

MVXC21 Athlete-Lead Summer Running

Week beginning August 2: Suggested Runs (you can change these!)

Day	Approx Miles			Suggested Run (you can change!)	Other
	New	35	45		
Mon	5	5	8	Warm up to Varian Park, and drill there. Afterwards, suggested options are Will's Loop (there are lots of ways to modify the return, I'm still liking the golf course cutoff to Linda Vista) or if you need less miles, you can take the bike path/trail past Blackberry Farm to McClellan, then the golf course cutoff to LV and then back to school.	Core!!! Some extra shin-splint prehab— 15m of heel walks B4 and after core
Tues	5	5	6	Warm up to McClellan, and drill there. Afterwards, Phar Lap for everyone, but people who need more miles can head down to Memorial Park on Stevens Creek, check out the dogs being walked at the park, and come back to school on Stelling.	Core!!! Some extra shin-splint prehab— 15m of heel walks B4 and after core
Weds	4	4	6	Warm up to Linda Vista and drill. After drills, run 5x15 second (5 reps this week!) hill repeats. You should start feeling quite dialed in with these hills, and maybe feel like picking up the pace on the way back to school—that's cool if you feel that way! Pick your route back to get the mileage you need.	Core, and some extra shin-splint prehab— 15m of heel walks B4 and after core and more if you want!
Thurs	6	6	8	Let's run out to Matadors. Experienced runners, why don't you start introducing the sophomores and freshmen to the Watermelon course? If you all run that together it could be fun. Runners can pick up an extra mile using the golf course bypass and coming back through Linda Vista.	Core...and let's focus on legs (runner's touch, reverse lunges, squats, mule kicks...)
Fri	3	3	3	Run out to Linda Vista, drill, and come back...you don't need much today, just have a fun easy day.	Core.
Sat	6	10	11	Long run day...Up and Over, or for something a little different, you could try Julia's Monster Run! This is a beast of a climb. What you do is you start running up Prospect like you are	After all this, a couple strides will make you

				<p>running Up and Over, but when you are at the place where Parker Ranch Road and Prospect Road you go a different way. Instead of following Prospect, find a trail that goes off of Prospect Ct. on the left side of the road. This trail will be a steep climb that will take you eventually to the water tanks near Garrods Gate, you follow the path and you will get to Garrods. From there you can run straight back to school for a little under 8 miles total, or if you go to reverse Horse you will get a little under 9 miles, or you could even reverse REI and get a very tough run over 10! Remember that some runners are still getting into a groove so Up and Over can be plenty for new people, and if you have anyone that joined for the first time this week then out and back to De Anza or Prospect is fine too.</p> <p>https://www.mapmyrun.com/routes/view/4539802006 https://www.mapmyrun.com/routes/view/4539786280 https://www.mapmyrun.com/routes/view/1889251808</p>	<p>feel better! Really!</p>
Sun				<p>Do something fun and active with your friends before school starts! Or just invite friends over for a backyard pizza + games/movie night today or this week?</p>	
Total	29	33	42		

Notes for week seven:

- Mostly what I want you to do is get ready for the start of school and formal practice. Take your running a little easier this week—but still try to change up your paces.
- Take care of all your athletic clearance issues THIS WEEK! Right now, only Sophia and Abigail are fully cleared...if you think you should be cleared or have questions then email Mr Bonacorsi and Javier and ask what you need to do. Email them now at nick_bonacorsi@fuhsd.org, javier_margarito@fuhsd.org
- If you have any health issues that need attention, please see your doctor now! Please don't come to practice the first day saying 'I have not been feeling great so I just have not been doing much, now what?' Please, please let's get ready to go and achieve our goals, and if that means seeking out help, let's get in front of that now!