

MVXC21 Athlete-Lead Summer Running
 Week beginning June 21: Suggested Runs

Day	Approx Miles			Suggested Run	Other
	New	35	45		
Mon	5	5	7	Monta Vista Park/Palm 3 Mile Return. Warm up to MV Park and drill. Run back to the school using the Palm Ave pace route. New runners run relaxed and as you feel. Experienced runners should run their target conversational pace—or try slightly faster (say 10 sec/mile under convo). Coach Becca can lead the VG group. Run in groups—pack running feels better. This should not be a stressful run. Run a set of strides on the track or grass after—teach the new runners about strides.	Core, do everything but some extra on lateral abs. Also some extra shin-splint prehab—15m of heel walks B4 & after core
Tues	3	6	6	Homestead. Run to McClellan green space to drill. Veterans run Homestead. New runners follow path to Stevens Creek Blvd. and come back on Orange-Byrne.	Core, and let's go stretch calves in stands.
Weds	3	5	7	Warm up to Linda Vista and drill. After drills, run 2x15 second (just 2!) (these are meant to be short) hill repeats. Teach the new runners what a hill repeat is. New runners, straight back to school. Veterans run to Regnart then either RR tracks, Stelling or Stelling + Memorial depending on mileage you need.	Core, and some extra shin-splint prehab—15m of heel walks B4 and after core and more if you want!
Thu	5	6	9	Matadors Point. New runners can come straight back or turn around at dam face, or run all the way to the keyhole. 45s can run a few laps before taking off to Matadors. Coming back using the new golf course cutoff to Linda Vista, this adds about 1 mile.	Core (more legs, e.g. runners' touch, reverse lunges, squats)
Fri	3	5	5	Warm up and drill on track. Then head to McClellan...new runners can come back at Blackberry Farms cut off, veterans Phar Lap.	Core, with some extra focus on lateral abs.
Sat	6	9	11	Up and Over, or Up and Over + Garrods. New runners can come back from Prospect if they want. If any new runners want to tackle Up and Over...some veteran, PLEASE volunteer to guide any new runners on their first U&O! At this point, some of the new runners are ready for Up and Over!	I'd like some extra calf stretching afterwards!
Sun				Do something active! Bike ride with teammates, swim, water run, play a game.	
Total	25	35	45		

MVXC21 Athlete-Lead Summer Running
 Week beginning June 28: Suggestions

Day	Approx Miles			Suggested Run	Other
	New	35	45		
Mon	5	5	7	Monta Vista Park/Palm 3 Mile Return. Warm up to MV Park and drill. Run back to the school using the Palm Ave pace route. New runners should run as they feel—don't worry about pace. Experienced runners I'd like you to try to run ~10 sec/mile than target conversational pace while sticking in a group. This is not a tempo! This is meant to be in your upper aerobic range, just to change up your pace. Don't make this run stressful!	Core, I'd love to see some extra lateral abs and also shin splint prehab. Different people can suggest exercises!
Tues	3	5	6	Run out to Linda Vista using golf course cutoff, and drill. Run <u>2x15 second hill strides</u> (show the new runners!). New runners come straight back to school, veterans return on RR tracks or Stelling based on mileage you need.	Core...maybe just for fun one of those video-lead core sessions.
Weds	5	6	10	RR Tracks and drill at Rainbow. New runners can come straight back, or go out to Prospect or De Anza and return on RR tracks. 35s can run Up and Over. 45s can run Up and Over plus Seven Springs.	Core...different people can suggest exercises.
Thur	3	6	7	I'm thinking you warm up to Varian Park. New runners return straight back to school, while veterans run Will's Loop but use the golf course cutoff to get to Linda Vista.	Can someone teach foam rolling after core?
Fri	3	5	5	Warm up on the track, drill, and then run more on the track or pick a local route to get the mileage you need. Strides after the run.	Core, shin pre-hab
Sat	6	11	13	Long run to Stevens Canyon. ..Matador's Point for the new athletes, REI or Horse+Garrods for everyone else.	Some extra calf stretching is always good!
Sun				Have a great July 4! It would be great if you did something active! Maybe you could get together with teammates for an early morning hike or bike ride before a day with your family.	
Total	25	38	48		

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Notes for June Workouts

- **General Notes**

- These runs are only suggestions! I'm not at the practice to evaluate who is at the run, what the weather is, if there is road work or trail work going on. If run leaders want to plan a different run...go for it! If Coach Becca is there and she has a different idea, do it! These plans are intended to help you have a good summer of running, but are not meant to be constraining.
- If you are travelling and not in Cupertino, use this plan as an of what kind of runs to look for, wherever you are. Use your running and training as a way to explore new places!
- If you want to organize a group to meet and run someplace other than the Monta Vista track, that can be a great idea! Summer is a fun time to try new places to run. You could organize a group to meet at Rancho San Antonio one day—there are great runs in that park. If you want to go over the hills to Santa Cruz, coach can give you ideas for some nice runs in Nisene Demonstration Forest or Wilder Ranch Park...and afterwards, go get some great food at Gayle's and then spend the rest of the day at the beach. Not bad! There are also nice runs in Los Gatos or Quicksilver Park in Almaden...ask coach for ideas.
- Remember it's always a nice idea to finish faster than you started...develop a habit to try to pick up the pace in the last half or part of your run...finish strong!

- **How To Read and use the "Mileage" Columns**

- Runners are unique...there is no one run that will suit all of you this summer.
- The "New" column is the suggested mileage that day for someone who is new to running.
- The "35" column is the suggested mileage for someone who wants to average 35 miles per week for the summer.
- The "45" column is the suggested mileage for someone who wants to average 35 miles per week for the summer.
- If you fall between these numbers, you can make some choices...if you want to average 40 miles per week, maybe you do the long run and the pace run suggested for the 45s and the rest of the runs suggested for the 35s. If you want 50 per week (the most we would suggest for any high school athlete!), you could add on a mile a day to the 45 column. You can tailor your runs so that you are still doing most of your running with your friends on the team.
- You might find your fitness changing during the summer...so you might want to edge up your goals. I suggest you be conservative however...running is a long-term project. Slow and steady increases in volume will result in big improvements with less injury risk.

- **Show Love and Support** for your teammates, particularly new additions!

- Take your time to talk to new teammates when they arrive, get to know them and introduce them around.
- Get their phone numbers and email addresses so you can stay in touch...get them connected to your FB and Insta groups.

- Use your judgment to help the new runners figure out how much to run.
- If an athlete was running last week and is not around this week, don't let them ghost you! Call, text, email and let them know they are missed. Show up at their doorstep and get them out running. **A great teammate will not let you quit on your worst day.**
- **Organize Fun Activities**
 - Game nights, picnics, movies...why not?
- **Let's Look for New Freshmen!**
 - If anyone can find contact information for Class of 2025 athletes from Kennedy...let's get them out running.
 - This pandemic year has been weird. Starting high school after a year of Zoom classes and remote learning sounds horrible. We can build a great team and also help the new freshman feel confident when school starts if we get them out running! If you have siblings at Kennedy or Lawson...reach out and use any contact you have! Email Mr. Murray. Do whatever you can to share the running love!
- **Cross Training**
 - If anyone has access to a pool, water running is a great idea (contact coach if you need flotation belts).
 - Organizing bike rides or hikes on Sunday, or afternoons, is a great way to build team spirit and also increase training.
- **Shoes!**
 - Don't forget to keep your shoes fresh. Four pairs per year is the right number for most people. So it's a good idea to buy a new pair at the beginning and the end of every season of cross and track.
 - Running Revolution (in Campbell) and A Runner's Mind (Los Altos) are good stores and should offer you discounts if you tell them you are on the Monta Vista Cross Country team.
 - <http://www.mvrunning.com/coachs/shoes-not-just-a-good-idea/>
- **Morning Running**
 - Starting at 7am during a hot summer makes a lot of sense. Also, by getting your run done first thing, you are less likely to skip the run later. But if there are people who have conflicts with classes or internships or jobs, then it's fine to set up a 6pm group, too.
 - Habits can be helpful or habits can hinder you. Maybe now you have a habit of staying up late at night playing video games or scrolling through FB, and so you have a habit of sleeping in. You can change that habit. You can set aside your phone at night, go to bed early, get up early and meet your teammates to run. It might be hard at first but you can change that habit...and after a while that habit will help you achieve your running goals.
 - Remember, when you say "***I can't get to practice by 7am***", that is not quite true. Of course you can be at practice at 7am—if you choose to be there. This is a choice. It's not like saying "I can't run a mile in less than four minutes"—you probably can't do that (yet!). Getting up and getting to practice on time is a choice you can make, it might not be your first choice but you can still make the choice. Being on time to a practice in the morning is ***doable***.

Some Core Training Notes

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).

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, mule kicks, 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, bicycles, 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.

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.