Summer Workout Plan

An important part of our cross country season is the preparation we do in the summer. A long distance race requires a long training program. It is difficult to build a training base, work on speed, race tempo, and taper all during the cross-country season. It is important to prepare in the summertime. Make sure as you train that you have ***FUN and keep the effort easy on easy days and hard on the hard days too much hard running will result in the possibility of over-training, burnout, and injury!***

Please be aware of several things during your summer training:

1. For most of the summer we are building base miles. There are a lot of 'easy run' days, just trying to build a stable foundation in order for your body to handle harder sessions during the season.

2. Be aware of the weather. Training in July is very different from training in October. Dress appropriately for the weather. Try early morning or evening runs to stay out of the heat of the day. **(A way to help you keep your effort from getting out of control is to run for time and not mileage cause 30 minutes is 30 minutes, but if you are out for 4 miles and feel awful what normally takes you 30 minutes may take 45 and and could set you up for heat related illness and injuries that could set your base building back with being forced to rest more than originally planned)**

3. Find some races this summer. There are a lot of local 5K runs. I have put links to some local races below. Racing gives you a firsthand experience of what it's like to compete against others as a runner…better yet, bring some friends! Pow Wow Days 5K is a community must do and supports our program and other great causes.

4. Rest –Don't run every day. Take two-three days off per week.

5. Stretch and warm up. Jog easily for 5 minutes as a warmup and then do some dynamic stretching such as leg swings, punters, high knees, toe touchers, and more. Will post a link on the TMS XC site for details.

6. Find a training partner. Running by yourself is hard. On those days you don't feel like running. It is much more difficult to tell someone else "No".. not to mention it's much safer to run with others. ***Don't forget Monday and Thursday Community Fun Runs! (if you are interested in these runs let me know as these runs are set up for more experienced runners that have the ability and awareness to be able to follow the correct route and able to be in contact with the group within reason or has direct supervision during the entirety of the run)***

7. Have fun. Vary your workouts. Do some cross training. I recommend weight training as well as group sessions that occur during the summer at CrossFit 453 (contact Coach Lund for details!). lundj@myhatchets.org

8. Listen to your body. If you are prone to shin problems, run on softer surfaces, ice frequently. If speed feels good, end workouts with striders and include more fartlek runs.

9.. Diet: Eat healthy, eat often. Body needs fuel to perform as well as function throughout the day. Hydrate before, during if you have to and after. Eat a few hours before a run and replace your calories after a run within about 30 minutes from finishing to begin the recovery process…chocolate milk or a like substitute works well and covers the basic needs such as protein, dietary fat, and carbohydrates.

10.. Use the summer training log. Write down mileage and time as well as how you feel. This will help you see your progress!

Bonus: Begin to think about what goals you want to achieve this season. Think of your big goal as the main one and then the steps needed to get there as mini goals to reach that accomplishment. A good mix of result based goals mixed with process goals like making sure to eat a snack right after your run is a solid example of how the little things make the big things happen!

Beginner (Incoming 6th Grade or New to the sport) Basic Summer Workout Plan – (See below for definitions of the different workouts)

Month 1- June-July- Building Base 2-3 runs per week

● 1 long run at slower pace 25min-35min
● 1 run of 20 minutes quality work such as Tempo, Fartlek, and Races all count towards this.
● 1 day of EZ Distance 15-25 minutes at conversational pace and at least 1 day of rest, 2 maybe 3 days at times will be needed, listen to your body and/or ask coach if you have any questions.
● Note: After each run be sure to stretch and perhaps do some core exercises…if you wish you can certainly do the school agility camp if offered

Month 2 July-First day of practice – Increasing Base 3-4 runs per week

● 1 long run at conversation per week 30min-40min
● 1 day cross training (Biking, Kayaking, Swimming, CrossFit, The summer school program has a pedal and paddle group each year highly recommend)
● 1 run of 25 minutes quality work such as Tempo, Fartlek, and Races all count towards this.
● 1-2 days of EZ Distance 20-25 minutes at conversational pace and at least 1 day of rest possibly 2 if needed.
● Note: After each run be sure to stretch and perhaps do some core exercises…if you wish you can certainly do the school agility camp if offered

Advanced/Experienced (Returning 7th and 8th Grade or experienced runner) Basic Summer Workout Plan –
(See below for definitions of the different workouts)

Month 1- June-July - 3-4 runs per week

● 1 long run at slower pace 35min-45min
● 1 run of 25 minutes quality work such as Tempo, Fartlek, and Races all count towards this.
● 1-2 days of EZ Distance 20-25 minutes at conversation pace and at least 1 day of rest, 2 maybe 3 days at times will be needed, listen to your body and/or ask coach if you have any questions.
● Note: After each run be sure to stretch and perhaps do some core exercises…if you wish you can certainly do the school agility camp if offered

Month 2 July-First day of practice – Increasing Base Ramping up 4-5 runs per week

● 1 long run per week 45min - 55min
● 1 day cross training (Biking, Kayaking, Swimming, CrossFit, The summer school program has a pedal and paddle group each year highly recommend)
● 1 run of 30 minutes quality work such as Tempo, Fartlek, and Races all count towards this.
● 1-2 days of EZ Distance 30-35 minutes at conversation pace and at least 1 day of rest, 2 may be needed, listen to your body and/or ask coach if you have any questions.
● Note: After each run be sure to stretch and perhaps do some core exercises…if you wish you can certainly do the school agility camp if offered

Quality Work: 1 Day per Week either a couple days before or after a long run with any easy runs between or days off. Options include Tempo, Fartleks, and of course racing. Descriptions of what each of these entail are below.
Tempo Runs (Steady State): This is kind of like it sounds, but think of it as racing tempo which is typically 30 seconds per mile slower than what your 5K pace would be. If you do not know this number don't panic. There is a chart to help guide you.
Fartlek: The unofficial Swedish to English translation is "speedplay" no set distance on each fast part and same goes for easy jog rest, but just pick things like signs, types of trees, uphills and downhills. This is meant to be fun but in that same tempo/threshold effort.
Racing: Low-key road races can be fun, can offer a change of pace from training and can motivate you to run all summer long. For that reason, you are free to run several road races during the summer no more than 5K (3.1 miles).

Long Runs (recommended for experienced runners): **(Once a week, usually on the weekend.)** Long runs are necessary to improve your aerobic fitness and endurance. You begin in the first week, running for 30 minutes for the inexperienced and 40 for those who are experienced. We will add minutes each week to a peak long run of 50-60 minutes for experienced runners. I prefer to prescribe time rather than distance. I also don't care how fast or slow you run, as long as you run for the prescribed length of time at a pace that allows you to finish as fast as you start. Run at a conversational pace. If running with your teammates (something I recommend), use this workout as an excuse to talk about every silly thing that happened to you during the week. This is a workout that you can run on the roads or on trails. Mostly, have fun.

EZ Distance / Rest Days: (Three days per week in between other workouts.) These are the three days of the week when you do not run hard and quite frankly you can't run hard seven days a week without risking injury or overtraining. So in between the hard workouts, run easy 20-30 minutes, or it can be a day or 2 when you do not run at all. You need days of rest between the hard workouts to prepare for the next hard effort.

Potential Races with links to register:

6/22 - Wausau: Wings Over Wausau 5K (runsignup.com)

6/29 - Minocqua: Bear Cupboard Run | Lakeland Pantry ~ "Neighbors Helping Neighbors"

6/30 - St. Germain: FREEDOM 5K - Home

7/4 - Tomahawk: Pow Wow Days (HIGHLY ENCOURAGE ATTENDING THIS ONE AS IT SUPPORTS OUR TEAM AND COMMUNITY)

7/20 - Colby: Colby Cheese Days Race – Colby Cheese Days Race

7/26 - Wausau: Wausau Trail Run – Wausau 24

8/10 - Antigo: ANTIGO TATER TROT - Home