**Dear Athletes & Parents~**

**LANCER CROSS COUNTRY**

**SUMMER TRAINING ‘21**

This is for the next six weeks designed to increase your mileage slowly and build your fitness so you’ll be able to “hit the ground running” on our first day of practice. These workouts are not set in stone, you may adjust them to fit individual needs such as vacations, random obligations, illness & injury (hopefully not). If you follow the plan closely, you will be faster and in better shape than last year at the same time. The structure should be easy to follow for returning runners, and a good introduction to the way in which the season will progress for the newcomers. There are four very important points we will stress early and often.

1) **Keep a running log of all the workouts you do**, with comments about how it felt. This is a good habit to develop because you can use it for reference.

2) **Whenever possible, try to alternate terrain** so that you’re not always running on concrete or paved surfaces. Grass or the Trolley Trail would be great alternative options.

3) **Please, make sure that you are fit with a good pair of running shoes.** Have someone who is knowledgeable about running look at your feet and stride (if they have the means to do so). Gary Gribbles running stores are a good option.

4) **Get a wristwatch with a stopwatch** so you can monitor your pace and training time.

**PACES / WORKOUTS:**

***EASY:***Recovery pace, not ridiculously slow. An “as you feel” pace.

***EASY / MODERATE:***Relaxed, picking it up to a little faster than easy pace.

***CONVERSATION:***The pace you go when you’re on a “regular run.” It’s not hard, just a decent, enjoyable effort that you can talk with your teammates while running.

***LONG*:** You will do one long run of an hour or more every week, usually Mondays. These runs are done at a relaxed pace, no faster than conversation pace. The longs runs will make you strong, both physically and mentally.

***TEMPO:***About 30 seconds per mile slower than your current 3-mile race pace (or, 2 mile). These runs are to be done on a flat course and the same pace be maintained throughout. “Comfortably Hard” as we call it, tempo workouts are the most important tool for improving your fitness and endurance. Also known as *“Anaerobic Threshold Pace,”* this run will raise the heart rate at which fatigue sets in. Basically, you can go harder for longer. To get you used to how the season is structured, this key workout is on Tuesdays, like it will be in the fall.

***FARTLEK:***Swedish for *“speed play,”* these workouts are for building your ability to vary pace when you need to. Putting on surges to break the competition as well as being able to respond to their attacks is an important part of racing. These workouts consist of timed bursts of near race pace with about equal amounts of easy recovery running in between. (We will do this in season)

***HILLS:***These workouts build strength and you will need it with the courses you race. Usually, hill work is done at close to race pace and is a fairly short, concentrated effort. They improve your agility, toughness, and overall strength. We usually do hill work on Wednesdays.

***REPEATS / RACE PACE:***How fast you have most recently run a 3 mile race or how fast you plan to run in your next one. In the later part of the summer and during the season, we will do a mile repeat workout at this pace every other Wednesday to get you familiar with your level of exertion in races.

**WARM UP / COOL DOWN**

You will warm up for at least ½ mile to one mile, although it is better to go with time. Your standard warm up for **every** run, including races, will be 10 to 15 minutes of easy pace. Follow the run with a short stretching routine of major muscles and anything that needs it. After any conversation runs, we will do 4-6 strides of about 100 meters at a relaxed, moderate+ pace. In addition to that, we will be doing core-strengthening exercises; so “easy” days aren’t exactly easy, they’re just less difficult than the hard days. Strides and stretching after runs helps prevent injury, so approach it as seriously as any other part of a hard workout. ***Stretch well after every training session regardless of whether or not you are with the team.***

**BASE BUILDING (Phase 1~June 7th – July 4th)**

Keep in mind you have a lot of running ahead of you, so go easy and enjoy it!

Mon – Long Run (anywhere from 4-8 miles)

Tues – TEMPO, 2-3 miles, 2 mile cool down

Wed – 4-6 miles easy/moderate pace

Thurs – HILLS, 6-8 continuous hill loops, 2 mile cool down

Fri- 4-6 miles at a moderate pace

Sat – LONG, 6-8 miles easy

Sun- REST

**PRE-SEASON (Phase 2~July 5th-July 25th)**

Mon- Long Run 5-9 miles

Tues- TEMPO, 3 miles, 15 min cool down

Wed- 4-6 miles easy/moderate pace

Thurs- HILLS, 8-10 continuous hills that are 200 meters in length, 15 min cool down

Fri- 4-6 miles at an easy pace

Sat- 6-8 miles at a moderate pace

Sun- REST

\*\*\*Remember to do your circuits 3x per week\*\*\*

**PRE-SEASON (Phase 3~July 26th-August 15th)**

\*Switching from miles to minutes. If you don’t have a distance route picked out often running for a certain amount of time works best.

Mon- Long Run (\*60-70 minutes)

Tues- TEMPO, 3 miles, \*15 min cool down

Wed- \*45 minutes easy/moderate pace

Thurs- HILLS, 8-10 continuous hills that are 200 meters in length, \*15 min cool down

Fri- \*45 minutes easy pace

Sat- \*65-70 minutes at moderate pace

Sun- REST

\*\*\*Remember to do your circuits 3x per week\*\*\*