



# RB Cross Country Racing

Summer 2022



I will prepare and someday my chance will come.”  
~Abraham Lincoln

Contact Information: [rcarlson@rbchs.com](mailto:rcarlson@rbchs.com) or [abasten@rbchs.com](mailto:abasten@rbchs.com) or contact us through remind  
Remind: text @rbsumxc to 81010 to join summer running remind for text updates

**Cost:** \$40 (payable on the first day of camp attendance) **Dates:** See Calendar **Time:** 6:45 am  
**Location:** M-F Chain O'Lakes State Park (Main Entrance)

## To do's:

- Sign up for summer remind text messages
- Make a plan to get a sports physical this summer; for sure by August 8th, 2022
- Fill out the summer running questionnaire
- Identify days of summer running you can't attend and let the coaches / captains know
  - Family vacations, summer camps, etc.
- Take a break after track
  - Two weeks is standard; individuals may take more or less time off as necessary
  - Don't start running until you're injury free, mentally fresh, and excited to train

## Goals of Summer Mileage Camp?

1. **Attend practice daily**, aside from family obligations.
2. **Run a lot.** Build off of your training history and increase your weekly mileage.
3. **Never force the pace.** Run your paces as detailed by the coaches and determined by your Vdot.
4. **Sleep a lot.** The summer is your best chance to rest. Nap and sleep as much as possible.
5. **Drink a lot of water.** Keep a water bottle with you throughout the day.
6. **Work on core strength and stability.**
7. **Stay injury free.** Do not run if injured. Be conservative if you're coming off an injury. Be mindful of your body and communicate with coaches.
8. **Track your Mileage.** Log your miles on the clipboard and on your Garmin watch. If you don't have a Garmin then manually log your training into Garmin Connect on your phone.

## How should I feel?

- **Physically:** Tired but pretty good. You are probably running more miles than ever before which can lead to fatigue without proper rest.
- **Mentally:** pretty good! The summer should be a stress free time to develop your strength and confidence.
- **A little bored and impatient.** The summer is initially exciting but enthusiasm tends to wane. Keep your eye on October and November and keep running everyday.

## What kinds of workouts should I be doing?

- A. Easy/Recovery Runs.** Just run! Start slow, pick it up, build, attack a hill, recover, take it easy when appropriate, and laugh, talk. This is the most important run for new runners.
- B. Long Runs.** Mondays...this run should make up 20% of your weekly mileage for varsity athletes and 30% for new runners. The length of the run should increase over the summer.
- C. Tempo Run.** Fridays...Rocket Run. Take it easier towards the beginning of the run, then begin to push the pace.
- D. Fartlek / Speed.** Wednesdays...work on running at XC race pace to develop the mental and physical toughness to tolerate the discomfort.

## How far should I run?

Make a plan to gradually increase your mileage from what you have done in the past. Make a general long term plan to improve your body and stamina. Try to avoid large weekly jumps in mileage and be conservative if coming back from an injury. Also be careful of excessively high mileage; excessive mileage often yields diminishing returns while increasing the risk of injury and setbacks. Remember: "something is better than nothing." 10/mi a week is not great, but it is better than 0.

Basic Guide for Girls	Week								
Experience Level	1	2	3	4	5	6	7	8	9
1st or 2nd Year of Training	11	14	17	14	17	20	23	17	23
2nd or 3rd Year of Training	14	17	20	17	23	26	29	23	32
3rd or 4th Year of Training	23	26	29	26	32	35	38	32	41
4th+ Year of Training	26	32	38	32	44	45	45	35	45
Advanced	Communicate with coaches for individualized plan								

Basic Guide for Boys	Week								
Experience Level	1	2	3	4	5	6	7	8	9
1st or 2nd Year of Training	14	17	20	17	23	26	29	23	32
2nd or 3rd Year of Training	26	29	32	29	35	38	41	35	44
3rd or 4th Year of Training	29	35	41	35	47	50	53	44	56
4th+ Year of Training	35	44	53	44	59	60	60	47	60
Advanced	Communicate with coaches for individualized plan								

**Note:** These plans incorporate a deload week on week 4 and 8 where intensity is decreased.

\*\*These numbers are simply a guide and do not need to be followed exactly.

**Overtraining:** If you have a history of injury or of being mentally burnt out then you may want to scale back your mileage goals. There is a fine line between getting the necessary work done and overdoing it. Sometimes..."less is more."

## Log your Miles

Keep track of your miles on the team clipboard and keep track of your rocket run times. Continue to log miles into your Garmin Connect app during practice and while on vacation.

Download the Garmin Connect app and create an account (you might already have one if you have a Garmin device). Then join our team for Richmond Burton High School and share information from your Garmin Connect account which will allow us to monitor your workouts. Once you get a Garmin watch and set up a Garmin Connect account, I can add you to the team and start tracking your progress!

Use the QR code to sign up or use the link below:

<https://a51.garmin.com/team-dashboard/registration/invite/323bcd20-f3c5-4c30-8460-a8bf77c16488>

After joining, you may remove yourself from the roster, modify your stress and sleep sharing, or change your display name or optional photo. To do this, go to your Garmin Connect account, located at [connect.garmin.com](https://connect.garmin.com) > Account Settings > Account Information, and tap the Garmin Clipboard link.



Sample ways to logically structure your week in order to hit a particular goal.

Total Weekly Mileage Goal	Monday (Long Run)	Tuesday (Easy)	Wednesday (Fartlek)	Thursday (Easy)	Friday (Tempo)	Saturday (Easy)	Sunday
11	2	2	3	2	2	0	0
14	3	2	3	2	2	2	0
17	4	2	3	2	3	3	0
20	5	3	3	3	3	3	0
23	6	3	4	3	3	4	0
26	6	4	4	4	4	4	0
29	7	4	5	4	4	5	0
32	7	5	5	5	5	5	0
35	8	5	6	5	5	6	0
38	8	6	6	6	6	6	0
41	9	6	7	6	6	7	0
44	9	7	7	7	7	7	0
47	10	7	8	7	7	8	0
50	10	8	8	8	8	8	0
53	11	8	8	8	8	8	2
56	11	8	8	8	8	8	5
59	12	6 am 4 pm	8	8	8	8	5
62	12	6 am 4 pm	8	8	8	10	6
65	13	6 am 4 pm	8	6 am 4 pm	8	10	6
68	13	6 am 4 pm	8	6 am 4 pm	8 am 3 pm	10	6
71	13	6 am 4 pm	8 am 3 pm	6 am 4 pm	8 am 3 pm	10	6

\*\*Dates with coaches may change / athletes will be made aware in advance of schedule changes.

# MAY 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19 Girls T/F State Finals	20 Girls T/F State Finals	21 Girls T/F State Finals
22	23	24 Final Exams	25 Final Exams	26 Final Exams Last Day of School Boys T/F State Finals	27 Boys T/F State Finals Girls Soccer Finals	28 Boys T/F State Finals Girls Soccer Finals
29 Week 0	30	31				
		<b>Notes:</b>				

# JUNE 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5 Week 1	6 Long Run @ Chain 6:45 AM	7 Recovery Run @ Chain 6:45 AM	8 Easy Run @ Chain 6:45 AM	9 Recovery Run @ Chain 6:45 AM	10 Chain O'Lakes - 6:45 am Rocket Run	11 Captain's Practice - No Coach
12 Week 2	13 Long Run @ Chain 6:45 AM	14 Recovery Run @ Chain 6:45 AM	15 Timed Miles @ Chain 6:45 AM	16 Recovery Run @ Chain 6:45 AM	17 Chain O'Lakes - 6:45 am Rocket Run	18 Captain's Practice - No Coach
19 Week 3	20 Long Run @ Chain 6:45 AM	21 Recovery Run @ Chain 6:45 AM	22 Timed Miles @ Chain 6:45 AM	23 Recovery Run @ Chain 6:45 AM	24 Chain O'Lakes - 6:45 am Rocket Run	25 Captain's Practice - No Coach
26 Week 4	27 Captain's Practice - No Coach	28 Captain's Practice - No Coach	29 Captain's Practice - No Coach	30 Captain's Practice - No Coach		
		<b>Notes:</b>				

# JULY 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>1</b> Captain's Practice - No Coach	<b>2</b>
<b>3</b> Week 5	<b>4</b> Captain's Practice - No Coach	<b>5</b> Captain's Practice - No Coach	<b>6</b> Captain's Practice - No Coach	<b>7</b> Captain's Practice - No Coach	<b>8</b> Captain's Practice - No Coach	<b>9</b>
<b>10</b> Week 6	<b>11</b> Long Run @ Chain 6:45 AM	<b>12</b> Recovery Run @ Chain 6:45 AM	<b>13</b> Timed Miles @ Chain 6:45 AM	<b>14</b> Recovery Run @ Chain 6:45 AM	<b>15</b> Chain O'Lakes - 6:45 am Rocket Run	<b>16</b>
<b>17</b> Week 7	<b>18</b> Long Run @ Chain 6:45 AM	<b>19</b> Recovery Run @ Chain 6:45 AM	<b>20</b> Timed Miles @ Chain 6:45 AM	<b>21</b> Recovery Run @ Chain 6:45 AM	<b>22</b> Chain O'Lakes - 6:45 am Rocket Run	<b>23</b>
<b>24</b> Week 8	<b>25</b> Captain's Practice - No Coach	<b>26</b> Captain's Practice - No Coach	<b>27</b> Captain's Practice - No Coach	<b>28</b> Captain's Practice - No Coach	<b>29</b> Captain's Practice - No Coach	<b>30</b>
<b>31</b>		<b>Notes:</b>				

# AUGUST 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 9	<b>1</b> Recovery-Easy Run  *Practice on your Own	<b>2</b> Recovery-Easy Run  *Practice on your Own	<b>3</b> Recovery - Bike / Cross Train *Practice on your Own	<b>4</b> Recovery - Bike / Cross Train *Practice on your Own	<b>5</b> Recovery - Bike / Cross Train *Practice on your Own	<b>6</b>
<b>7</b> Week 10	<b>8</b> XC Starts @ RBCHS 7:00 AM	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b> 7 am @ Glacial Park
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b> 6:30 am @ RB Lake Geneva
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>			
		<b>Notes:</b>				



### Questionnaire

Name: \_\_\_\_\_ Year in School next year: \_\_\_\_\_

1. Approximately how many miles have you run in the last three months? \_\_\_\_\_
2. How many years have you been running cross country / track? \_\_\_\_\_
3. How many miles do you plan on running this summer? \_\_\_\_\_
4. What is your goal time for next fall? Middle School-2 mile    3 mile    \_\_\_\_\_

5. Block out the dates you won't be able to attend summer running on the calendars below:

June						
Su	M	Tu	W	Th	F	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

July						
Su	M	Tu	W	Th	F	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

August						
Su	M	Tu	W	Th	F	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			