MVXC 2024

Pre Season Meeting

Let's think about the future—think about the end of the upcoming 2024 season

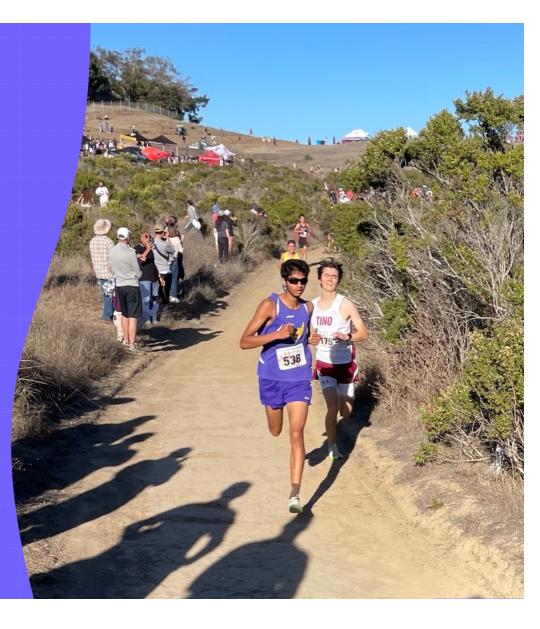Pre Season Meeting

Let's think about the end of the 2024 Season

Competing in your last race of 2024

Competing in your last race of 2024

Competing in your last race of 2024

Competing in your last race of 2024

Competing in your last race of 2024

The first few days of practice

The first few days of practice

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The first few days of practice

Now...think about your summer running.

Get in touch with our future self—the one who will be racing in the championships in November. You can make decisions today and this summer to help the future version of us.

70 years old

By getting in touch with our future selves, we can make better decisions today.
(Summer running, retirement saving.)
Based on research by Hal Hershfield.

70 years old

Pick a target weekly average:

Vary like a "ladder"; increase by 2-3 miles every week for three or four weeks, drop back 6-8, and work up a again

Give yourself some grace

Plan for vacations

Guidelines (but you be you):

Boys: 2nd summer, 35-40ish; 3rd summer, 45-50ish; 4th summer, 50-55ish

Girls: 2nd summer, 30-35ish; 3rd summer, 35-40ish; 4th summer, 40-45ish

New runners: Work up to running 5 days per week, 30-60 minutes per day

Summer Running

Example for a sophomore girl who ran cross and track, healthy, motivated

1. 30
2. 32
3. 34
4. 36
5. 32
6. 34
7. 36
8. 38
9. 34

Possible additional goals:

Core 15 minutes, 4 days per week

Roll out 3 days per week

Hike with friends at least once a week

Bicycle ride or swim or water run with friends 2 days per week

Play a pick up soccer or basketball or ?

I want to try an experiment; you will have homework

1. Develop your plan by Sunday
2. Make it simple and achieveable
3. Email the plan to me (coachflatow@gmail.com)
4. Include your physical/street/snail mail address

Some 2024 Highlights

1. First practice August 9
2. Watermelon Run August 22
3. Lagoon Valley August 31
4. Mt. SAC October 25
5. SCVAL November 5

Mt. SAC, Friday October 25

1. Yes, plan on going!

2. All athletes, any pace, that have been working hard

3. Race is Friday, so will miss school Thursday and Friday

4. Back Saturday night (I have some ideas for fun things to do on Saturday on the way home…stay tuned

Questions?