

St. Joseph Cross Country Summer Training Handbook



Summer is where champions are made!

“He who is not courageous enough to take risks will accomplish nothing in life.”

Muhammad Ali

“To give anything less than your best is to sacrifice the gift.”

Steve Prefontaine

St. Joseph Cross Country Summer Training

What you should do if you want to be champions!

Cross country is a training sport. If you want to excel at cross country, then you must run during the summer. **Summer training is where championship teams are made.** As incentives for you to run over the summer, I will give you a free 300 mile club t-shirt if you run at least 300 miles this summer or a 500 mile club t-shirt if you run at least 500 miles this summer. You might think that this is a lot, but there are 12 weeks in the summer, which amounts to about 42 miles a week or about 6 miles per day if you run 7 days a week to make the 500 mile club. For the 300 mile club you would have to run 25 miles a week to reach that level. Your weekly mileage should not go over 70 miles a week for upper classmen and 50 miles a week for freshmen.

The summer months are when you need to build your base. During this time, your body will go through two cellular changes, one every six weeks. By running consistently over this time period, your cells will be able to hold more oxygen, glycogen, and have a higher lactic acid threshold. All of these things will help you to run longer and faster. Building a solid base over the summer will also reduce your chance of injury during the cross country season. It will also allow us to spend more time on building speed and sharpening your skills, so you will be able to run faster. If you don't run over the summer, then we have to spend most of the season getting in shape.

When you begin your summer training, you will want to start out small and slowly build up your weekly mileage. You should increase your weekly mileage for three weeks. After the third week you should stay at that weekly mileage for two or three more weeks before increasing your weekly mileage again. Also never increase your weekly mileage more than 10 miles per week. **It is always important to listen to your body.** If you are feeling really sore or very fatigued, then you need to lower your weekly mileage and or take a day or two off from running. **After every run, you should stretch for at least 10 minutes.** Here is a sample training plan for a 6 week period to explain things a little more clearly.

	Mon.	Tue.	Wed.	Thurs.	Fri.	Sat.	Sun.	Total
Week 1:	2mi	4mi	3mi	2mi	2mi	5mi	2mi	20mi
Week 2:	3mi	3mi	3mi	2mi	3mi	6mi	3mi	25mi
Week 3:	4mi	6mi	3mi	5mi	2mi	4mi	6mi	30mi
Week 4:	4mi	6mi	3mi	5mi	2mi	4mi	6mi	30mi
Week 5:	4mi	6mi	3mi	5mi	2mi	4mi	6mi	30mi
Week 6:	4mi	7mi	3mi	6mi	3mi	5mi	7mi	35mi

What you should include in your weekly mileage

You should have one **long run** a week, no longer than 8% of your weekly mileage.

Rest day: zero to two per week depending on how many days a week you are running.

One **long fast run:** but not as long as your long run. The pace for this run should be faster than your easy day run pace.

One **short fast run:** where you run a short distance 2 to 3 miles at a hard fast pace.

Two to three **easy runs** per week. They should be run at a comfortable pace where you can talk to your fellow runners. They should not be terribly slow though.

You can also do some cross training. Bike riding and swimming are good cross training activities. Every 3 miles biked equals 1 mile run.

Example weekly set ups:

<u>Mon.</u>	<u>Tues.</u>	<u>Wed.</u>	<u>Thrus.</u>	<u>Fri.</u>	<u>Sat.</u>	<u>Sun.</u>
LF	E	SF	E	E	LR	R
E	LF	E	SF	E	LR	R
LF	E	SF	E	R	LR	R
LF	E	SF	E	E	LR	E

LF = long fast run

E = easy run (recovery)

SF = short fast run (faster than LF)

LR = long run (run at E pace)

R = rest day (cross training or no running)

IF NONE OF THIS MAKES SENSE, THEN JUST GET OUT AND RUN!

Any Questions: Please call Coach Mahler at (269)-930-0860

Important things to do during your summer training

The most important thing for you to do this summer is to have fun while running, if your not having fun then find ways to make your runs fun. Remember to listen to your body, if you are feeling run down, then take a day off or cut back on you mileage. Also, if you want to do some cross training that is fine. Bike ridding and swimming are good cross training activities. They are good aerobic activities, but they will not train your muscles to run a 5K race. Use cross training as a supplement to your running and not as the only source of your summer conditioning. Remember to stretch after every run for at least 10 minutes. Also try to run in a group or with a friend or teammates over the summer. You should try and run in a couple of road races this summer as a way to do some speed work and to see where you are at in your training.