

BJ-PaceSetters 2024 Summer XC Workouts. Let's do it !!!

Sun	Mon	Tue	Wed	Thr	Fri	Sat
June 2 To June 16	BJ-PaceSetters Orientation Meeting held on Tuesday, June 4th, 6:30pm @ Gallagher Fitness Resources Over 70 comments and feedback in social media from those who are excited for this opportunity for kids.		June 2nd to 17th: As time permits, consider increasing your active rest to include running 30 to 45 minutes of easy, continuous movement several times per week. Let's increase the <i>time on your feet</i> Our first summer practice is Monday, June 17, and while we will take the first few weeks to get back into the groove, if you've done a little preliminary work, the typical beginning soreness will be minimized. And begin to reinstate some of our core and warm-up exercises, as this will assist the body in the transition back into running and strengthening the key core components. Let me know if you have any questions.			
6/16	6/17 1st PaceSetter Practice! @ Judson MS @ 8:30am ** ** <i>not school affiliated</i> ** 10-min run to Hilfiker Park & stretching, then add the StrongTrail Lp. (x B.Ck Rd) ** 3x150 (med- to med+) ** cooldown (CD) & Core	6/18	6/19 2nd PaceSetter Practice! @ Schirle Elem (covered area), @ 8:30am. ** <i>not school affiliated</i> ** Warmup and light run over to FirCrest Park -- Figure 8 (just 1 to 2 loops of continuous movement). ** 2 x 150 (med) @ Schirle. CD & 10 min Core.	6/20	6/21	6/22 Long run at least 45 min
6/23 25 to 30 miles this week	6/24 @ 8:30am @ Judson MS ** <i>not school affiliated</i> ** W.Kroger + Woodmansee N-M-S cont. movement. ** 3x 150 z's @ Judson, CD ** Core	6/25	6/26 8:30am @ Schirle Elem ** <i>not school affiliated</i> ** SPECIALLY DESIGNED WORKOUT; important to get in 6 to 7 miles today with gentle hills. ** C-Trail > Nelson Park > Dogwood > special trail Lp ** 3x150's, CD, Core	6/27	6/28	6/29 Long run at least 45 - 50 min
6/30 REST DAY	July 1st @ Judson MS @ 8:30am	7/2 - 7/5 Tue: easy day with solo or with school team Wed: 1) similar effort to Monday.				7/6 Long rUn

25 to 30 miles this week	> to Crossler (8-on, 2-off, 6-on, 2-off, 4-on → on soft surface, then conversation pace to desired mileage (6 to 8 miles) ** 2 x 150's @ Judson	2) During the MAIN part of the workout, keep the HR around 15 to 16 (maybe sneaking into 17) for about 15 to 18 minutes total. Do not push above 17. 3) Really focus on your form, breathing, and cadence. 4) Each of you are in a different place on your weekly mileage, so plan accordingly (meaning today may range from 5 to 7 miles). 5) enjoy the comradery with your peers, and double back when possible! 6) yes, running is hard, so just keep supporting and pushing each other to become the best you can be. And have a happy 4th. Thr: Relaxing warmup and cont. Movement 30 to 40 min.	(easy)
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SUN	MON BJPS	TUE	WED	THR	FRI BJPS	Sat
7/7 REST DAY 30 to 35 miles this week	JULY 8th (BJPS) 8:00am @ KEIZER RAPIDS with the McNary runners and others! (Meet @ Judson @ 7:20am to carpool if desired) A special day indeed. McN suggests: "continuous run with some short hill sprints on the dirt trails. You'll get to choose when to "insert the hills !!!" ** includes some Oly and McNary grads! Let's Do It.	7/9 HR 14-15 in key part of workout). Mileage will vary, 5 to 7 mi.. 3x150 Core	7/10 Quality day: ** longer continuous run; HR 14-15, toss in 10 min tempo in the middle. Find soft surfaces Core	7/11 HR 14-15 in key part of workout) Mileage will vary, 5 to 7 mi 3x150 Core	7/12 (BJPS) 8:30am; @BUSH PARK > IMPORTANT transition workout 3K XC @ DatePace ** 2 sets of [1000, 800, 400] (pace, strategies, HR checks) ** easy run + 3 x 150's ** 5+ to 7 miles total ** SWIM ...	7/13 Long run (easy)
7/14 REST DAY 35 to 40 miles this week	7/15 8:30am (BJPS) Meet @ Bush Park @ 8:30 2 x 400, 800, 1000 @ 3k pace with 3-min rest ** easy outside perimeter run ** 3 x 400m gentle hills (1-derby, 1-roller-coaster, 1-High-street) ** then conversation pace to desired mileage (6 to 7 miles)	7/16 HR 14-15 in key part of workout). Mileage will vary, 5 to 7 mi.. 3x150 Core	7/17 Quality day: ** could be hills, fartlek, tempo, or long continuous. Find soft surfaces. Coud be a	7/18 HR 14-15 in key part of workout. Mileage will vary, 5 to 7 mi.. 3x150 Core	7/19 (BJPS) 8:30am @ Schirle > cemetery 2-3 post > Dogwood Trail > Madrona > Nelson Park : 3x 1-min grad downhill loop : 3x150 pickups > Croisan Trail home (4.5 mi)	7/20 Long run (easy)

			time-trial for some schools.			
7/21 REST DAY 30 to 35 miles This week	7/22 8:30am; @BUSH PARK > IMPORTANT: 3K DP adjust : 2x400 (lock in on 3k pace) : 1-min, 2-min, 3-min, 2-min-1-min ladder @ 3k pace with equal shag/walk recovery. : park loop easy : 3x150 pickups ESSENTIAL to begin getting acclimating the body to 3k DP	7/23 School team practice	7/24 School team practice	7/25 School team practice	7/26 (BJPS) 8:30am @ Schirle : easy group run, include several 60-90 sec. drills along the way.	7/27 Long run (easy)
7/28	7/29 OSAA Moratorium week : OSAA added a 2024 restriction: no coaching related contacts this week with athletes from any school (ie, clubs too) So use your own judgment on decision-making based on your running goals (weekly mileage, types of critical vs easy workouts, levels of experience, etc.) Have a fun week with family and friends.					8/3
8/4	8/5 WELCOME BACK !!! : Bush Park @ 8:30 : ... a mixture of 3k pace (BJ-Special ladder) : ... plus focus on cadence & form	8/6 School team practice	8/7 School team practice	8/8 BUSH 3K XC RUN 6PM Course MAP : Work on first 1k and last 1k. : Focus on cadence, form, breathing	8/9 8:30am @ Schirle : easy group run. Include several 60-90 sec. drills along the way.	8/10 Long run (easy)
8/11	8/12 OSAA 1st week of rull practices.	8/13	8/14	8/15	8/16	8/17
8/18	8/19 all runners are with their school's coaches full-time.	8/20	8/21	8/22 BUSH 3K XC RUN 6PM Course MAP Important: work on Willsonville Goal Pace.	8/23	8/24