

Monta Vista Summer XC Training 2012

Hey Team,

Hopefully you are ready for a very fun summer after a successful school year—and I also hope you are thinking about the training you want to do to earn a monster of a cross-country season next Fall!

Here are some thoughts about your training. This plan is intended as a general set of suggestions to help you organize your own training. Some of you have signed up for Mike Dudley's cross-country camp and this will help organize much of your summer; some of you have also signed up for Chris Hallford's or Bree Lambert's supplemental training classes (there is more information on these classes at:

<http://www.mvrunning.com/news/cross-country-2012-pre-season-meeting/>).

Here are some thoughts and goals for the summer, and how to think about your training:

- Remember this is all optional—training should be fun, and you should be doing this because you WANT to run not because you have to run!
- In general, your goal for the summer should be to run lots of relatively easy-paced mileage. The primary goal for the summer is to build base mileage (this is why I like Mike Dudley's camp as opposed to programs that are focused on summer competition). Our main goal for the summer should be to encourage your body to adapt to higher mileage—but not too much more. About 20% more is probably a good goal. So if during T&F 2012 you have been averaging 25 miles a week, bumping your weekly mileage to 30-33 is a good goal. Too much of an increase can be a injury risk. Your body will make very valuable adaptations—and that will pay off during cross season.
- This plan breaks the summer into three-3 week phases (plus a one-week 'bonus' phase). Each three weeks has a different focus. The one week 'bonus' is to plug in when you need a rest—either because you are tired, just need a break, or maybe are on a family vacation and need some easy time.
- Run with friends on the team! This plan can be used to help organize the MV run group that the team organizes (Monday to Friday at 9:30am in front of the MV wrestling room). This plan can also be used to organize other runs. Call your friends on the team, or make new running friends! Pace should generally be conversational pace—so you can talk with your friends as you run!
- Any running is helpful—if you can only run 3 days a week, that's fine. I'd encourage you to start running four days a week in Phase 1 and work up to 5 to 6 days a week.
- Swimming or cycling is GREAT cross training!
- While I'd like you to work hard...don't work too hard! DON'T burn out—we want you to have fun and be eager to run hard when cross season starts. And DON'T do so much you get hurt—we want you healthy for the start of the season!

Sign up for your annual physical now! You need it for next Fall and it's nice to do as you start your summer training. And consider getting a serum ferritin test at the same time:

<http://www.mvrunning.com/announcement/i-hate-needles/>

Phase 1: Slow Ramp Up June 11 through July 1

Theme: Get started with summer running. Start running regular, easy mileage.

Running: If you did not run track last season, you are new to running, or just out of shape, run every other day. If you are in reasonable shape, running 4 days per week is a good target. If you feel good, and are in good shape already, it's OK to run 5 days per week but you don't have to. Make one day a long run day, and give yourself at least one rest day.

Speed: You don't have to run much speed—just once a week during this phase, do something fast. You could find a hill and run 6x15 seconds up a hill—short and fast. Or with four to six laps of the track -- striding the straightaways and jogging the curves.

Drills: Warm up and drill before each run. Really focus on being precise in your drills. Especially high knees, A- and B-skips...think about your front leg and getting the knee up high and the thigh parallel to the ground. Drills have a **purpose**, they will help your form. If you see the pros warm up, their drills are beautiful! Try to emulate them.

Core: I'd like you to do 5 days a week of core all summer! Does not have to be a lot every day. I'd think that 3 days of 5-10 minutes of core work, and 2 days with 10-20 minutes, will be perfect.

Stretching: Set aside some time for stretching at least 5 days per week. As a team we are TOO TIGHT. Being more flexible will make us faster—really—and more injury-resistant. You can read while you stretch too: <http://www.mvrunning.com/coachs/four-easy-stretches/>

So a model week for the three weeks of Phase 1 might be (change things around to fit your schedule):

Monday: Run for 30-40 minutes, core, stretching (don't just hang out and talk after your team workout—hang out, talk and STRETCH!)

Tuesday: Long run day; run for 45 minutes or longer (hills maybe?), core, stretching

Wednesday: Rest day, or short run and a BIG core session, stretching

Thursday: Run for 45 minutes, stretching, core

Friday: Rest day or short run or play a game.

Saturday: Long run day; run for 1 hour in hills with teammates (or a little longer if you are already running that long), and stretching

Sunday: Rest day

Total running ~ 3 to 4 hours, probably 15-30 miles per week.

Phase 2: Build Base

July 2 through July 29

Now let's add some mileage! We should be getting comfortable with running 4 to 6 days per week. If you are running with Mike Dudley's camp you might want to get another run or two in addition to what you do with Mike—maybe sign up for Bree's Wednesday runs in Rancho, join the team-lead group at MV, or put together your own runs with friends. Make sure to alternate hard days and easy days, long and short, hills and flat. By the end of the month you should be able to run 10-20% more miles per week than you used to and still feel pretty comfortable. It would be nice if your long run was up to an hour long—or more.

Keep up with drills, core and stretching.

Speed: No need for much. Again, just a little speed and it should be fun—just once a week do something fast. If you decided to run hills, just find a hill and run 8x(10 to 20) seconds up a hill—short and fast. If our brand new track is ready, move up to six to eight laps of the track -- striding the straightaways and jogging the curves. Another good option is to criss/cross the football field; stride the diagonals and jog the end zones—for a total of six to eight strides.

A model week for this phase might look like this (remember, you can play around with this and make adjustments!):

Monday: Run for 45 minutes-1 hour (hills?), core, stretching

Tuesday: Run for 30-45 minutes-1 hour, core, stretching

Wednesday: Run for 45 minutes +/- 10 minutes core, stretching

Thursday: Run for 45-1 hour minutes (hills?), core, stretching

Friday: Rest day, or 30 minute run, or play a game, or run and play a game

Saturday: Run for 1 hour or a bit more, hills optional, with teammates, stretching

Sunday: Rest day

Total ~ 3.5-5 hours, 20-40 miles per week. You don't need to be at the top end of this week 1! Don't get hurt!

Bonus Week!

Stick a week in whenever you need a break. Do whatever you want (as long as you keep training some!). Here are some suggestions:

1. Take an easy recovery week—run every other day for 30-45 minutes. This is a fine idea.
2. Pick one of your favorite weeks from Phase 1, 2 or 3 and repeat it.
3. Do a lot of cross training for a week—swimming, cycling, soccer, whatever.
4. Let someone else plan a week and just follow along!

Phase 3: Prep for the Season **July 30 through August 19**

The main thing here is to maintain the mileage in Phase 2 but add some more speed. Not a lot of speed, just want to keep the fast-twitch fibers engaged a little. So the idea is that at the end of 2 (or maybe 3) of the medium or short runs each week, end the workout with a set of strides. Pick one of the following examples or make up something similar:

- 8x30-40M strides; roll in as a jog then a good 95% effort for 40M, recover for a minute or so.
- 6x100M strides; roll in as a jog then a good 90% effort for 80M, recover for a minute or so.
- If you are out running in Fremont Older or Rancho—or anywhere with hills—pick a nice gentle hill and run 4 to 6 x 20-30 second repetition (only once per week at most).

So a model week for the three weeks of Phase 3 might be (change things around to fit your schedule).

Monday: Run for 45 minutes-1 hour, STRIDES, core, stretching

Tuesday: Run for 30 minutes-1 hour, (STRIDES—optional), core, stretching

Wednesday: 30-45 minute run, core, stretching

Thursday: Run for 45 minutes-1 hour, STRIDES, core, stretching

Friday: Rest day or short run

Saturday: Run for 1 hour or a bit more, hills optional, with teammates, stretching

Sunday: Rest day

Total ~ 3.5-5 hours, 20-40 miles per week.

Core Options

Core can be as simple as alternating a set of ab-exercises (crunches, V-ups, bicycles, etc) with a set of push-ups or fire-hydrants, and alternating those for 3 or 4 rotations.

Two great options are to join Bree Lambert or Chris Hallford two days a week for their gym classes. These two trainers are two of my favorites. You will be a rock if you work with them.

Or you can do...

- Mini-core (Plank—clams—lateral leg raises—Donkey kicks—Donkey whips—fire hydrants—knee circles—standing knee circles—leg swings)
- Mini-legs (Squats [10-20]—sideways squats—one legged squats—sideways shuffle—lunges both legs)
- Check back on mvrunning.com for more core workout options—I plan on posting more circuit ideas.

- Check out Runners' World: <http://www.runnersworld.com/article/0,7120,s6-238-263-266-13030-1-1X2X3X4-4,00.html>

Pick something different at the end of your workout or fit this in on other days. It will really help you over time!!! Have fun, try different things or make something up!

Summary

Hopefully you will have a great summer of running! Work hard...but be smart, too. You have learned a lot about running so you can use your judgment, and help each other out. The goal is to start the season with a good base, but also we want you hungry and ready to work hard too—we don't want you burned out! And don't get hurt; we want you healthy.

Don't hesitate to get in touch with any of your coaches if you have any questions!

Train hard—we will see you soon!

Coach Flatow, Coach Johnson, Coach Matt, Coach Barb