

**MVXC19 Athlete-Lead Summer Running
Week One Suggestions**

Day	Approx Miles			Suggested Run (you can change!*)	Other
	New	35	45		
Mon	4	4	5	RR Tracks (so new runners can turn around). Run out for 10 to 15 minutes, turn around and come back. Go out easier and try to come back a little faster. This run is set up so experienced runners can have a lot of time to get to know the new runners, however experienced runners may want to add on today—you can run a couple laps before leaving school, and add a couple miles afterwards too. Strides today: 6x~20 sec/100m strides at 5km pace.	Core
Tues	4	6	9	Matadors. New runners come back from parking lot, 35s run Matadors, 45s run Horse. 45s can run 2 laps at school before setting out. Take care of new kids this is a long day for them!	Core
Weds	4	4	5	Run to Linda Vista and drill, then can come back by Bubb, RR tracks or Stelling.	Core (more legs)
Thur	0	5	6	This can be a rest day for new runners, or you can contact Coach Johnson and maybe set up spinning. Or water running. Or a game day after veterans run!	Core—games?
Fri	4	4	6	Stelling or Phar Lap or RR tracks. Strides today: 6x~20 sec strides at 5km pace.	Core
Sat	4	8	10	Maybe someone hosts a breakfast run???	
Sun				Would be great to do something active! Bike ride together or OYO (could be team bonding to bike together somewhere new), swim, water run, play a game.	
Total	20	31	41		

****These runs are only suggestions! If run leaders want to do something different...go for it! If you are travelling and not in Cupertino, use these as ideas of what kind of runs to look for and explore where you are staying!***

Notes for week one:

- Show lots of support and love for any new members of the team!
 - Take some time to talk to them and introduce them around.
 - Get their email addresses and phone numbers so you can text them.
 - Get them hooked into your FB group and tell them about mvrunning.com.
 - Encourage new people to get new shoes; you could organize a night where a group goes to Run Rev or Runners' Mind and goes shoe shopping together and then you get pizza together!
- You need to use your judgment on how much the new runners should run, depending on how much running they already have. If you have someone who has never run before come out and join you, the goal would be to get them up in the 25-30 miles per week range 6 to 8 weeks from now—but that is not going to be the same with everyone. Be patient.
- Trying to finish the last half of the run faster than you started (negative split) is a good habit.

MVXC19 Athlete-Lead Summer Running

Week Two Suggestions

Day	Approx Miles			Suggested Run (you can change!)*	Other
	New	35	45		
Mon	4	5	6	Matadors. New runners can still come straight back. 45s can run a few laps before taking off to Matadors. Run strides today. (can do the strides out on the dirt at Matadors).	Core, shin splint pre-hab
Tues	5	6	10	RR Tracks and drill at Rainbow. New runners can go out to De Anza and back on RR tracks. 35s can run Up and Over. 45s can run Up and Over plus Seven Springs.	Core
Weds	4	4	5	Run to Linda Vista and drill, then can come back by Bubb, RR tracks or Stelling. Could also add a couple easy laps around the Linda Vista park.	Core (more legs)
Thur	0	5	6	This can be a rest day for new runners. You can contact Coach Johnson and maybe set up spinning, or plan some water running. This could be a Homestead Loop day for everyone else.	Game day!
Fri	5	5	6	Good day for the Memorial Park run (Ria's Run). Drill at McClellan Ranch, then loop Memorial Park and back down Stelling; back to school on McClellan Road or Rainbow depending upon mileage you need. Strides:	Core, shin pre-hab
Sat	5	9	11	Maybe this is a day to get people to meet at Rancho in the morning for a run? I love Upper Wildcat/Rogue. And breakfast afterwards?	
Sun				Something active is great! See above.	
Total	23	34	44		

****These runs are only suggestions! If leaders want to do something different...go for it!***

Notes for week two:

- If there were people who came last week and did not come this week, email and text them and let them know they are missed! Try not to let people give up after a few runs...running gets easier!
- New kids: teach them how to use a foam roller, especially 12xeach IT band roll! IT rolling is key for new runners. Also teach them the hamstring-in-the-doorway, quad and calf-on-step stretches.
- Talk more among yourselves about conversational paces; most running is at conversational pace and what we are looking for is to be running as fast as we can while still being comfortable and able to talk almost normally. This pace may feel more easy-medium at times but it will get easier. Running with friends that are a little faster than you really can help you. Help each other focus on this pace.
- For really motivated athletes, you might want to try to start water running once, twice or even three times a week. Water running can be really fun and social! I think there are a couple girls with pools. Also, when Paru is around, she did GREAT with water running and ended track with a big 3200m PR; if you ask I am sure she will take you to the pool where she works out and teach you all she knows about water running.
- Reach out to incoming Freshmen! Ask any freshmen that have been coming to bring their friends...put up signs in Kennedy...if anyone has little brothers or sisters in that class, talk to them!
- Maybe it is time to organize a game night or a movie night to include all the new people?

MVXC19 Athlete-Lead Summer Running

Week 1-2 Footnotes/Suggestions

Shin Splint Pre-Hab: A common problem for new runners or runners increasing their mileage is to have minor shin splint issues. Let's try to get ahead of this potential issue. First, **everyone get new shoes right now**—and encourage the new runners to go get fitted for new shoes immediately! (Again—plan some group trips to Running Revolution or Runner's Mind; if you contact Coach Flatow in advance he can let the store owners know you are coming and maybe plan something fun for you.) After a couple runs each week, here is a good idea to avoid shin splints in the future. Do 30 meters of heel walks—straight ahead, toes out, toes in. Then with back to the walk, 12 toe-taps (if you don't know how to do this, someone will! Coach tried to teach everyone who has had shin splints this move). Then repeat the heel walks-toe taps cycle, three times total if you can. If this is too hard, you can start with fewer reps fewer meters, but challenge yourself and work up to this. Avoiding shin splints is a big deal! (new shoes will help avoid shin splints too, running in poor running shoes, shoes that are not right/fitted for you, and old worn-out shoes often cause shin splints too).

Spinning with Coach Johnson! Coach Johnson has offered to come and open up the shed on so runners can get the stationary bikes out for a spin workout. If you would like to have some group spin sessions, you need to do a little planning—get a small group that is organized and will show up, give Coach Johnson some advance notice of when you would like to spin, arrange the sessions—and then be there and work hard! Coach Johnson and I want to help you if you are interested. Spinning can be valuable cross training once or twice a week.

Here are some thoughts on who could benefit from these sessions and how to use these sessions in your training:

- New runners could get non-impact aerobic work on days with no running. So the new runners could come and get on the bikes with Coach Johnson and then have a core session together while the experienced runners go for a run.
- Higher volume, motivated runners could come in the morning for a full hour spin session and core, and then come back in the evening at 6pm and run with the later group. This is a great way to build aerobic power without adding more pounding on the legs! Also, these two-a-day aerobic workouts mimic what the athletes in Flagstaff do. I'd really like to see our motivated, varsity athletes try two-a-day workouts a day a week, one run session and one spin session (or water running session)!

Core: You know a lot of core exercises! If you are not sure what to do, alternate people picking an exercise and go for one minute. A good idea is to rotate your core exercises. Of each of the four below, think of one that you can do and rotate around to all sides:

1. Standing/leg focused (squats, backwards lunges, the different kinds of Yoga-Warrior poses, runner's toe touch, etc.),

2. Where you have your face to the ground (like dry land swimming, push ups, fire hydrant etc.),
3. Exercises on your side (side plank raises, side plank with elbow to knee touches, leg lifts etc),
4. and face up/on your back exercises (V-ups, bicycle, rockets, etc.).
5. Then back to 1 again. This way even if there are many of you picking different exercises, you will be hitting all the different muscle groups.

Help each other remember how to improve your form. Remember that there are many ways to 'cheat' and not work the targeted muscle properly! Help each other and make our team stronger.

At least one day a week, either on one of the harder running days or the day after, do a day of core work with more focus on legs (lots of squats and lunges and Warrior variations). Don't do this on the day directly *before* a longer run! You can do it on the same day as a longer run, but we want your legs fresh as possible for your harder run days.

I show four days a week of core, but you can do more. You can do some core everyday!

Stretching: More of this later, but don't forget stretching—lots! And teach new kids your favorite stretches. Do some long hold (2-3 minutes up to 5) stretches for important areas—hamstrings, quads, calves.