

## **Timberline H.S. 2023**

### **Summer Cross Country- Base Training**

★ **The Importance of Continued Training- Consistency Over the Next 10-12 Weeks will Elevate- your Fitness- Improve Running Strength- \*Lessen chance of Injuries\***

★ **Decide to commit to the training process:**

Within our training program you will make the most progress in the off season. The runners who decide to put the work in during the off season will reap the individual and team benefits during the season. For example-

**Hunter Marlatt:** 18:14 Sophomore year at Districts 53rd place, 16:11 Junior year, 15th place at Districts in a time of 16:30. 2 minute improvement in 1 year of our training program.

**Wil Ihmels-** 17:45 best Freshmen year, Sophomore Year 15:40 best. 2 min improvement in 12 months!

**Royal Colley:** 5:56 1600 in 8th grade, 4:51 1600 Freshmen Season.

**Gabby Johnson:** 19:48 best Sophomore year, 50th place at districts with a time of 21:15 2021. Junior year 19:04 best, 18th place with a time of 19:37 at Districts. 1:45 improvement in 12 months of training.

**Tylee Smith:** 2:30 Sophomore Year, 2:19 at State. 21:00 average Sophomore, 20:00 average Junior year.

**Taylor Cole:** 6:12 1600, 2:44 800 Freshmen Year, 5:52- 5:30s potential, 2:35 800 Sophomore year.

**Athletes who follow- Coach Axtman's Advice-and Train Consistently-**

Will improve their race performance- by 100% and enjoy Training/Racing/Life 😊

Recovery Protocols How To: Rope Stretching- Icing- Massage tool- work on sore muscles- Hydration- Nutrition- Sleeping 10pm-6am 8 hrs minimum.

★ **Equipment needed to accomplish the training to your best ability.**

- ★ Ideally you have a garmin running watch. This will help you monitor your heart rate and check pace during runs.
- ★ Quality running shoes, you will go through 1-2 pairs of shoes this winter. 1-2 pairs during the track season.

Coach Ax will be running during the summer daily, and as much as possible for his own personal benefit as well as providing support and guidance to help everyone achieve the training to the best of their ability. Our goal is to foster a love and passion for running and racing through personal success and goals achieved throughout the summer and upcoming cross country season.

- ★ Will provide supervision during runs
- ★ Coach all athletes at their ability levels.
- ★ Help everyone grow and improve.

## **Basic Week**

Monday: 2 mile warmup + Run Drills, Hurdles, Dynamics  
Sprints at 90-95% effort 400m Speed  
2x40,60,80-100 walk back rest  
Plus 35-45 min aerobic run at 65-75% of Max Heart Rate.

Tuesday: Aerobic Lactate Threshold @ 85% of Athletes Max HR.  
Or 10-15 sec per mile slower than 5k pace  
2 mile warmup + 4x50m strides (See workout Schedule)  
2 mile cooldown

Wednesday: Recovery runs @ 65% of Athletes Max HR.  
AM 35-45 min PM 15-25min or Cross Train

Thursday: MVo2 @ 90-95% of Athletes MAX HR  
2 mile warmup + Strides- (See workout schedule) 2 mile cooldown

Friday- Recovery runs @ 65% of Athletes Max HR  
AM 35-45min PM 15-25min or cross train.

Saturday: Aerobic Endurance @ 75% + 10-15min @ 85%  
65-75-95 min over the hills on soft surfaces  
(See Workout Schedule) 7-10-14 miles

Sunday Active Recovery day  
30-45min Cycling  
30-45min Swimming- Pool Running  
30-45-65min Recovery Run- Soft Surfaces

See Weekly Mileage Progression for the Summer

## **Weekly Mileage Progression- Summer Base- and in Season 2023**

Our program's goal is to build the aerobic engine, you should progress and increase your mileage each year. Annual progression in mileage will help you improve each season. As a Timberline Athlete we want to push to be our BEST and improve every season!

**Freshmen:** June-25-30, July 30-35, August 35-40, September 35-40  
October-35-30, November, 35-40

**Sophomore:** June-35-40, July 40-45, August 50-55, September 55-50  
October-45-35, November, 40-45

**Junior/Senior Boys:** June-50-55, July 60-65, August 70-75,  
September 65-60, October-60-55, November, 55-60

**Junior/Senior Girls:** June-40-45, July 45-50, August 50-55+,  
September 55-50, October-45-40, November, 40-45.

For the 2023 season the Girls weekly mileage will increase every 2 weeks to help you adjust.

### **Aerobic Threshold @ 85% of the Athletes Max HR or 10-15 sec slower than 5k Best Pace.**

Start at your current Fitness-With 10-15 sec slower than 5k best

<u>Girls:</u>	<u>Threshold pace</u>
18:30=5:58 pace=	6:05-6:12 per mile threshold pace
19:00= 6:08 Pace=	6:15-6:22
19:30=6:17 pace=	6:25-6:35
20:00=6:27 Pace=	6:35-6:42

<u>Boys:</u>	<u>Threshold pace</u>
15:00=4:50=	5:00-5:05 Pace per mile
15:30=5:00=	5:10-5:15
16:00=5:10=	5:20-5:25
16:30=5:20-	5:30-5:35
17:00=5:30=	5:40-5:45
17:30=5:38=	5:48-5:52

Tips for success- Start your threshold runs 5-10 sec slower than Goal Pace  
Work your way down throughout the run.