

## 2019 Summer Running

### **“Autumn leaves no doubt to how the summer was spent”**

The key to team success in Cross Country is summer running. The main goal in the summer is to safely accumulate as much mileage as possible in order to increase our aerobic fitness. This will have us ready for the fall season. Summer is by far the easiest and best time to transition into Cross Country. We must be dedicated in the summer to give ourselves an opportunity to be successful during the season. Our teams are highly regarded in the state with a history of success. That success was built off of heavy summer running.

### **Team Goals for summer**

- **Consistency** is the key to being successful in running. **I define consistent running as 6 days a week.**
- **Returning runners:** Follow your plan
  - Runners will be held accountable for running this plan up to and including not being allowed to return to the team in fall to run.
- **New runners:** See new runner schedules and follow for 6 weeks. We will assess after 6 weeks. We want to work up to 6 days of running a week.
- **In-season injuries** most often occur for runners because of **inconsistency in summer training** with a person's mileage jumping up and down from taking extra days or weeks off at the time. School starts and the runner is running daily and gets hurt usually with **“Shin Splints”**.
- **Run with teammates.** It will make the team better if we are all working together. Make a date to run with a teammate on the days we are not together for summer workouts.
- **Veterans: One long run each week is required:** It needs to be about 25%-30% of the week's total mileage.
- **Outwork our competition.** The hardest working teams tend to be the better teams year in and year out. We should be the hardest working team if we plan on standing on the top of the podium.
- **Attend Summer Workouts.** If you are in town, we need you at summer workouts. Need 10 sessions to qualify for Overnight trip.
- **Be accountable.** Log your miles on VDOT02. Be honest on the running log about your running and cross training.
- **Stay in touch:** Contact Coach Coleman. I can't help you be successful if I do not know what you are running. Call or email as needed. I am here to help you achieve your goals.

### **Summer Workouts**

Starting June 3<sup>rd</sup> we will meet at MHS practice fields @7:30AM-10:00AM on Mondays, Wednesdays, & Fridays. Most days a coach will attend. They are not mandatory by rule, but are highly recommended. If a coach is not there upperclassman team leaders will be. The week of **June30th- July 6<sup>th</sup>** is considered **dead week** by GHSA. Coaches are not allowed to meet with students that week.

**Returning Runner Minimum Summer Mileage:** This mileage must be run over the **actual 10 week summer (May 26<sup>th</sup>-Aug 3<sup>rd</sup>)** for all **returning runners**. Anyone not meeting the standard will risk removal from the team. **Any exceptions (usually injury or sickness related) require approval and a running plan by Coach Coleman.**

9 <sup>th</sup>	225 Miles (22.5 miles/wk)
10 <sup>th</sup>	250 Miles (25 miles/wk)
11 <sup>th</sup>	275 Miles (27.5 miles/wk)
12 <sup>th</sup>	275 Miles (27.5 miles/wk)

### **Summer Running Incentive**

Summer Miles are from Sunday May 26<sup>th</sup>-Saturday August 3<sup>rd</sup>. Runners that attend at least 13 summer running sessions & run/log the Summer Mileage in the 10 week summer running period will receive an award to acknowledge their accomplishment.

**Summer Running Incentive** includes any **Bonus Mileage (April 28<sup>th</sup>- May 25<sup>th</sup>)** and cross training mileage (no more than 10 miles a week) in your log. Bonus Mileage **does not** count for Summer Running Minimums.

<b><u>Level</u></b>	<b><u>Miles</u></b>
Gold	600 Miles (43 miles/14 wk)
Silver	500 Miles (35 miles/14 wk)
Bronze	425 Miles (30 miles/14 wk)

**I will check VDOT02 running log every Sunday evening** during the summer and verify your mileage from the previous week. Mileage logged **after “Sunday Night”** will be used for training purposes, but will not count towards incentives.

### **Cross Training Miles**

As we have seen each year, Cross Training helps our injured runners stay in shape when injured. It is also a way to increase fitness when healthy. I challenge runners to complete 3-4 cross training sessions a week in addition to running our everyday miles. It is not a replacement for running. **It is a supplement for running.** It will help to keep our top end mileage lower while still encouraging fitness

### **Cross Training rules:**

Activities allowed: Elliptical Running, Swimming, Aqua Running, Spin Bike, & Treadmill running (at least 1% incline).

Exercise Intensity: Heart Rate has to be high like it would be for running.

Every 10 minutes = 1 mile of Cross Training

All Cross Training should be logged as cross training in your running log with the minutes listed. Remember: 10 minutes =1 miles

100 minutes of Cross Training (10 miles) per week can be earned towards **“Summer Running Incentives”**, but not **“Summer Mileage Minimums”**