

MVXC21 Athlete-Lead Summer Running

Week beginning July 5: Suggested Runs (you can change these!)

Day	Approx Miles			Suggested Run (you can change!)	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 the exact pace but try to think about how the run feels— this is not meant to be a fast tempo run! We want these three miles to not be fast but not be slow, either; this is not a hard run but it's not a slow run, either.. This description sounds odd but it should make sense to a runner, and this will make more sense over time! This run is meant to be in your upper aerobic range, we want to change up our pace a bit. Experienced runners try to build on what you did last week...run as a group, and try to do what you did last week or, if that was comfortable, a few seconds/mile faster. Don't make this run stressful!	For runners that need a little more mileage, you can get your strides in at the same time by running laps around the track, jogging the curves and striding the straights. Do core with extra lateral abs.
Tues	4	4	7	Warm up to the McClellan green space, then Phar Lap (or even straight back to school) for new kids, Homestead Loop for others.	Core!!!
Weds	3	5	6	Warm up to Linda Vista and drill. After drills, run 3x15 second (3 reps this week!) (these are meant to be <u>short</u>) hill repeats. New runners, straight back to school—or maybe you are ready to add on and go back on Bubb. 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!
Thurs	6	6	7	Matadors Point run, runners that need more miles can run back using the golf course cutoff to Linda Vista Park and then to school.	Core...and let's focus on legs (runner's touch, reverse lunges, squats, mule kicks...)
Fri	2	3	4	Warm up on the track, drill, then you can get	Core.

				the easy mileage you need on the school grounds or near by...some strides are a nice idea today!	
Sat	6	9	11	Long run day...Up and Over, or Up and Over + Seven Springs. There might be runnersthat are still new and not quite ready for Up and Over, so it is OK turn around at Prospect and come back to school. If anyone is up for tther first run of Up and Over, show them the way!	Strides after or on the way back, and let's do some extra calf stretch.
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	26	32	42		

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Week beginning July 12: Suggested Runs (you can always modify these!)

Day	Approx Miles			Suggested Run (you can change!)	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. See the notes from last week...if you are feeling stronger, the same effort level might start resulting in faster average mile paces for you and your buddies. You might even find you are keeping up with people that used to drop you and still not feel like you are hammering yourself. Don't make this run stressful!	Finish with some strides, in your socks might feel good. Lateral abs are always good—coach loves side plank with an elbow to knee touch, and starfish ☺
Tues	5	7	8	OK it's been four 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 most years). New runners return directly to MV, running back on Matt's Hill Repeat loop adds a little big, and runners wanting more miles run Seven Springs and come back by either Regnart or Prospect/RR Tracks.	People will be getting back at different times, so you can get in smaller groups and do core together.
Weds	3	5	6	Warm up to Linda Vista and drill. After drills, run 3x15 second (3 this week!) (these are meant to be <u>short</u>) hill repeats. New runners, straight back to school—or maybe you are ready to add on and go back on Bubb. Veterans run to Regnart then either RR tracks, Stelling or Stelling + Memorial depending on mileage you need.	Lots of legs in your core today—runner's touch, lunges, try other things!
Thur	4	4	7	Run to Varian Park for drills. Runners can come back to school directly, or add on by using the golf course cutoff to Linda Vista, or run Will's Loop.	Core...with some extra shin splint pre-hab.
Fri	3	5	5	Stelling or Phar Lap or Homestead or RR tracks. Finish with six good strides—focus on form!!!	Core.
Sat	6	9	11	Long run/endurance today! Head to Stevens Canyon for drills. Matadors Point for first year runners, Horse or Horse + something for more advanced runners.	Core with your group when you get back to track.
Sun				Something active is great! See above.	
Total	28	35	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!
- Figure out a fun bonding activity for next week for you and your friends and teammates.
- If you want to organize a group to run at Rancho or someplace else new one day, that is a good idea. Be inclusive! Coach knows some adventurous runs, just shoot him and email and he can give you some good ideas for new runs.
- School starts in a month!—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 timer runners!

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Notes for 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**

- **You can always reach out to coach and ask, 'how much should I be running???' I do like to hear from my athletes 😊**
- 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 **really possible!** It is!

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.

A Couple of Core Ideas

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 (you don't have to use the bosu stability ball!):

<https://www.youtube.com/watch?v=xgqJawkwB6Q&list=PL0q7yUyLBI28yWH29rzf4XwbTnltoAzEX&index=3>

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>