

Peninsula XC Updates - July 17, 2022

Important Links

1. [Upcoming schedule](#)
2. [This week's goals](#)
3. [Register on Family ID](#)
4. [Training plans](#)
5. [Summer calendar](#)
6. [Bring to every practice](#)
7. [SSXC Camp](#)
8. [Getting ready for Fall](#)
9. [Oregon camping trip](#)
10. [Our team website](#)
11. [Remind](#)



Written by Coach Tyler Nugent (nugentt@psd401.)

Upcoming Schedule

Date	Location	Meet Time	End Time	Activities
Mon, July 18	Peninsula HS Track	10:00 am	12:00 pm	Speed and strength training with Coach Dylan Train on your own: Moderate pace run, Core X routine
Tue, July 19	-	-	-	Train on your own: Moderate or recovery pace run, plank routine Active recovery* for athletes on Training Plan A
Wed, July 20	Peninsula High School (Weight Room)	8:30 am	10:45 am	<u>Coach-led workout:</u> Long run @ moderate pace; strides Strength with Coach Dylan
Thu, July 21	-	-	-	Train on your own: Recovery run, pushup routine Active recovery* for athletes on Training Plans A & B
Fri, July 22	Peninsula High School (Weight Room)	8:30 am	10:45 am	<u>Coach-led workout:</u> Form drills, speedwork, game Strength with Coach Dylan
Sat, July 23	Point Defiance Park (Rhododendron Garden shelter)	8:30 am	10:30 am	<u>Coach-led workout:</u> Long hill repeats, recovery run, pushup routine
Sun, July 24	-	-	-	Active recovery* or make-up missed running minutes from earlier in the week

***Active recovery - to stimulate blood flow and speed muscle repair, choose a light, non-running activity that moderately raises your heart rate (e.g. hike, easy bike ride, yard work, etc.)**

[CLICK HERE TO SEE FULL SUMMER CALENDAR](#)

Training Goals

The following goals are for the week of July 18 - July 24

- Goals for all athletes
 - Attend as many team events as you can
 - Keep track of your training and report it at the end of the week ([click here to report training](#))
- Goals for athletes following [Training Plan A](#)
 - Run a total of **102** minutes this week
 - Run **four** days this week
 - Run a total of **40** minutes on your long run day (walk breaks are okay)
 - Run an average of **21** minutes per day on other days this week (walk breaks are okay)
- Goals for athletes following [Training Plan B](#)
 - Run a total of **136** minutes this week
 - Run **five** days this week
 - Run a total of **50** minutes on your long run day
 - Run an average of **21** minutes per day on other days this week
- Goals for athletes following [Training Plan C](#)
 - Run a total of **204** minutes this week
 - Run **six** days this week
 - Run a total of **60** minutes on your long run day
 - Run an average of **24** minutes per day on other days this week
- Goals for athletes following [Training Plan D](#)
 - Run a total of **238** minutes this week
 - Run **six** days this week
 - Run a total of **70** minutes on your long run day
 - Run an average of **28** minutes per day on other days this week

South Sound Cross Country Camp

South Sound Cross Country Camp returns to Lakes High School and Fort Steilacoom Park (Lakewood, WA) after a two-year COVID hiatus. Camp will be held July 25 thru 29 with each session from 8:00 am to 12:30 pm.

Here are seven reasons to attend:

1. Meet other runners from around the area, including a mix of elite State medallists, as well as beginners to the sport (open to students ages 13-18)
2. Learn from local high school and college coaches, professional athletes, experts in shoes and injury prevention, and recent graduates who serve as camp counselors (many of whom are collegiate runners)
3. Train daily at Fort Steilacoom Park, site of two of our biggest meets of the season

4. Play games and win prizes
5. Lowest cost of any local camp
6. Finish each session by lunchtime and sleep in your own bed each night
7. Count up to five days at camp towards the 14 coach-led workouts needed to participate in our team's Oregon trip

For more information about SSXC Camp and to register online, click here

Summer Training Plans

Runners should pick a training plan that they can fully commit to all summer, rather than changing plans from week to week. Click here to read about why summer training is important.

- **Plan A**
 - Available to **any runner**, but recommended for anyone new to distance running and/or anyone who cannot yet run 40 minutes without a walk break
 - Runners on this plan must commit to:
 - At least 4 days of running per week throughout the summer
 - Long runs that increase from 30 minutes in June to 50 minutes by mid-August (walk breaks okay)
- **Plan B**
 - Recommended for any runner who has **at least three months of experience** as a distance runner and can currently run 40 minutes without walking
 - Runners on this plan must commit to:
 - At least 5 days of running per week throughout the summer
 - Long runs that increase from 40 minutes in June to 60 minutes by mid-August
- **Plan C**
 - Recommended for motivated runners with **at least one full season** of competitive high school distance running experience (e.g. in Cross Country and/or Track & Field), who have also been running regularly over the past month
 - Runners on this plan must commit to:
 - At least 6 days of running per week throughout the summer
 - Long runs that increase from 50 minutes in June to 80 minutes by mid-August
- **Plan D**
 - Recommended for highly driven runners with **at least three full seasons** of competitive high school distance running experience (e.g. in Cross Country and/or Track & Field), who have also been running regularly over the past month
 - Runners on this plan must commit to:
 - At least 6 days of running per week throughout the summer
 - Long runs that increase from 60 minutes in June to 90 minutes by mid-August
- **Individualized Plan**
 - Available to experienced runners who commit to...
 - Running 6 days per week throughout the summer
 - Entering all training on Strava
 - Talk to Coach Nugent, if interested

Getting Ready for Fall

Each new and returning runner must take these steps to prepare for our Fall season, which begins Monday, August 22:

1. Plan to end all family travel prior to August 22 so that no workouts are missed
2. See your doctor for a sports physical if you have not had one since December, 2020 and share the documentation with the [PHS Athletic Office](#)
3. Register for Cross Country on [Family ID](#)
4. Purchase your ASB card (\$50) from the [PHS Bookkeeper](#)

Oregon Camping Trip

We will again be attending the [Ultimook Invitational](#) the first weekend of September. This meet is held at the Hydrangea Ranch near Tillamook, Oregon. Runners complete a unique 5K course that includes a mud pit and two river crossings. No other meets this season will include these special features.

Our team will bus down on Friday, September 2nd, camp overnight, compete on September 3rd, camp one more night, then head home on Sunday morning. Runners will be excused from school on Friday. Some team members will not be eligible to make this special trip.

If you'd like to participate, you must do two things...

1. **Attend at least 14 of the 26 coach-led workouts this summer** (*runners may count up to five days at an approved Cross Country camp towards their 14 required coach-led workouts*).
2. Participate in team workouts beginning August 22 and miss no more than one Fall workout prior to September 1. WIAA rules mandate that athletes participate in a minimum of 10 Fall workouts before representing their school in competition. Please do not procrastinate on completing the [four steps listed above to be ready for Fall](#).

Families of attending athletes will be asked to contribute \$60 per athlete up front to cover food, lodging, and transportation costs for the team and bus driver. This money will be collected in August. Funds are available to cover the cost for any family not currently in a position to pay.

Remind

All team announcements will be distributed using Remind. **All athletes and parents should sign up.** Remind also allows individuals to privately message me, when needed. There are three ways to join:

1. Using your app store, download the free Remind app and add class with code "seahawksxc"
2. Access Remind messages thru your preferred texting app by sending a text message to 81010 that reads "@seahawksxc"
3. [Click here to join](#)