

AUBREY

CHAPARRALS

Welcome to the Aubrey Chaparral Cross Country Summer Training Program! This is a 10-week program designed to elevate your mileage slowly and build your fitness so you will be able to “hit the ground running” in the fall. The workouts are not set in stone, so you can adjust them to suit individual needs such as vacations, random obligations, illness, or injury but please summer consistency is crucial to cross country season.

There are three 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 in the years to come.
- 2) Whenever possible, avoid running on paved or concrete surfaces. Grass and dirt are much easier on your legs.
- 3) Get a wristwatch with a stopwatch or use a running app (GarminConnect, Strava or Runkeeper are my personal favorites) so you can monitor your pace and training times.

Please look over the following information and let's get STARTED!

These are Varsity level workouts. Beginner runners and Jr High runners should begin with cutting all times and/or distances in *half* until Coach Giddens evaluates you in August to determine your level changes, based on your summer progress. Harder, more important workouts are emphasized with CAPITALS (Mondays, Wednesdays, Fridays, and Saturdays). The 40 to 45 minute easy runs between those harder days are for recovery; so don't push pace at all on those days because you don't want to burn out. If you have to take a day off, make it one of these recovery days, not a harder day, if at all possible.

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EASY: Recovery pace, not ridiculously slow; an “as you feel” pace; “Talking” jog pace

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

MODERATE: The pace you go when you are on a “regular run;” It’s not hard, just a decent enjoyable effort

LONG: You will do one long run of an hour+ every week, usually Saturday. These runs are done at a relaxed pace, no faster than moderate effort. The long runs will make you strong, both physically and mentally.

TEMPO: About 30 seconds per mile slower than your current 3 mile pace (about 15 seconds slower than one mile pace for Jr High and beginners). These runs are to be done on a flat course and the same pace be maintained throughout. “Comfortably hard” as we will 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.

WARM UP/COOL DOWN You will warm up for at least 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 quick series of dynamic stretches of major muscles and anything that needs it. For harder workouts, the warm up and cool down might be longer (20 minutes) and is not included in work out time. For easy runs, your warm up and cool down may be included in your total 45 minute run time, but make sure you stretch after 10-15 minutes and follow up with cool down stretches. For these runs, we will use the last mile or so as a cool down (same easy pace as warm up). After a recovery run, we will do 6 to 10 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

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other part of a workout. Stretch well after every training session regardless of whether or not you are with the team. Also, be sure to put ice on any areas that hurt or feel stressed during training.

XT: means “cross training.” Examples of cross training include, but are not limited to, swimming, water running for 20-30 minutes (this is one of the best!!!) strength training upper body, core stability exercises, hiking, rollerblading, yoga, rock climbing, or any activity or sport that adds some zest to your workout week and breaks the boredom of your routine, yet targets an area that you have not been able to develop in your regular workouts. On XT days, *avoid* activities that can fatigue the calf muscles: stair machines, rowing machines, spinning or leg strengthening exercises. These activities should be done on running days. (Source: Cross Country Running—J. Galloway, 2011)

CADENCE or TURNOVER DRILLS: This is an easy drill that improves the efficiency of running, reducing effort. This pulls all the elements of good running form together at the same time. Over the weeks and months, doing this two or more times a week will naturally increase the number of steps per minute (which means you run faster, easier). HOW TO DO THE CADENCE DRILL (CD) 1. Warm up by walking for 5 minutes, and running and walking very gently for 10 minutes. 2. Start jogging slowly for 1-2 minutes, and then time yourself for 30 seconds. During this half minute, count the number of times your left OR right foot touches (each runner chooses one). 3. Walk around for a minute or so. 4. On the 2nd thirty second drill, increase the count by 1 or 2.In the process of improving cadence or turnover, the body’s internal monitoring system coordinates a series of adaptations molding the feet, legs, nervous system and timing mechanism into an efficient team: Your foot touches lightly. Extra, inefficient motions of the foot and leg are reduced or eliminated. Less effort is spent on pushing up or moving forward, saving energy. You stay lower to the ground-becoming smoother and faster. The ankle becomes more efficient. Abuse of weak link areas is reduced. (Cross Country Running by J. Galloway, pages 127-128)

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

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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.

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 fairly short, concentrated effort. They improve your agility (ability to change directions quickly), toughness (make those hills your best friend), and overall strength.

REPEATS/RACE PACE: These are run at the pace you have most recently run a 5K (Varsity) or 2-mile (Jr High) race or the pace you plan to run in the next one. In the later part of the summer and during the season, we will do a mile repeat workout at this pace every Monday to get you familiar with your level of exertion in races. *All these paces can be adjusted with (+) or (-) to notate a middle range effort.

May 30th THRU June 30th:

Run 30 to 45 minutes easy, as you feel, 3 to 4 days a week. DO NOT exceed tempo (anaerobic threshold) pace. Rest between run days or do some cross-training (XT). Use this time to build your aerobic fitness base (remember, the better you build your base, the higher your potential). Run on dirt and/or grass and with your teammates as often as possible. Walk whenever you feel winded. *No huffing and puffing during the base building phase.* No sprinting. If you are breathing heavily at any point, slow down and take more walk breaks. Rapid breathing at the end of the run means that the pace needs to be reduced, from the beginning, on the next run. After your run, log it, either in an app or on paper. Include distance and/or time you ran, terrain, time of day and/or temperature, and how you felt about the run, noting anything uncomfortable or what felt good about it. Keep in mind you have a lot of running ahead of you, so go easy and enjoy it!

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VETERANS (returning JV and Varsity)— Follow the steps in Chapter 11 of Cross Country Running, J. Galloway:

VETERAN RUNNERS:

Pre-season conditioning program

Note: Veterans who have not been running much should follow the lower amount of running listed on each day.

XT means "cross training" (water running for 20-30 minutes is best)

* means "cadence drill" (4-8) done every Wednesday

** means acceleration-glider drill, embedded in the run for that day (4-8)

*** means hills: after a 10 minute easy warm-up and 4 acceleration-gliders, run at 10K pace up a 150-200 yard hill. Walk down. No sprinting. See hill section in this book.

Mon	Tue s	Wed*	Thu	Fri ***	Sat	Sun
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Week 1

15-30 min	off/XT	18-40 min	off/XT	22-40 min	off	1.5-3 mi
** then 2 hills						

Week 2**

25-30 min	off/XT	28-45 min	off/XT	32-45 min	off	2-4 mi
** then 3 hills						

Week 3**

30 min	off/XT	35-50 min	off/XT	38-50 min	off	3-4.5 mi
** then 4 hills						

Week 4**

Run 30 min	off/XT	42-55 min	off or XT	45-55 min	off	3-5 mi
** then 5 hills						

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BEGINNERS—Follow the schedule listed below:

JULY 1st THRU SEPT 1st -

WEEK 1

Mon - 40 to 50 mins easy conversational pace a.k.a. “talking” jog

Wed - 3 to 4 miles with 6 hills or so, moderate

Fri - 45 mins easy

Sat - LONG, 55 mins+, nice and easy “talking” jog

WEEK 2

Mon - 40 to 45 mins easy - easy/moderate

Wed - TEMPO RUN - 20 mins @ 30 sec/mile slower than race pace.

Long warm up & cool down.

Thurs - 40 to 45 mins easy + core strengthening exercises

Fri - 40 mins moderate with hills

Sat - LONG, 55 to 60 mins relaxed

WEEK 3

Mon - FARTLEK - Timed hard efforts mixed with slower recovery of similar time. 4 mins on (hard), 8 off (easy) x 4

Tues - 45 mins easy + core strengthening exercises

Wed - TEMPO RUN - 20 mins @ 30 sec/mile slower than race pace.

Long warm up & cool down.

Thurs - 40 to 45 mins easy + core strengthening exercises

Fri - HILLS - 6 race pace+, 2 mile warm up and cool down

Sat - LONG, 60 mins relaxed

WEEK 4

Mon - FARTLEK, 5 min on, 5 min off x 4 sets

Tues - 40 mins easy + core strengthening exercises

Wed - TEMPO RUN - 20 mins @ 30 sec/mile slower than race pace.

Long warm up & cool down.

Thurs - 40 mins moderate pace + core strengthening exercises

Fri - HILLS - 6 race pace, continuous loops. Concentrate on form, technique, and cresting.

Sat - LONG, 60 mins relaxed + core

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WEEK 5

Mon - FARTLEK, 1 min on, 1 min off x 15 sets. End with 2 min off, 3 min on.

Tues - 40+ mins easy + core strengthening exercises

Wed - 20 min TEMPO RUN w/ Long warm up & cool down.

Thurs - 40 to 45 mins easy / moderate pace + core

Fri - HILLS, 20 min warm up / cool down, then 6 to 8 x 200m OR 4 to 6 x 400m depending on incline.

Sat - LONG, 65 to 70 mins easy / moderate as you feel + core

WEEK 6

Mon - FARTLEK, 3 min on, 3 min off / 1 min on, 1 min off x 5 sets, then 10 min on, 10 min off (60 minutes total)

Tues - 40 to 45 mins easy / mod + core strengthening exercises

Wed - 3 mile TEMPO RUN, 2 mile cool down.

Thurs - 40 to 45 mins MODERATE + core strengthening exercises

Fri - REPEATS 3 x 1 mile on home course (Eagle Pt road), pushing hills. OR 10 to 12 hill loops, continuous; long warm up / down

Sat - LONG, 70 mins moderate on rolling trails

WEEK 7

Mon - FARTLEK, (33 minutes total) 3 min hard, 3 mins moderate

Tues - 40 to 45 mins easy + core strengthening exercises

Wed - 22 min TEMPO RUN, 10 x 100m strides on grass

Thurs - 40 mins easy + core strengthening exercises

Fri - HILLS, 8 to 10 continuous hill loops or bleachers. Finish with 6 mins moderate+

Sat - LONG, 60 to 70 mins easy as you feel + core

WEEK 8

Mon - REPEATS, 3 or 4 x mile at race pace on dirt course.

Tues - 45 mins easy + core strengthening exercises

Wed - 22 min TEMPO RUN w/ Long warm up & cool down.

Thurs - 45 mins easy / moderate pace + core

Fri - HILLS, 20 min warm up / cool down, then 6 to 8 long hills

Sat - LONG, 75 to 80 mins easy, relaxed + core

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WEEK 9

Mon - REPEATS, 3 or 4 x mile at race pace

Tues - 45 mins easy + core strengthening exercises

Wed - 22 min TEMPO RUN w/ Long warm up & cool down.

Thurs - 40 mins easy / moderate pace + core

Fri - FARTLEK, (33 minutes total) 3 min hard, 3 mins moderate

Sat - LONG, 75 to 80 mins easy, relaxed + core

WEEK 10

Mon - REPEATS, 3 or 4 x mile at race pace

Tues - 45 mins easy + core strengthening exercises

Wed - 22 min TEMPO RUN w/ Long warm up & cool down.

Thurs - 40 mins easy / moderate pace + core

Fri - FARTLEK, (33 minutes total) 3 min hard, 3 mins moderate

Sat - LONG, 75 to 80 mins easy, relaxed + core

SUMMER XC PRACTICE BEGIN ON JUNE 14th
7:30-8:30am

TUESDAYS & THURSDAYS @ Aubrey Middle
School

PLEASE DO NOT FORGET TO JOIN THE
REMIND GROUP @CHAPSRUN for
IMPORTANT COMMUNICATION ABOUT XC
PRACTICES, MEETS and MORE!