

MVXC19 Athlete-Lead Summer Running

Week Three Suggestions

(If new athletes show up this week that have not run at all, look back at Week 1 for guidance.)

Day	Approx Miles			Suggested Run (you can change!)	Other
	New	35	45		
Mon	4	6	6	Let's get the week off to a slightly mellow start without a shock to any new athletes...there still may be kids joining for the first time...run to McClellan and drill (leaders can run couple laps around the track to pick up stragglers). Memorial Park Loop, new athletes head straight back and advanced can head down Stelling to Rainbow and back that way. 6 good strides!	Runners can add mileage while doing strides on the track—stride the straights, jog the curves.
Tues	6	8	10	OK it's been three weeks...let's try taking the new runners up Fire Trail! Take them slowly up Fire Trail, regroup at the top, and run together to Hunters' Point (the bench where we do the Senior Run). New runners return to MV, runners wanting more miles run Seven Springs and come back by either Regnart or Prospect/RR Tracks.	Devin should be around in the morning for core!
Weds	4	4	6	Run to Linda Vista for drills. Go back by Regnart to Rainbow to RR tracks. High mileage runners can add on 2 or 3 laps on the track before heading out, and extend through Byrne to McClellan Park on return	Core .
Thurs	Bike / Spin ? ☺	5	9	Matadors Point run, runners that need more miles can go up and run the Watermelon Run finish, and come back through McClellan to SC/Phar Lap and back on Orange/Byrne.	Core.
Fri	4	4	5	McClellan, Phar Lap, strides.	Core.
Sat	6	10	12	Breakfast Run in Rancho? Or Matadors/ Horse/Garrods or REI? Explore a new run?	
Sun				Would be great to do something active! Bike ride together, get together and water run, swim, go to the beach, or the shoe store, then go have pizza...plan some fun and active things!	
Total	24	37	47		

Notes for week three:

- Trying to finish the last half of the run faster than you started (neg split) is a good habit.
- With the new people, if they are going to join the group for a Saturday run, they can make that run a longer run and make the Friday run shorter if they want. If the new runners are planning on running on their own on Saturday, then make the Friday run their longer run.

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Week Four Suggestions

(This is going to be a slightly lower volume week, giving us a break after three increasing weeks and to allow for the 4th of July Holiday.)

Day	Approx Miles			Suggested Run (you can change!)	Other
	New	35	45		
Mon	6	8	10	Up and Over! This will be the first time for the new runners. That's one reason we ran Fire Trail last week—they know the way back. Take the new runners up and make sure they know the way back and the higher mileage runners can add on Garrods and come back either Regnart or RR tracks. Finish with 6 solid strides.	Core,
Tues	4	4	4	McClellan and Phar Lap (if you are not running long tomorrow you could add on today).	Core
Weds	4	4	11 or 4	You can be flexible for these two days. Maybe you have big plans for the 4 th , so run more on the 3 rd . Or maybe some of your friends have been working this summer so you have not seen much of them—but on the 4 th you all have the day off so on the 4 th you want to all run together and make that your big run day. Fine! Do whatever floats your boat. Enjoy yourselves!	
Thur (4 th of July!)	0	4	11 or 4		
Fri	5	5	5	Stelling or Phar Lap or Homestead or RR tracks. Finish with six good strides—focus on form!!!	Core.
Sat	6	9	11	Breakfast Run? Or road trip to Rancho or Nisene Marks (ask coach for directions to this beautiful run in Santa Cruz). Or Up and Over + Garrods, or maybe Julia's Monster Climb. Finish faster than you start.	Core.
Sun				Something active is great! See above.	
Total	25	34	45		

Notes for week four:

- How is your conversational pace feeling? Is your 'easy/conversational' pace faster than it used to be? Are you finding it a good habit to run your last mile or two a little faster than the first half of your run? Hopefully you are feeling faster and more conscious of your pace. Push yourself a tiny bit!
- About that water running...have you been procrastinating or have you started adding on to your training by doing some water running? If you have been thinking about adding water running or swimming to your training, now it is JULY! It's time to move on your resolutions.! If you need a aqua running belt, tell me and I'll send you one. I want you guys to succeed!
- Figure out a fun bonding activity for next week. The week after 4th of July is a good time to start the push for the start of the school year! Also—the incoming freshmen are probably nervous a bit. You upperclassmen are at the top of the food chain! Talk to the incoming kids, see if they have questions - not only about school, let the freshmen know you will be there to watch out for them at lunch and open periods; let them know being on the XC team is cool! Go track down kids that started and then later stopped coming to practice—and also see if we can get a few more freshman and first timers!

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Footnotes/Suggestions

Core: You know a lot of core exercises! If you are not sure what to do, alternate people in your group, each one picking an exercise and go for one minute. A good idea is to rotate your core exercises into four types:

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, heel taps, 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.

I'll pick one core exercise for you! **Side Plank Knee to Chest.** I know this is hard but it's so good for us! Here is a good video to remind you how to do this exercise (they show three different levels of difficulty, I recommend the middle option):

<https://www.youtube.com/watch?v=xgqJawkwB6Q>

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 make our team stronger.

At least one day a week, either on one of the harder 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 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.

A lunge to add to your routine. Here is a lunge that I've been doing that I like a lot—the Tick Tock. You do a forward lunge, you recover to a one legged pose with knee up, and then directly go into a reverse lunge remembering to be under control and land gently with the back foot like we do for a reverse lunge. Then recover to a one legged pose and back to forward lunge and repeat, then do the other side.

I did a search and found a nice video on the tick-tock (I thought I had made up the name tick tock but I guess not!). Try the tick-tock lunge...

<https://www.youtube.com/watch?reload=9&v=S8MWQFpJxY4>

Stretching: More of this later, but don't forget stretching—lots! And teach new kids.

Shin Splint Pre-Hab: Do heel walks and heel raises, and teach the new kids.