical, good shoes prior to June 20th.

June 20th – First day of summer training

July 4th-11th – Dead Period – CLUB ONLY - meeting off site

July 11th-16th: Running Camp at Virginia Tech (CrossCountryRunningCamp.com)

August 1st - First official day of practice.

August 3rd – Team Bonding Day 7:30am – 3pm

August 10th – Team Bonding Day 7:30am-3pm

August ? – Parent Meeting 6pm - TBA

August 27th – First meet! Great Meadows – 3K?

September 10th – Knight’s Classic – overnight trip

September 17th – RVA Relays - Richmond

September 24th – Oatlands – state course

October 8th – Albermarle Invite - Charlottesville

October 15th – 3rd Battle

October 19th-21st – Cedar Run District Championships – TBA

October 31st- Nov 4th – Region Championship Meet – TBA

November 12th – VHSL State Championships at Oatlands

November 19th – New Balance Dash for Doobie 3200 Meters track – Pfafftown, NC – not a school trip

November 26th – Nike Cross Regionals, Raleigh, NC – not a school trip



Head Coach Connor Lee – [leec@pwcs.edu](mailto:leec@pwcs.edu) 540-272-1946

Asst. Coach – James DeMarco [Coachxctrack@gmail.com](mailto:Coachxctrack@gmail.com) 540-230-2154 cell

Asst. Coach – Coach Chef (Emily Stevenson) – Rooster Crew

Asst. Coach – Kevin Stevenson – Rooster Crew

Make sure to get on the REMIND app and Final Surge prior to leaving.

**Summer Goals:** To get in amazing shape. This will allow you to have your best season and therefore our team will do great. You can do more. Those hoping to run varsity should be in the upper group. What counts as mileage: All runs including warm up runs, cool down runs. Easy swim workout (30 min = 2 miles/ hard swim = 3 miles), same deal with biking. Soccer practice EZ = 2 miles, hard = 4 miles. Drills count for half mile (.5). First year runners cannot do the doubles (2 a days).

First year runners – 250 miles (25 miles is the average per week)

Second year runners – 300-350 miles (30-35 miles per week)

Third year runners – 400-450 miles (40-45 miles per week)

Four+ year runners – 500 miles (50 miles per week)

Athlete’s Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Years you have run: 1 2 3 4+

Year in school for Fall/ 2022: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Week One Mileage: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 6/20-26

Week Two Mileage: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 6/27-7/3

Week Three Mileage: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 7/4-10 DEAD PERIOD

Week Four Mileage: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 7/11-17

Week Five Mileage: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 7/18-24

Week Six Mileage: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 7/25-31

Week Seven Mileage (1st week of official practice): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 8/1-7

Week Eight Mileage: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 8/8-14

Week Nine Mileage: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 8/15-21

Week Ten Mileage (1st competition): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 8/22-28

Total Miles: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

E-Mail each week your miles or log into Final Surge. Coach DeMarco will keep track. (Coachxctrack@gmail.com)

WEEK #1: 1st year = 20 miles, 2nd year = 25 miles, 3rd year = 30-40 miles, 4th = 40 miles

June 20th – 7:30am at the track – dynamic (d), active (a), core (c) 1, LIFT 1 - 20 min run, drills, 1-4xmile (60 seconds at tempo pace – no faster), jog to hill and do 1-2xEMH hills: 1 birdhouse hill – jog back to aux gym, A stretch/ foam roll. Water bottle/ recovery food.

June 21st – 8am at Groveton Lot – active, 40-50 minutes (new folks will walk a lot of this), bands, lunges, A stretch or walking drills. Water bottle/ recovery food

* 5pm at Safeway for those who can’t make morning or double. Active, 2-4 miles.

June 22nd – 7:30am at weight room – d, a, c2, weights 2, 20-40 min run, drills, 3x200 (diagonal walk back) – foam roll, A stretch. Water bottle/ recovery food

June 23rd – 8am at Bristow Battlefield – active, 30-50 min run, walking drills. Water bottle/ recovery food

* 5pm at Safeway for those who can’t make morning or double. Active, 2-4 miles.

June 24th – 7:30am at weight room – d, a, c 3, weights 3, 20 min run, drills, Bermuda field – 200 on, 50 off. 10-20 minutes. Jog to hill and do 1-2xEMH hills: 1 birdhouse hill – jog back to aux gym, A stretch/ foam roll. Water bottle/ recovery food.

June 25th – 8am at Wendy’s – active, 60-70 minutes (new folks will walk a lot of this), bands, walking drills. Water bottle/ recovery food

June 26th – 0-20 min run if needed for mileage goal.

Mileage Total: \_\_\_\_\_\_\_

**Workouts posted on www.FinalSurge.com**

WEEK #2: 1st year = 20 miles, 2nd year = 25 miles, 3rd year = 30-40 miles, 4th = 45 miles

June 27th – 7:30am at the track – dynamic (d), active (a), core (c) 1, LIFT 1 - 20 min run, drills, 1-2xmile for beginners or 2x2miles (3 min), jog to hill and do 1-2xEMH hills: 1 birdhouse hill – jog back to aux gym, A stretch/ foam roll. Water bottle/ recovery food.

June 28th – 8am at Groveton Lot – active, 40-60 minutes (new folks will walk a lot of this), bands, lunges, A stretch or walking drills. Water bottle/ recovery food

* 5pm at Safeway for those who can’t make morning or double. Active, 2-4 miles.

June 29th – 7:30am at weight room – d, a, c2, weights 2, 20-40 min run, drills, 3x200 (diagonal walk back) – foam roll, A stretch. Water bottle/ recovery food

June 30th – 8am at Bristow Battlefield – active, 30-60 min run, walking drills. Water bottle/ recovery food

* 5pm at Safeway for those who can’t make morning or double. Active, 2-4 miles.

July 1st – 7:30am at weight room – d, a, c 3, weights 3, 20 min run, drills, Bermuda field – 200 on, 50 off. 10-20 minutes. Jog to hill and do 1-2xEMH hills: 1 birdhouse hill – jog back to aux gym, A stretch/ foam roll. Water bottle/ recovery food.

July2nd – 8am at Wendy’s – active, 60-80 minutes (new folks will walk a lot of this), bands, walking drills. Water bottle/ recovery food

July 3rd – 0-20 min run if needed for mileage goal.

Mileage Total: \_\_\_\_\_\_\_

**Workouts posted on www.FinalSurge.com**