

May 26, 2025

SCNTF Distance

Week of May 26, 2025

IHSA Sectionals

Friday was an interesting feeling at the IHSA Sectional meet. We were confident in Sam's 3200- and the goal was to run fast enough to get into the fast heat at state (which will be announced soon). The 4x800 had not yet gone sub 8:00- so this wasn't something that was a lock... yet we certainly knew that we had the capability.

Both races went well and we have a bunch of state qualifiers- Congratulations!

The interesting thing about those races is that I felt more relief than excitement because I expected things to go well. I am totally excited for this week- and I am proud of what we did at Sectionals.

I expect that we will lock in again at State and look for PR's. Sam is on the verge of breaking our school record and the 4x800 can drop at least 5 seconds... which makes the state finals a real possibility.

EVERYONE ELSE: This is your time to take a break. Get registered for XC and chill...

This week 4x800

Monday: 2 x 600 hard (18 minutes)
Tuesday: Base + 200 meter building strides
Wednesday: base
Thursday: Pre-meet (3-4 miles) + strides
Friday: Race
Saturday: Race

This week Sam

Monday: 3 x 800 VO2max
Tuesday: Base + 200 meter building strides
Wednesday: Hilly base
Thursday: 5 x 400 Ext. Intervals @75% of max 400 (10K pace) or base
Friday: Premeet (3-4 miles) strides
Saturday: Race

May 19, 2025

SCNTF Distance

Week of May 19, 2025

Strange year... competitions have ended for some... freshmen and varsity athletes will have big meets this week. Seniors have their last day... There is a lot going on.

DuKane Conference meet

"All Conference" designation is automatically granted for varsity first and second place performances at the conference meet.

Congratulations to Lucas, Christian, Matthew, Logan S., and Sam for being automatic all-conference!

Congratulations to Logan H. for being a repeat double FS conference champion!

That was a difficult meet for distance athletes. Heavy wind is a completely different beast to deal with and races usually break one of a few ways

- Completely tactical: slow- where no one wants the lead until someone goes- and then we see what happens. Decisions have to be made and reactions swift.
- Top athlete or group flies. This is where a single runner (maybe 2) takes off and tries to create distance between them and the pack.

Key takeaways during wind: It is better to tuck in behind someone when you can. When it is time to make your move... GO!!! Don't let others draft off of you.

This week

Monday: Base, wickets, Base or light tempo

Freshman at Kaneland

Sectional athletes meet with coach prior

Tuesday: Base

Wednesday: 5 x 400 Ext. Intervals @75% of max 400 (10K pace) at the Lone Star Horseshoe (3-4 minutes)

Thursday: Premeet: 4-6 easy with 30/20 strides

Friday: Sectional (others base OYO)

Sectional Lineups are still in some flux due to several extenuating circumstances. We will figure that out on Monday!

Simple this week. Trust your training and compete.

Current Performance Chart

Individual Data							Fitness Measures				Training Paces						
Athlete		Personal Bests					Date Pace				Recovery/Easy		Aerobic (Med Run)		Mod Threshold	Tempo	Critical Velocity
Last	First	400	800	1600	3200	XC	400 o/splt	800 splt	3200	vVO2 pace	72% vVO2	65% vVO2	77% vVO2	71% vVO2	80% vVO2	85% vVO2	90% vVO2
Hill	Sam	57.65	2:04.09	4:26.18	9:16.30	14:47.5	0:01:00	2:05	0:09:16	0:04:38	0:06:26	0:07:08	0:06:01	0:06:32	0:05:48	0:05:27	0:05:09
Hitchings	Logan	57.14	2:06.0	4:35.46	9:45.88	15:35.4	56	2:03.5	0:09:46	0:04:53	0:06:47	0:07:31	0:06:21	0:06:53	0:06:06	0:05:45	0:05:26
Enger	Christian	54.51	1:58.44	4:34.64	9:55.7	15:35.8	54	2:03:00	0:09:56	0:04:58	0:06:54	0:07:38	0:06:27	0:07:00	0:06:13	0:05:51	0:05:31
Sookswat	Noel	57.14	2:05.18	4:41.33	9:56.49	16:16.2	58	2:07:00	0:09:56	0:04:58	0:06:54	0:07:39	0:06:27	0:07:00	0:06:13	0:05:51	0:05:31
Reed	Lucas	54.61	1:57.91	4:30.43	9:57.9	15:58.1	54	1:58	0:09:58	0:04:59	0:06:55	0:07:40	0:06:28	0:07:01	0:06:14	0:05:52	0:05:32
Dill	Miles	60.15	2:10.25	4:47.41	10:09.37	16:44.0	60		0:10:09	0:05:05	0:07:03	0:07:49	0:06:36	0:07:09	0:06:21	0:05:58	0:05:39
Reck	Evan	57.29	2:05.17	4:50.0	10:16.7	16:19.0	56	2:06	0:10:16	0:05:08	0:07:08	0:07:54	0:06:40	0:07:14	0:06:25	0:06:02	0:05:42
Russell	Matthew	53.94	2:01.69	4:35.46	10:24.05	16:18.3	57	2:08	0:10:20	0:05:10	0:07:11	0:07:57	0:06:43	0:07:17	0:06:28	0:06:05	0:05:44
Urry	Carson	57.64	2:090.0	4:40.05	10:48.93	17:05.1	59	2:07	0:10:49	0:05:24	0:07:31	0:08:19	0:07:01	0:07:37	0:06:46	0:06:22	0:06:01
Santos	Brian		2:14.93	4:50.0	10:34.28	16:52.3	57.5	2:07:00	0:10:50	0:05:25	0:07:32	0:08:20	0:07:02	0:07:38	0:06:46	0:06:23	0:06:01
O'Donnell	Tiernan	60.24	2:17.56	4:59.36	10:53.19			2:14	0:10:53	0:05:27	0:07:34	0:08:22	0:07:04	0:07:40	0:06:48	0:06:24	0:06:03
Tanig	John	58.68	2:08.25	4:45.5	11:01.92	17:05.2	56	2:12:00	0:11:02	0:05:31	0:07:40	0:08:29	0:07:10	0:07:46	0:06:54	0:06:29	0:06:08
Gallentine	William		2:19.43	5:09.04	10:51.04	17:56.5	0:01:06	2:22.5	0:10:51	0:05:26	0:07:32	0:08:21	0:07:03	0:07:39	0:06:47	0:06:23	0:06:02
Sundquist	Logan	56.44	2:04.5	4:44.0	10:46.07	17:23.8	55	2:03	0:11:20	0:05:40	0:07:52	0:08:43	0:07:22	0:07:59	0:07:05	0:06:40	0:06:18
Spizzirri	Alex	1:02.14	2:14.90	5:01	11:29.58	19:30.4			0:11:30	0:05:45	0:07:59	0:08:50	0:07:28	0:08:06	0:07:11	0:06:46	0:06:23
Winter	Ryan		2:19.3	5:10.	11:33.15	18:53.8	0:01:03		0:11:33	0:05:47	0:08:01	0:08:53	0:07:30	0:08:08	0:07:13	0:06:48	0:06:25
Ortiz	Levi		2:29.5	5:33.43	12:10.12	18:55.5	0:01:10	2:31.6	0:12:10	0:05:54	0:08:12	0:09:05	0:07:40	0:08:19	0:07:23	0:06:56	0:06:33
Moose	Hayden			5:49.61	13:06.2	19:47.0	0:01:09	2:30.4	0:12:34	0:06:17	0:08:44	0:09:40	0:08:10	0:08:51	0:07:51	0:07:24	0:06:59
Pickelsimer	Gus		2:22.7	5:30.81	12:36.39		0:01:05	2:23	0:12:36	0:06:18	0:08:45	0:09:42	0:08:11	0:08:53	0:07:53	0:07:25	0:07:00
Hernandez	Tristan			5:52.95		21:53.4	0:01:14		0:12:40	0:06:20	0:08:48	0:09:45	0:08:14	0:08:55	0:07:55	0:07:27	0:07:02
Rigertas	Emmett		2:47.90	5:55.80	12:43.08	21:40.7	0:01:16		0:12:43	0:06:22	0:08:50	0:09:47	0:08:16	0:08:57	0:07:57	0:07:29	0:07:04
Wright	Declan		2:35.7	6:00	12:59.73	21:44.6	0:01:13		0:13:00	0:06:30	0:09:01	0:10:00	0:08:26	0:09:09	0:08:07	0:07:39	0:07:13
Czaicki	Oscar		2:22.47		13:18.0		0:01:04		0:13:18	0:06:39	0:09:14	0:10:14	0:08:38	0:09:22	0:08:19	0:07:49	0:07:23
Radatz	Grayden	60.23	2:24.72	5:30.3			60		0:13:30	0:06:45	0:09:23	0:10:23	0:08:46	0:09:30	0:08:26	0:07:56	0:07:30
Sookswat	Ewan		2:21.5	5:23.15	12:09.00	18:57.5				0:06:50	0:09:29	0:10:31	0:08:52	0:09:37	0:08:33	0:08:02	0:07:36
McCall	Landon	1:03.93	2:27.22	5:55.93			64		0:13:40	0:06:50	0:09:29	0:10:31	0:08:52	0:09:37	0:08:33	0:08:02	0:07:36
Wiegert	Aiden		2:40.05	6:12.97	13:41.68	23:14.4	0:01:17		0:13:42	0:06:51	0:09:31	0:10:32	0:08:54	0:09:39	0:08:34	0:08:03	0:07:36
VonEssen	Ben	67.3	2:38.47	5:57.37					0:14:50	0:07:25	0:10:18	0:11:25	0:09:38	0:10:27	0:09:16	0:08:44	0:08:14
Shukla	Vir		2:51.3	6:37.89					0:16:28	0:08:14	0:11:26	0:12:40	0:10:42	0:11:36	0:10:18	0:09:41	0:09:09
Beaton	Joe	1:10.84	2:43.58	6:27.8	17:02.3	25:42.7	0:01:15				0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
Morton	Ben	1:00.44				23:56.1	0:01:07				0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00

May 12, 2025

SCNTF Distance

Week of May 12, 2025

This is an interesting time for track. It is rewarding to see athletes running faster than they ever thought they could, scoring points for the team and exceeding expectations. It is challenging to see athletes who may be struggling with health or injury. It is bittersweet to see seniors that I have had the opportunity to work with for 10 months per year- for 4 years- run their last race.

That being said, we still have a lot of racing to do. This Friday we are at Lake Park for the conference championships. We get the opportunity to put on our spikes and compete in one of the best conferences in the state. Following that we have the Kaneland "Drendel" freshman meet and then IHSA Sectionals and State.

As your season ends, I encourage you to keep coming to practice and training. Distance athletes grow like trees- steady effort over time. It is good to take a break between track and cross country summer training- but that break should be two weeks. Optimal long-term distance training affords 10% of the year to rest. That is 5 weeks. We take two weeks off after track (sometimes one rest week and one "play" or cross training week). We take a week after our last XC meet and another week or so over winter break.

Yes- I love multi-sport athletes- especially when the "other" sport involves fitness and strength training. And the suggestion still holds that 10% of your training year is rest.

Speaking of summer- it is a good time to register for summer camps. Distance athletes should register for TWO camps. Having one camp for XC and one for track allows us to maximize training and stay compliant with IHSA rules.

1. Cross country camp (listed under cross country): Monday, Wednesday, Friday
2. Track & Field Co-ed Distance Camp: Tuesday and Thursday

[Summer camp information is linked here.](#)

Registration is done through [the school athletic website.](#)

Tentative Line Up for Conference

FS 4x800:	Tanig, Spizzirri, Valentine, Gallentine, alt McCall
Var 4x800:	Reed, Enger, Russell, Sundquist alt: Reck, Urry
FS 3200:	Hitchings, Dill
Var 3200:	Hill, Sookswat
FS 800:	Spizzirri, Gallentine
Var 800:	Reed, Russell
FS 1600	Hitchings, Tanig
Var 1600:	Hill, Enger
FS 4x400	TBD
Var 4x400:	TBD

Week at a glance

Monday:	LMLS, Myrtle Long Run and weight room
Tuesday:	Workout 3 x 500 in 71-75 seconds (13 minutes rest) [1.29*PR400]
Wednesday:	LMLS, Carlson core, Base OYO, strides
Thursday:	Premeet
Friday:	Conference (others base OYO)
Saturday:	Progressive if feeling good... + weight room

Sam

Monday: LMLS, Myrtle, Long Run
Tuesday: 3x300 in 42-45 seconds (6 min rest),[0.77*PR400]
Wednesday: Carlson Core, Base OYO, 6 x regular strides (800 meter pace: controlled)
Thursday: Premeet: 4-6 easy with 30/20 strides
Friday: Conference (others base OYO)
Saturday: Long Run (9)
Sunday: Light tempo:
Monday: Base, wickets, Base
Tuesday: Base
Wednesday: 5 x 400 Ext. Intervals @75% of max 400 (10K pace) at the Lone Star Horseshoe
Thursday: Premeet: 4-6 easy with 30/20 strides
Friday: Sectional (others base OYO)

Recovery Guidelines for Championship Meets with Multiple Races

Some of you will be running multiple races in one meet. The temptation is to lay on the ground and feel sorry for how much effort you expended in your first race. Get over that feeling quickly. If you want to be "the dude" then you have to be the dude.

There is variation for individuals, but the general guidelines are:

Races that are one hour apart: cool down run (10 min easy) and drink/sip water. Rest quietly for 20 minutes- feet up if comfortable. Short re-prep with limited active drills.

Races that are two hours apart: Same as 1 hour, but add 10 ounces of sports drink immediately after the 1st race.

Monday May 12, 2025

St. Charles North 2:30-4:30 PM

Long Run

2:30 Talk: Conference
LMLS, Myrtl
3:00 Long run- not 110%- hot day
4:00 Weight room

Tuesday May 13, 2025

St. Charles North 2:30-4:30 PM

Workout

2:30 LMLS and Planks
2:50 20 minute warm up (mile loop extended)
3:10 Drills
3:15 Hitch, Dill, Noel: 3 x mile at 6:15 followed by an easy mile
Reed, Enger, Russell, Sundquist, Reck 3 x 500 @71-75 seconds (13 minute rest/walk/jog)
Tanig, Spizzirri, Gallentine: 2-3 x 500 @ 76-79 seconds (13 minute)
Others: 3 x 400 hard with 13 minutes rest
4:00 1-2 miles cool down and stretch

Wednesday May 14, 2025

St. Charles North 2:30-4:30 PM

Base OYO

LMLS, Carlson Core, base, strides

Thursday May 15, 2025

St. Charles North 2:30-4:00 PM

premeet

2:30 Look at heat sheets- talk racing-

3:00 LMLS, Myrtle, easy for 30 minutes (plus or minus)
30/20 strides

Friday May 16, 2025

DuKane Conference Meet at Lake Park

Meet day!

Others: base run

Saturday May 17, 2025

St. Charles North 8:00-9:30 AM

Let's see how we feel- ropes, stretching, yoga...

May 5, 2025

SCNTF Distance

Week of May 5, 2025

Confidence: a firm belief or trust

There is no mystery where confidence comes from. It is the belief that you can do whatever lies in front of you. Confidence is trusting your preparation and your ability to handle the situation. Confidence is focusing on your controllables and letting go of the things you cannot control. Confidence is not TRYING to run fast... it is running fast.

It is now championship season. You will run fast. And for many of us, fear is the biggest enemy.

Carl Lewis said "If you don't have confidence, you will always find ways not to win." If you don't know who Carl Lewis is, look him up.

Confidence IS NOT blind hope. Confidence can live even when fear exists. Kerry Walsh-Jennings said "In this journey, fear creeps in from time to time. The hint of that is there because there's an unknown factor to everything. That's true in everyone's life. I don't choose to live there. I let it spark me."

Being nervous is natural and if you realize that it is really a form of excitement, it can be fuel for speed. Embrace that you are excited to compete. Believe in your training.

One last thought from Coach Jay Johnson: "In order to do what you have never done before, you need to do what you haven't done before." Go out fast and relaxed. Stay fast and relaxed as the race becomes more difficult. Focus and stay mentally relaxed- you aren't on the verge of death. Compete. Beat someone... hold someone off... (Notice how many "relax"s are up there... don't relax physically... relax mentally.) Confidence doesn't live in hunched shoulders, crunched faces, or flailing limbs. Confidence is knowing that there will be a critical moment in the race where you choose to go instead of fade- and know that you will get through that. You will do what you haven't done before so that you can do what you haven't done before.

Week at a Glance

Monday:

County competitors: long base

Tuesday competitors: base and strides: done by 3:45

Tuesday: ALL ATHLETES MEETING WITH AD AFTER SCHOOL IN CAFETERIA

Then head out to track for our home meet.

Saturday competitors: workout. 700's or 300's

Wednesday: Base OYO

Thursday: Base + Practice until 4:00.

Friday: Kane County Track Meet.

If you are not competing, report by 3:00 at the finish line.

Running competitors report by 4:30.

Saturday: Tri-City Open. Report by 9:00 AM

Tentative Line Up for Kane County

4x800: Enger, Russell, Hitch, Sundquist, alt: Reck

3200: Noel, Dill

800: Reed, Enger

1600: Hill, Hitch

4x400: Reed, Russell, alt: Enger

Monday May 5, 2025

St. Charles North 2:30-4:30 PM

Base or premeet

2:30 Verify Tuesday and Saturday events

2:40 LMLS, Planks, Myrtl, Carlson

3:10 Base. Tuesday Competitors 30-40 minutes. 5 x regular strides

Friday competitors: long base. Can be long if you aren't tired. 5 x regular strides

ALL COMPETITORS: The weight room helps stimulate testosterone- which is good for running fast and repairing muscles. While we are switching to Carlson Core in these last couple of weeks, I am happy to open the weight room at the end of practice.

Movements

Tuesday May 6, 2025

St. Charles North

Race or Workout

2:30 ALL ATHLETES go to the cafeteria for a meeting with the Athletic Director. Bring your Chromebook.

3:00 Racers set up track for meet

Friday competitors workout

Broken 700's: Sam, Miles

3x300 @ 39-41 seconds (6 min): Enger, Russell, Hitch, Sundquist, Reed

Reck: choice... race or work out

Noel: choice: Tempo or broken 700's

Wednesday May 7, 2025

St. Charles North

Base OYO

Thursday May 8, 2025

St. Charles North

Base/PreMeet or

3:00 LMLS, Planks, Myrtl, Carlson

Base

30/20 strides

Friday May 9, 2025

St. Charles North

Kane County Meet at Home

2:30 Non-competing distance athletes- meet in fit lab

April 28, 2025

SCNTF Distance

Percent of Max Mileage: 90-100%

Week of April 28, 2025

Last week I experimented with our schedule by having Lucas and Sam attend Distance Night in Palatine. My preference is to keep the team together. That being said, Kaneland is a difficult meet because athletes need to generate their own energy and motivation on a Saturday morning. When Sam and Lucas qualified for Palatine it was a good chance to see what the scene felt like there.

In Palatine both Lucas and Sam ran notable PR's. Lucas is close to the A-standard 800 and Sam dropped his state-qualifying time to 9:16. Palatine's advantages are a Friday night under the lights, heats full of similar-ability athletes pushing each other, and a lot of distance-loving energy. It was enjoyable and successful.

What now? Sam and Lucas have to figure out how to repeat and improve upon their efforts in the next few meets where they won't have the Palatine perks. The Kaneland athletes will get the upgrade to Rolling Meadows- Friday night lights... and a meet that provides great energy.

MILEAGE TALK...

Those with swimming experience know the concept of "tapering." Swimmers work their tails off week after week and once they close to their "big meet" they dial back to almost nothing and their body rebounds from the enduring fatigue to generate best times in the pool.

This does not work the same for runners (gravity is different than floating). Runners do best when they maintain their mileage with only a slight drop in mileage (5-10%) during the last two weeks.

I am phasing out the mileage chart now for a couple of reasons... First, you should know your mileage by now and know how to be sure you are hitting your numbers. Second, if you do not know your mileage or you don't know how to get there, then there isn't a lot more that I can do for you at this point of the season.

The line up is coming together with some questions yet to be answered.

TENTATIVE line up

FS 4x800: Tanig, Dill, Spizzirri, Valentine

Var 4x800: Reed, Hill, Sundquist, Reck, Alt: Urry

FS 3200: Gallantine, ???

Var 3200: Hitch, Noel?

FS 800: ???

Var 800: Enger, Santos?

FS 1600: Dill, Tanig

Var 1600: Hill, Reed

FS 4x400:

Var 4x400: Enger?,

Week at a glance

Monday: Rolling Meadows: 8x400 @ 5 seconds faster than date 1600. + wickets +weightroom

Tuesday focused athletes: Base + wickets

Tuesday: DuKane Triangular at Lake Park

Wednesday: Long run and regular strides

Thursday: Base

Friday: Rolling Meadows FS and Varsity Invitational (others base OYO)

Saturday: Progressive if feeling good... + weight room

Monday April 28, 2025

St. Charles North 2:30-4:30 PM

8x400 or premeet

2:30 Verify Tuesday lineups, LMLS, planks, active bridges

2:40 15 minute warm up (mile loop- extend as needed) back to track and drills

3:00 Drills- everybody- 30 meters

- Skips with forward swimmer arms, skips with backward swimmer arms
- Backward reaching walk w/prisoner arms, backwards skips
- Butt kickers and retractors
- Monkeys
- Carioca
- "A" walk and "A" skip
- "B" walk and "B" skip

Cycles: 10 seconds hard with jog back x 2

Hydrate and prepare

Final accelerations (20-50 meters @ 800 pace)

Workout: Reck, Santos, Sundquist, Reed, Russell, Enger, Hill, Hitch, Dill, Gallantine, Tanig

Base: Morton, Radatz, Ewan, Winter, Beaton, O'Donnell, Pickelsimer, Hernandez, Moose, Shukla, McCall, Ortiz, Rigertas, VonEssen, Wiegert, Wright

Progressive: Noel

Choice: Urry, Spizzirri

8x400 (3 minute rest)

60-63: Hill, Hitch, Enger, Russell, Reed?

64-66: Reed?, Dill, Reck, Urry, Santos, Sundquist

67-70: Tanig, Gallantine

Wickets for all and then the weight room.

Projecting Date Race Performance from Marker Sessions

- Do the session (8 x 400 with 3 min rest), and hit all 8 repeats, then they can do the race effort.
- If the athlete tails off during the session, keep the rest at 3 minutes. Just not ready for that race performance yet.

Workout	Projected Race
8 x 58→59	4:15
8 x 60	4:20
8 x 61	4:25
8 x 63	4:30
8 x 66	about 4:40
8 x 68	about 4:50
8 x 70	about 5:00

Tuesday April 29, 2025

Meet at Lake Park

Bus at 2:45

Wednesday April 30, 2025

OYO-

Long Run and Regular Strides

Thursday May 1, 2025

Base

2:30 LMLS, planks, Myrtl, Carlson Core

Base + 6 x 30/20 strides

Friday May 2, 2025

Meet at Rolling Meadows (bus 2:45)

Others: OYO long base

Saturday May 3, 2025

St. Charles North 8:00-10:00

Progressive

Charts and Tables

Charts and Tables

Equivalent pace across different distances.

5K	3mile	3200	1600	1200	1000	800	400	200
0:11:40	0:11:12	0:07:28	0:03:44	0:02:48	0:02:20	0:01:52	0:00:56	0:00:28
0:12:05	0:11:36	0:07:44	0:03:52	0:02:54	0:02:25	0:01:56	0:00:58	0:00:29
0:12:30	0:12:00	0:08:00	0:04:00	0:03:00	0:02:30	0:02:00	0:01:00	0:00:30
0:12:55	0:12:24	0:08:16	0:04:08	0:03:06	0:02:35	0:02:04	0:01:02	0:00:31
0:13:20	0:12:48	0:08:32	0:04:16	0:03:12	0:02:40	0:02:08	0:01:04	0:00:32
0:13:45	0:13:12	0:08:48	0:04:24	0:03:18	0:02:45	0:02:12	0:01:06	0:00:33
0:14:10	0:13:36	0:09:04	0:04:32	0:03:24	0:02:50	0:02:16	0:01:08	0:00:34
0:14:35	0:14:00	0:09:20	0:04:40	0:03:30	0:02:55	0:02:20	0:01:10	0:00:35
0:15:00	0:14:24	0:09:36	0:04:48	0:03:36	0:03:00	0:02:24	0:01:12	0:00:36
0:15:25	0:14:48	0:09:52	0:04:56	0:03:42	0:03:05	0:02:28	0:01:14	0:00:37
0:15:38	0:15:00	0:10:00	0:05:00	0:03:45	0:03:08	0:02:30	0:01:15	0:00:38
0:15:50	0:15:12	0:10:08	0:05:04	0:03:48	0:03:10	0:02:32	0:01:16	0:00:38
0:16:15	0:15:36	0:10:24	0:05:12	0:03:54	0:03:15	0:02:36	0:01:18	0:00:39
0:16:40	0:16:00	0:10:40	0:05:20	0:04:00	0:03:20	0:02:40	0:01:20	0:00:40
0:17:05	0:16:24	0:10:56	0:05:28	0:04:06	0:03:25	0:02:44	0:01:22	0:00:41
0:17:30	0:16:48	0:11:12	0:05:36	0:04:12	0:03:30	0:02:48	0:01:24	0:00:42
0:17:55	0:17:12	0:11:28	0:05:44	0:04:18	0:03:35	0:02:52	0:01:26	0:00:43
0:18:20	0:17:36	0:11:44	0:05:52	0:04:24	0:03:40	0:02:56	0:01:28	0:00:44
0:18:45	0:18:00	0:12:00	0:06:00	0:04:30	0:03:45	0:03:00	0:01:30	0:00:45
0:19:10	0:18:24	0:12:16	0:06:08	0:04:36	0:03:50	0:03:04	0:01:32	0:00:46
0:19:35	0:18:48	0:12:32	0:06:16	0:04:42	0:03:55	0:03:08	0:01:34	0:00:47
0:20:00	0:19:12	0:12:48	0:06:24	0:04:48	0:04:00	0:03:12	0:01:36	0:00:48
0:20:25	0:19:36	0:13:04	0:06:32	0:04:54	0:04:05	0:03:16	0:01:38	0:00:49
0:20:50	0:20:00	0:13:20	0:06:40	0:05:00	0:04:10	0:03:20	0:01:40	0:00:50
0:21:15	0:20:24	0:13:36	0:06:48	0:05:06	0:04:15	0:03:24	0:01:42	0:00:51
0:21:40	0:20:48	0:13:52	0:06:56	0:05:12	0:04:20	0:03:28	0:01:44	0:00:52
0:22:05	0:21:12	0:14:08	0:07:04	0:05:18	0:04:25	0:03:32	0:01:46	0:00:53
0:22:30	0:21:36	0:14:24	0:07:12	0:05:24	0:04:30	0:03:36	0:01:48	0:00:54

VDOT Chart0

5K	3 Mile	3200	1600	VDOT	VO2	VO2	Easy	Tempo	Tempo	Tempo
Time	Time	Time	Time		Mile	1k	Base	20 min	25 min	30 min
15:00	14:26	9:15	4:19	69.6	4:42	2:55	6:19 - 6:42	5:14	5:18	5:21
15:10	14:36	9:21	4:22	68.7	4:45	2:57	6:22 - 6:46	5:17	5:21	5:24
15:20	14:45	9:27	4:25	67.8	4:47	2:58	6:26 - 6:49	5:21	5:25	5:28
15:30	14:55	9:34	4:28	67.0	4:51	3:01	6:31 - 6:54	5:24	5:28	5:31
15:40	15:04	9:40	4:31	66.2	4:54	3:03	6:34 - 6:58	5:27	5:31	5:34
15:50	15:14	9:50	4:34	65.4	4:59	3:06	6:37 - 7:-4	5:30	5:34	5:38
5K	3-Mi	3200	1600	VDOT	VO2	1k	Base	T-20	T-25	T-30
16:00	15:24	9:53	4:37	64.6	5:00	3:06	6:42 - 7:07	5:34	5:38	5:41
16:10	15:34	9:59	4:40	63.8	5:04	3:09	6:46 - 7:11	5:37	5:41	5:44
16:20	15:43	10:05	4:43	63.1	5:07	3:11	6:49 - 7:15	5:40	5:44	5:48
16:30	15:53	10:12	4:46	62.3	5:10	3:13	6:54 - 7:19	5:44	5:48	5:51
16:40	16:03	10:18	4:49	61.6	5:13	3:14	6:58 - 7:23	5:47	5:51	5:54
16:50	16:12	10:24	4:52	60.9	5:16	3:16	7:02 - 7:27	5:50	5:54	5:58
5K	3-Mi	3200	1600	VDOT	VO2	1k	Base	T-20	T-25	T-30
17:00	16:22	10:31	4:55	60.2	5:20	3:19	7:05 - 7:21	5:53	5:58	6:01
17:10	16:32	10:37	4:58	59.5	5:23	3:21	7:09 - 17:35	5:57	6:01	6:05
17:20	16:41	10:43	5:00	58.8	5:26	3:23	7:13 - 17:40	6:00	6:05	6:08
17:30	16:51	10:50	5:04	58.2	5:29	3:24	7:17 - 17:44	6:03	6:08	6:11
17:40	17:02	10:57	5:07	57.6	5:32	3:26	7:21 - 7:49	6:06	6:11	6:14
17:50	17:10	11:02	5:09	56.9	5:35	3:28	7:05 - 7:31	6:10	6:14	6:18
5K	3-Mi	3200	1600	VDOT	VO2	1k	Base	T-20	T-25	T-30
18:00	17:21	11:09	5:13	56.3	5:39	3:31	7:25 - 7:53	6:13	6:18	6:21
18:10	17:30	11:16	5:16	55.7	5:42	3:32	7:33 - 8:00	6:16	6:21	6:25
18:20	17:40	11:22	5:17	55.1	5:45	3:34	7:38 - 8:05	6:20	6:24	6:28
18:30	17:49	11:28	5:22	54.6	5:48	3:36	7:40 - 8:08	6:23	6:27	6:31

18:40	17:59	11:35	5:25	54.0	5:51	3:38	7:44 - 8:13	6:26	6:31	6:35
18:50	18:09	11:41	5:28	53.4	5:54	3:40	7:48 - 8:18	6:30	6:34	6:38
5K	3-Mi	3200	1600	VDOT	VO2	1k	Base	T-20	T-25	T-30
19:00	18:18	11:47	5:31	52.9	5:58	3:42	7:53 - 8:20	6:33	6:37	6:41
19:10	18:29	11:54	5:34	52.3	6:01	3:44	7:56 - 8:26	6:36	6:41	6:45
19:20	18:38	12:01	5:37	51.8	6:04	3:46	8:00 - 8:31	6:39	6:44	6:48
19:30	18:48	12:07	5:40	51.3	6:07	3:48	8:05 - 8:34	6:42	6:47	6:51
19:40	18:57	12:13	5:43	50.8	6:10	3:50	8:08 - 8:39	6:46	6:51	6:55
19:50	19:07	12:19	5:46	50.3	6:14	3:52	8:13 - 8:42	6:49	6:54	6:58
5K	3-Mi	3200	1600	VDOT	VO2	1k	Base	T-20	T-25	T-30
20:00	19:17	12:26	5:49	49.8	6:17	3:54	8:15 - 8:45	6:52	6:57	7:01
20:10	19:27	12:33	5:52	49.3	6:20	3:56	8:20 - 8:51	6:56	7:01	7:05
20:20	19:35	12:38	5:55	48.9	6:23	3:58	8:23 - 8:53	6:58	7:03	7:08
20:30	19:46	12:45	5:58	48.4	6:26	4:00	8:28 - 8:59	7:02	7:07	7:11
20:40	19:56	12:52	6:02	47.9	6:30	4:02	8:31 - 9:02	7:06	7:11	7:15
20:50	20:05	12:58	6:04	47.5	6:33	4:04	8:36 - 9:06	7:08	7:14	7:18
5K	3-Mi	3200	1600	VDOT	VO2	1k	Base	T-20	T-25	T-30
21:00	20:16	13:05	6:08	47.0	6:36	4:06	8:39 - 9:12	7:12	7:17	7:22
21:10	20:25	13:11	6:11	46.6	6:39	4:08	8:42 - 9:15	7:15	7:20	7:25
21:20	20:34	13:17	6:14	46.2	6:43	4:10	8:48 - 9:18	7:18	7:23	7:28
21:30	20:43	13:23	6:17	45.8	6:45	4:12	8:51 - 9:31	7:21	7:27	7:31
21:40	20:55	13:30	6:20	45.3	6:49	4:14	8:53 - 9:28	7:25	7:31	7:35
21:50	21:02	13:35	6:23	44.9	6:51	4:15	8:56 - 9:31	7:28	7:34	7:38
5K	3-Mi	3200	1600	VDOT	VO2	1k	Base	T-20	T-25	T-30
22:00	21:14	13:43	6:26	44.5	6:55	4:18	9:02 - 9:35	7:32	7:37	7:42
22:10	21:24	13:50	6:30	44.1	6:59	4:20	9:06 - 9:38	7:35	7:40	7:45
22:20	21:31	13:55	6:32	43.8	7:01	4:22	9:09 - 9:42	7:37	7:43	7:48
22:30	21:42	14:01	6:35	43.4	7:04	4:23	9:15 - 9:45	7:41	7:46	7:51
22:40	21:52	14:08	6:38	43.0	7:08	4:26	9:18 - 9:52	7:44	7:50	7:55
22:50	22:02	14:15	6:42	42.6	7:11	4:28	9:21 - 9:56	7:48	7:53	7:58
5K	3-Mi	3200	1600	VDOT	VO2	1k	Base	T-20	T-25	T-30
23:00	22:10	14:20	6:44	42.3	7:14	4:30	9:25 - 10:00	7:51	7:56	8:01
23:10	22:21	14:27	6:48	41.9	7:17	4:31	9:28 - 10:04	7:54	8:00	8:05
23:20	22:29	14:33	6:50	41.6	7:20	4:33	9:31 - 10:07	7:57	8:03	8:07
23:30	22:41	14:40	6:54	41.2	7:24	4:36	9:35 - 10:11	8:01	8:06	8:11
23:40	22:49	14:46	6:57	40.9	7:27	4:38	9:38 - 10:15	8:03	8:09	8:14
23:50	23:00	14:53	7:00	40.5	7:30	4:40	9:45 - 10:19	8:07	8:13	8:18
24:00	23:09	14:59	7:03	40.2	7:33	4:41	9:49 - 10:23	8:10	8:16	8:21

Mileage- These are general guidelines, many of your will be 25, 35, or 45 mpw

Goal Mileage	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday		Actual
30															
40															
50															

Note: If base runs are difficult or slower than expected, back off on mileage.

April 21, 2025

SCNTF Distance

Percent of Max Mileage: 90-100%

Week of April 21, 2025

The results continue to be really positive- not perfect- but really positive.

This last week brought another huge list of PR's. We continue to make progress as we do hard work. Two standout races this week in particular: Sam's A-standard 3200 and Lucas' sub 1:59- both at Geneva. This is not to say that others weren't impressive- Matthew's speed, Christians near miss with sub 2:00...

Lucas and Christian were in position when the critical zone of the race arrived. The critical zone is the last 300 meters of an 800 (sometimes earlier... sometimes later). At that point animal instincts kick in and it is all about racing. Fitness matters, strength matters, and confidence matters: but the all-out intensity of competition is what carried the day.

Sam's 3200 had one major similarity: Racing. Huge PR's for advanced athletes almost always happen under intense competition. That is why world records are set at the Olympics and not so much at "regular" competitions. As the front runner Sam took control of the race and had one solid competitor. There were some "cat and mouse" position changes that pulled both athletes through well under the state qualifying time. A key thing for everyone to consider during longer races is when to "cover a move." That is a point where the athlete in front of you goes faster and you have an instant choice- go with or let a gap develop. The vast majority of the time the right choice is to go with and not get gapped. The hard part is you have to be paying attention- and it is easy to "zone out" and not react until it is too late.

Let's keep doing the work- it is paying off. I don't expect a lot of "fresh" racing in April. You should be appropriately tired- but not exhausted. Sleep, nutrition, and hydration will be even more important as the season progresses.

A note on stages of development of a distance runner...

New guys in distance running usually have two gears: Running and walking

After a while some "gears" develop and we see "easy pace" and tempo pace.

Once an athlete starts to get fit, more gears develop and there are multiple paces.

The exciting part is when an athlete gets really fit we can see paces in races. Moves are made and covered... athletes run fast, go faster, and finish faster.

All of this takes time and effort... and it is a fantastic journey.

Standards Winners

Varsity A: Sam Hill (3200)

Varsity B: Logan Hitchings (3200), Lucas Reed (800), Sam Hill (1600), Noel Sookswat (3200)

FS A: Christian Enger (3200 and 800), Logan Hitchings (1600)

FS B: Miles Dill (1600)

Saturday Potential lineups at Kaneland (Varsity meet with FS relays)

FS 4x800: Spizzirri, Gallentine, Tanig, Valentine

Var 4x800: Enger, Hitch, Urry, Santos

3200: Noel, Dill

800: Russell, Sundquist

1600: Hitch, Enger

4x400:????

Workout note: weight room will focus on bars, chest, and core (kettlebells optional)

Week at a glance

- Monday: Long run, strides, weightroom
- Tuesday: Base for athletes in Wed Meet, Broken 700's for others
- Wednesday: St. Charles Coed Dual at home, those not in meet: meet support and base
- Thursday: Tempo, weightroom
- Friday: Base and strides
- Saturday: Kaneland "Peterson Prep" Invitational and Distance Night in Palatine (Sam and Lucas)

Mileage- These are general guidelines, many of your will be 25, 35, or 45 mpw

Goal Mileage	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday		Actual
30															
40															
50															

Continue to the daily details...

Mileage coming soon!

Monday April 21, 2025

St. Charles North 2:30-4:30 PM

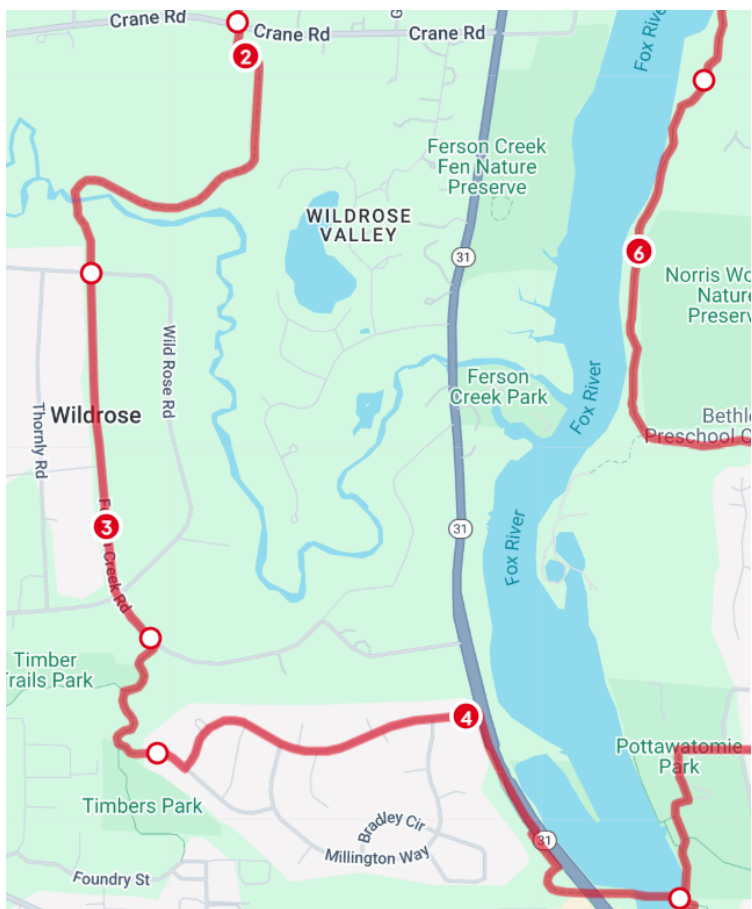
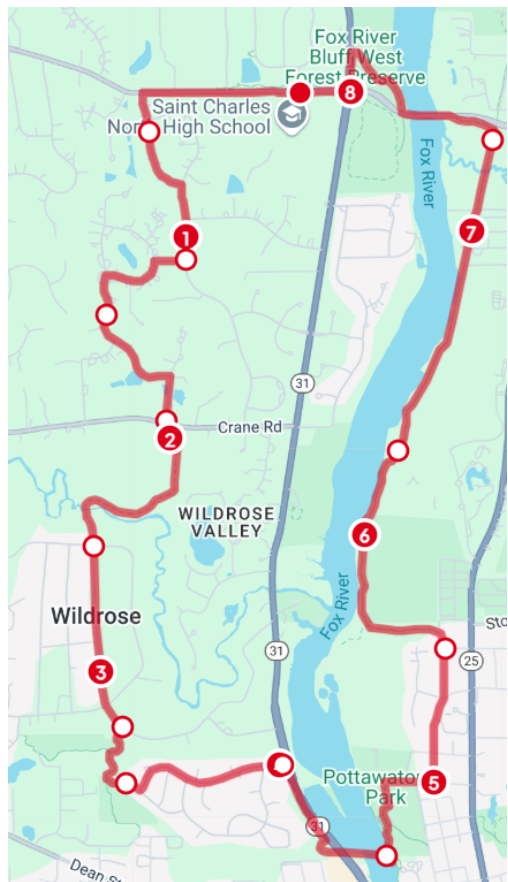
Long run, strides, weightroom

2:30 LMLS and planks

2:45 Long run: Dick Pond Dash 8 miles- extended to stop sign as needed. 6 or less: Pottawatomie
6 x normal strides

Weight room

In town detail



Tuesday April 22, 2025

St. Charles North 2:30-4:30 PM

Base (Wednesday competitors) or workout

2:30 LMLS, planks, Myrtl

2:55 Base Group: Czaicki, Morton, Radatz, Santos, Ewan, Urry, Winter, Beaton, O'Donnell, Pickelsimer, Moose, Shukla, McCall, Ortiz, Rigertas, Von Essen, Wiegert, Wright, Spizzirri, Tanig, Gallentine

700's: Reck?, Sundquist, Reed, Russell, Enger, Hill, Hitch, Dill, Gallentine, Tanig,
Progressive: Noel, Spizzirri

Base group: 3-6 miles: Stop sign, McKay, Dog Loop, Carson Loop

Broken 700's (3x700)

Mile loop, drills, 2 x 100 at current mile pace, 1 x 200 at current mile pace

All start at the 300 hurdle start. Fast, faster, faster

- Rep 1: Get out for 50-80 meters, settle into date 1600 pace, speed up at 200, and again at 120. (5 minutes jog and rest)
- Rep 2: Get out for 50-80 meters, settle into date 1600 pace, speed up at 250, again at 150, and the last 70 meters at 97% (FAST and fluid- but not grinding) (at least 5 minutes jog/rest)
- Rep 3: Get out for 50-80 meters, settle into date 1600 pace, speed up at 300, again at 200, and again at 100 meters (at least 5 minutes jog/ rest)

700 groups and paces

Group A: Hill, Hitch, Enger, Reed, Russell: mile pace 4:30-4:40
Per 400: 67-70, per 100: 17-18, per 200: 34-35

Group B: Sundquist, Dill, Reck 4:45-4:55
Per 400: 71-74, per 100: 18-19, per 200: 35-36

All Broken 700 runners: 3 x 20-30-30-40 strides

20 meter run in, fast for 30 meters (800 pace), faster for 300 meters, and faster for the final 40 meters

Wednesday April 23, 2025

Home St. Charles Coed Meet

Be at finish line dressed and ready at 2:45

Line up

400: McCall?, Beaton

800: Morton, Ewan, Urry, Winter, O'Donnell, Pickelsimer, Moose, Rigertas

1600: Radatz, Reck?, Gallentine, Ortiz, Tanig, VonEssen, Wiegert, Wright

4x400: put together one!

Support: Czaicki, Noel, Sundquist, Reed, Russell, Enger, Hill, Hitchings, Shukla, Spizzirri, Dill

Thursday April 24, 2025

St. Charles North 2:30-4:30

Wednesday competitors: base and weight room

Others: 25 minute tempo and weight room

Friday April 25, 2025

St. Charles North 2:30-3:45

Base and strides

April 14, 2025

SCNTF Distance

Percent of Max Mileage: 90-100%

Week of April 14, 2025

What does the "Percent of Max Mileage" above here mean?

This is a reminder about your mileage. If your goal mileage is 50 miles per week that does NOT mean that you actually run 50 miles each week. That is the number of miles for a "regular" week (which may only happen a handful of times all season). Weeks where we race a lot would have lower percentages (because the overall stress would be equal or higher). I also build into the plans the occasional "easy" week which might be 85%-90% with no racing (like Spring Break). It is embarrassing to have no idea how much you are running each week. That is middle school. Be better than that.

Friday night: TONS of PR's coming off of a challenging training week. Nice job.

Challenges

One of the challenges that our distance squad is working through right now is our recent history of talent. Our seniors have experienced feast and famine here. Coming out of covid we had the least natural talent ever in our program, and now we have notably more- maybe the most we have ever had (time will answer that question)

One way of looking at our team talent is our XC spread at the DuKane Conference XC meet.

This year our top 5 runners were between 15:12 and 16:19.

Two years ago our top 5 runners were between 16:59 and 19:05.

It is shocking to write down that our #5 runner that year was 19:05- almost as shocking as #1 running nearly 17:00.

Scoring talent, individual excellence, and team excellence

Interestingly, I was not disappointed with the athletes on that slow team. They all improved massively. I was very upset with the competitiveness of our team. When your #5 runner is 19:05 in cross country, you are in trouble as a team. SCN distance has had many great years and very few slow years. As a smaller 3A school we will always be challenged to find and develop talent.

What is scoring talent?

A sub 5:00 freshman has real scoring talent. [Our list of these athletes](#) has names of highly impactful athletes- many who continued to run at the collegiate level. A sub 5:00 sophomore is good.

Sub 5:00 as a junior or senior certainly might be a great individual achievement, but it is not an indicator of scoring ability. [Our team standards](#) indicate scoring talent markers.

Why am I rambling on about this?

EVERYONE needs to be driven by their individual improvement. Personal bests are the true marker towards figuring out how to become our best possible person. Our new guys are figuring stuff out and catching the fever of their own expectations (time goals, making the invite squad, etc.).

Excellence can be relative. This means that excellence can be defined by what is around you. A sub 5:00 1600 would have been an accomplishment a couple of years ago, but has never been an excellent scoring time for varsity. Your paradigm (historical viewpoint) might see running in the 4:40's as great. It might be individually great- but that is not an anchor time for us. 4:30's is the expectation of being competitive on varsity. Expect that. LEAN INTO COMPETING to get there. Figure out what makes you best. Start strong and finish fast. Frankly, we need to see 4:20's to be relevant statewide.

The real answer is that consistent improvement over the years leads to great time drops. Seeing your mileage go up season after season along with improvements in your core strength, speed, and running mechanics: that is the "magic formula" that is not really magic at all. CONSISTENCY IS KEY.

We have somewhere between 5 and 7 weeks left this season. How bad do you want it?

Week at a glance

Monday: Base, strides, weightroom
Tuesday: Meet at Wheaton Warrenville South
Wednesday: Base OYO
Thursday: 6 x 300, Weightroom
Friday: Base
Saturday: Geneva Invite

Mileage- These are general guidelines, many of your will be 25, 35, or 45 mpw

Goal Mileage	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday		Actual
30	4		5	2 wu	5		5	1.5	4		6	2wu			29
		base		race		base		2		base		2race			
				2 cd				1.5				2cd			
40	6		6	2 wu	7		6	2	5		6	2wu			36
		base		2 race		base		2		base		2race			
				2 cd				2				2 cd			
50	8		7	2 wu	8		7	2.5	6		8	3wu			44
		base		2 races		base		2		base		2 race			
				3 cd				2.5				3cd			

Monday April 14, 2025

St. Charles North 2:30-4:30 PM

Coach Hornstrom

2:30 LMLS and planks

Stop them at 2:40 and get running

2:45 Base (8-6-4)

4 x 30/20 strides

3:45 Weight room: IF TIME IS SHORT, SKIP KETTLEBELLS

Part 1: 3 sets of 8-12 reps on bars and chest (bar, chest, bar, chest, bar, chest)

CLARITY: Six exercises- 3 bars and 3 chest- alternating between and not taking breaks

Bars: When using bands- ***step into bands instead of using knees***

Choose from the following for each of your three sets.

- pull ups with hands just outside of shoulders
- chin ups
- [Switch grips](#) (one hand in pull up, one hand in chin up)
- [Commando pull ups](#) (turn body and hold bar with stacked fists, alternate pulling head up on right and left sides)
- HARD CORE: [Corn-cobs](#): Pull up- when at the top slide left-right-and back to center as if the bar were an ear of corn that you are eating.

Chest

Choose from the following for chest

- Dumbbell bench (8-12 reps)
- Push up variations (perfect form until you break)
 - Regular
 - Military

- Wide
- Single leg
- Step-outs (hand steps out on the down- alternate sides)
- Decline (put feet up on bench or box)

Part 2: Kettlebell: lighter and controlled is the goal.

REPEAT: THIS WEEK USE LIGHTER KETTLEBELLS UNTIL COACH AGREES WITH YOUR FORM

Two rounds of

- [10 deadlifts](#) (kettlebell between toes, straight and strong back the entire time, bring kettlebell back to ground rest in between)
- [10 kettlebell swings](#) Form is important here. Watch the video. Straight and strong back and core. Bend knees and hips to approach the kettlebell.
- [10 double handed overhead press](#) (grip bell with thumbs around handle)
- [10 goblet squat curls](#)

Part 3: Mega abs

Tuesday April 15, 2025

DuKane Triangular at Wheaton Warrenville South

Speed Group: get the 3200 guys together as soon as we get there and go through a thorough warm up TOGETHER.

Noel: Get together with the 800 guys for a thorough warm up and then do a 30 minute progressive.

Cool down with the 800 guys- at least 15 minutes.

Line ups

3200: Czaicki, Santos, Ewan, Pickelsimer, Hernandez, Moose

800: Morton, Radatz, Winter, Beaton, Russell, Spizzirri, Gallentine, McCall, Ortiz, Von Essen, Wiegert, Wright

1600: Sundquist, Urry, O'Donnell, Shukla, Graham, Rigertas, Talbot

4x400: Group A: Sundquist, Oscar, Grayden, and Ben (alt: find one if needed)

Group B: Pickelsimer, Santos, Gallentine, find a 4th

Speed groups

- GET THOROUGHLY WARMED UP and STAY HYDRATED
- Practice some hand offs- do not plow into each other- incoming runners take the outer half of the lane and outgoing runners take the inner half of the lane.
- DO NOT lunge or dive or do anything weird when handing off. If you miss the hand off, don't worry about it.

All 8 athletes are doing the 4x100, 100, 4x200, and 200. Instead of the 4x400 do a 3 mile cool down immediately after the 200. IMMEDIATELY... don't wander around... get running together.

Relays: Group A: Enger, Reck, Reed, Dill

Group B: Hitch, Hill, Russell, Tanig

Wednesday April 16, 2025

St. Charles North OYO

Base: Longer base- keep it under control!

Thursday April 17, 2025
St. Charles North 2:30-4:30

2:30 LMLS and planks

2:40 15 min warm up to track- active drills and strides

Noel: tempo (warm up with team, 4 miles at 6 min pace, cool down with team)

Workout:

2 x (3 x 300) @35% of 800 goal pace, 3 min between 300's and 5 min between sets

42-45 seconds: Hill, Hitch, Enger, Reed, Dill, Russell, Reck, Urry, Sundquist

47-50 seconds: Tanig, O'Donnell, Santos, Czaicki, Gallentine, Spizzirri, Winter, Ewan

55 seconds: Ortiz, Moose, Hernandez, Rigertas, Wright, Radatz, McCall, Wiegert, VonEssen, Shukla, Beaton, Morton, Graham, Talbot

20 minute cool down

Weight room

Friday April 18, 2025
St. Charles North 2:30-4:00

2:30 LMLS, planks, Myrtl

Base

6 x controlled strides

Saturday April 19, 2025
Geneva Invite

April 7, 2025

SCNTF Distance

Percent of Max Mileage: 85-95%

Week of April 7, 2025

Adversity

Sometimes things happen that throw a wrinkle into the plans. Unfortunately my tendon popped off my patella and I am going in for surgery to fix it up. My knee will be immobilized for several weeks depending on the severity of the repair and how well my body heals. This will create some difficulties that we will figure out. You will have some guest appearances from other coaches and I expect you all to dial in on what we are trying to accomplish.

We are here to become the best people that we can be- athletically, in the classroom, and as humans. The methods to grow in these ways are really similar regardless of whether we are talking about sports, education, or character: **Show up. Try. Care.**

All of these endeavors are aided by coaches, mentors, and teachers. You have them now. In your "real life" you have to seek them out. We all get better with the support of others.

For us to accomplish our goals to the best of our abilities, I need your support. We have talked a lot about leadership and decision making- and let's keep things really simple...

1. Double down on your efforts to show up on time and be prepared to go.
2. Be one of the first to do what we are doing- planks, LMLS, etc... don't wait for everyone else to start before you get going.
3. Do what you are supposed to do.
4. Don't follow those who aren't doing what they should be doing or going where they should be going. Be confident in doing the right thing. When we are together in doing the right things people will follow.

April Training

April in track is similar to September in cross country- this is where volume and intensity are at peak levels. Starting back in January we were building our mileage. At the end of February and early March we had some of our highest mileage weeks when we weren't hit with bad weather. The end of March had some mileage drops- but these were accompanied by lots of racing for some of you- which is stressful on the body. In general terms I am more concerned about levels of physical stress more than pure mileage (although mileage is important and easy to measure).

It is good to have spring break be a little different- no racing and no killer workouts- maybe even a small dip in mileage due to travel days, etc.

Now we are back.

You will see more track workouts of various types, but we are still building capacity- so rest intervals won't be extreme. Mileage will stay higher. This is a fun month to love training. Running fast, logging miles, putting on the uniform, and preparing for the championship season in May.

Week at a glance

Monday:	Base, wickets, base and weightroom
Tuesday:	4 x 1200 VO2max
Wednesday:	7 x 25 second runs barefoot on grass if possible
Thursday:	Base, strides, weightroom
Friday:	Batavia Open
Saturday:	Long run

Mileage- These are general guidelines, many of your will be 25, 35, or 45 mpw

Goal Mileage	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday		Actual
30	5	2	7	2	5	2	5		5	2	7				34
		1		3		1		5		2		long			
		2		2		2				1					
40	6	2	7	2	6	3	6		6	2	9				40
		1		3		1		6		2		long			
		3		2		2				2					
50	7	3	9	2	8	3	7		7	2	12				50
		1		3		1		7		2		long			
		3		4		4				3					

Monday April 7, 2025

St. Charles North 2:30-4:30 PM

Coach Hornstrom

There is a lot going on today with warm ups, wickets, and a new weight room routine.

Emphasize efficiency and keep moving! Transition between activities quickly.

Don't take big breaks in the weight room.

We won't get through everything in the weight room. Prioritize the bars, chest, and mega abs.

SAM

- 2:30 LMLS and SAM at right: Plank series (30 seconds each)
 Stop them at 2:50 and get running Full Myrtl (clams, lateral legs, donkeys, etc.)
- 2:50 20 minute warm up toward stop sign
- 3:15 Wickets set at 6 yards and 5 yards. Only 15 minutes- then move them on!
 Regular, Airplane, Prisoner, Pistol, Raise the Roof, Regular
 It is ok to repeat ones as needed. Example: Miles Dill and airplane to work on his wiggle
 Watch for heel striking and too much back end (showing the bottom of the shoe to heaven)
 Encourage "on your toes" and high knee- high toe front end
- 3:30 30 minute base toward stop sign. Return to weight room

4:00 Weight room

Part 1: 3 sets of 8-12 reps on bars and chest (bar, chest, bar, chest, bar, chest)

CLARITY: Six exercises- 3 bars and 3 chest- alternating between and not taking breaks

Bars: When using bands- *step into bands instead of using knees*

Choose from the following for each of your three sets.

- pull ups with hands just outside of shoulders
- chin ups
- [Switch grips](#) (one hand in pull up, one hand in chin up)
- [Commando pull ups](#) (turn body and hold bar with stacked fists, alternate pulling head up on right and left sides)
- HARD CORE: [Corn-cobs](#): Pull up- when at the top slide left-right-and back to center as if the bar were an ear of corn that you are eating.

Chest

Choose from the following for chest

- Dumbbell bench (8-12 reps)
- Push up variations (perfect form until you break)
 - Regular
 - Military
 - Wide
 - Single leg
 - Step-outs (hand steps out on the down- alternate sides)
 - Decline (put feet up on bench or box)

Part 2: Kettlebell: start with lighter weight for today to learn the routine. Get a partner and alternate with the kettlebell.

REPEAT: THIS WEEK USE LIGHTER KETTLEBELLS UNTIL COACH AGREES WITH YOUR FORM

Two rounds of

- [10 deadlifts](#) (kettlebell between toes, straight and strong back the entire time, bring kettlebell back to ground rest in between)
- [10 kettlebell swings](#) Form is important here. Watch the video. Straight and strong back and core. Bend knees and hips to approach the kettlebell.
- [10 double handed overhead press](#) (grip bell with thumbs around handle)
- [10 goblet squat curls](#)

Part 3: Mega abs

Tuesday April 8, 2025

St. Charles North 2:30-4:30 PM

Coach Flauter

2:30 **Warm up**

1. LMLS
2. 12 minute base on track
3. Drills Part 1- 20 meters
 - a. Skips with forward and backward swimming arms
 - b. Backward reaching walk and backward skips
 - c. Butt kickers and retractors
 - d. Monkeys there and back
 - e. Carioca there and back
 - f. Quick skip single leg left and then right
 - g. Zombies
4. Ground work
 - a. Plank series
 - b. Donkey kicks
 - c. Hydrants
 - d. Low Donkey whips
5. Drills Part 2 (20 meters each)
 - a. 2 x A's: March then skip
 - b. 2 x B's: March then skip (half court each)
6. Cycles: 2 x (10 sec- 20 sec)
7. Water and prep

Workout: 4x1200 VO2max with equal rest (run time = rest time)

Group 1: 4 x 1200 at 3:45 (plus or minus)

Noel, Hitch, Enger, Dill, Reed, Russell, Reck, Urry
Sam should be at 3:35 for 1200. Start 10 seconds after group starts

Group 2: 4 x 1200

At 4:15 (plus or minus) Tanig, Santos, Sundquist, Gallantine, Ortiz, O'Donnell

At 4:40 (plus or minus) Winter, Moose, and Hernandez

Group 3: 5 x 800 at 3:25

Oscar, Grayden, Ewan, Emmett, Landon, Gus, Declan, Morton, Spizzirri

Henry Talbot and Asher Graham are new- have them run with this group

Ben, Aiden, Vir, Joe- go with group 3 and do the work!

Cool down: 15-25 minutes depending on time.

SMALL GROUP STRETCH TOGETHER- get into groups at the end of cool down and do the same stretches together.

Wednesday April 9, 2025

St. Charles North 1:30-3:30 OYO

OYO

We are always better together. Be together unless there is a compelling reason not to be.

- 20 minute warm up finishing at P-town.
- Drills as needed
- 7 x 25 second barefoot grass runs: FAST with 5 minutes rest between (YES... 5 minutes- someone set their watch).
- 15-30 minute base cool down depending on mileage needs

NOTE on barefoot running. Good weather and soft grass is needed. Barefoot running helps strengthen the foot and improves "toe off" for feet that are perpetually in padded and structural shoes. That being said, **this is always an option for you.** There is always a chance of hitting a rock or something sharp. This isn't likely at P-town (or anywhere else we would do this), but it is your choice regardless.

We do not do short sprints barefoot because of the stress on untrained bare feet.

We do not do longer runs (400's or longer) barefoot for the same reason- our feet are relatively weak from being in high-tech shoes all of the time.

Great idea: Be barefoot as much as possible when walking around your house.

Thursday April 10, 2025

St. Charles North 2:30-4:30 PM

Base, strides, weightroom

Coach Ruckoldt

2:30 LMLS and Myrtl (clams, lateral leg raises, donkeys...)

2:50 Base run: Stop sign and extensions

High mileage group: 6-7

Middle: 5

Lower: 4 (stress to younger guys: DO NOT STOP)

Return: 6 x 30/20 strides

Stretch together until everyone is back and ready to go.

3:45 To weightroom

There should be enough time today to get it all done.

Part 1: 3 sets of 8-12 reps on bars and chest (bar, chest, bar, chest, bar, chest)

CLARITY: Six exercises- 3 bars and 3 chest- alternating between and not taking breaks

Bars: When using bands- ***step into bands instead of using knees***

Choose from the following for each of your three sets.

- pull ups with hands just outside of shoulders
- chin ups
- [Switch grips](#) (one hand in pull up, one hand in chin up)
- [Commando pull ups](#) (turn body and hold bar with stacked fists, alternate pulling head up on right and left sides)
- HARD CORE: [Corn-cobs](#): Pull up- when at the top slide left-right-and back to center as if the bar were an ear of corn that you are eating.

Chest

Choose from the following for chest

- Dumbbell bench (8-12 reps)
- Push up variations (perfect form until you break)
 - Regular
 - Military
 - Wide
 - Single leg
 - Step-outs (hand steps out on the down- alternate sides)
 - Decline (put feet up on bench or box)

Part 2: Kettlebell: start with lighter weight for today to learn the routine. Get a partner and alternate with the kettlebell.

REPEAT: THIS WEEK USE LIGHTER KETTLEBELLS UNTIL COACH AGREES WITH YOUR FORM

Two rounds of

- [10 deadlifts](#) (kettlebell between toes, straight and strong back the entire time, bring kettlebell back to ground rest in between)
- [10 kettlebell swings](#) Form is important here. Watch the video. Straight and strong back and core. Bend knees and hips to approach the kettlebell.
- [10 double handed overhead press](#) (grip bell with thumbs around handle)
- [10 goblet squat curls](#)

Part 3: Mega abs

Friday: Batavia “Les Hodge” Open

This meet we run some “off” events and some events that you haven’t done in a while, don’t have an official time for, or your current best can be greatly improved.

We follow up quickly on **Monday** with a DuKane Open meet at **Wheaton Warrenville South**.

It is great to get two open meets in this early to establish some outdoor times.

Athlete			Friday Apr 11	Tues Apr 15
Last	First	Year	Batavia Open	@WWS Open
Czaicki	Oscar	12	1600	800, 4x400 A
Morton	Ben	12	1600	800, 4x400 A
Radatz	Grayden	12	1600	800, 4x400 A
Reck	Evan	12	4x800, 1600, 4x400A	speed
Santos	Brian	12	1600	3200
Sookswat	Ewan	12	1600	3200?
Sookswat	Noel	12	4x800, 1600, 4x400Aalt	tempo
Sundquist	Logan	12	4x800, 400, 4x400A	1600, 4x400 A
Urry	Carson	12	3200, 4x400B	1600
Winter	Ryan	12	3200	800, 4x400 alt
Beaton	Joe	11	1600	800
O'Donnell	Tiernan	11	3200, 4x400B	800, 4x400 B
Pickelsimer	Gus	11	1600	800, 4x400 B
Reed	Lucas	11	3200, 4x400B	1600
Russell	Matthew	11	1600, 4x400Balt	800, 4x400 B
Enger	Christian	10	3200, 4x400B	speed
Hill	Sam	10	4x800, 1600, 4x400A	speed
Hitchings	Logan	10	4x800, 1600, 4x400A	speed
Hernandez	Tristan	10	800	3200
Moose	Hayden	10	800	3200
Shukla	Vir	10	800	1600
Spizzirri	Alex	10	3200	800
Dill	Miles	9	800, 4x400 C	speed
Gallantine	William	9	3200, 4x400 C	800
Graham	Asher	9	800, 4x400 C	1600
McCall	Landon	9	1600	800
Ortiz	Levi	9	3200, 4x400 C alt	800
Rigertas	Emmett	9	3200	1600
Tanig	John	9	3200, 4x400 C	speed
Von Essen	Ben	9	1600	800
Wiegert	Aiden	9	3200	800
Wright	Declan	9	3200	800

Saturday: Long Run

Monday: Medium base, strides, weightroom

Monday: Hornstrom

Monday April 7, 2025

St. Charles North 2:30-4:30 PM

Coach Hornstrom

There is a lot going on today with warm ups, wickets, and a new weight room routine.

Emphasize efficiency and keep moving! Transition between activities quickly.

Don't take big breaks in the weight room.

We won't get through everything in the weight room. Prioritize the bars, chest, and mega abs.

SAM

- 2:30 LMLS and SAM at right: Plank series (30 seconds each)
Stop them at 2:50 and get running Full Myrtl (clams, lateral legs, donkeys, etc.)
- 2:50 20 minute warm up toward stop sign
- 3:15 Wickets set at 6 yards and 5 yards. Only 15 minutes- then move them on!
Regular, Airplane, Prisoner, Pistol, Raise the Roof, Regular
It is ok to repeat ones as needed. Example: Miles Dill and airplane to work on his wiggle
Watch for heel striking and too much back end (showing the bottom of the shoe to heaven)
Encourage "on your toes" and high knee- high toe front end
- 3:30 30 minute base toward stop sign. Return to weight room
- 4:00 **Weight room**

Part 1: 3 sets of 8-12 reps on bars and chest (bar, chest, bar, chest, bar, chest)

CLARITY: Six exercises- 3 bars and 3 chest- alternating between and not taking breaks

Bars: When using bands- ***step into bands instead of using knees***

Choose from the following for each of your three sets.

- pull ups with hands just outside of shoulders
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- [Switch grips](#) (one hand in pull up, one hand in chin up)
- [Commando pull ups](#) (turn body and hold bar with stacked fists, alternate pulling head up on right and left sides)
- HARD CORE: [Corn-cobs](#): Pull up- when at the top slide left-right-and back to center as if the bar were an ear of corn that you are eating.

Chest: Choose from the following for chest

- Dumbbell bench (8-12 reps)
- Push up variations (perfect form until you break)
 - Regular
 - Military
 - Wide
 - Single leg
 - Step-outs (hand steps out on the down- alternate sides)
 - Decline (put feet up on bench or box)

Part 2: Kettlebell: start with lighter weight for today to learn the routine. Get a partner and alternate with the kettlebell.

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- [10 double handed overhead press](#) (grip bell with thumbs around handle)
- [10 goblet squat curls](#)

Part 3: Mega abs

Attendance:

Last	First	Year
Czaicki	Oscar	2025
Morton	Ben	2025
Radatz	Grayden	2025
Reck	Evan	2025
Santos	Brian	2025
Sookswat	Ewan	2025
Sookswat	Noel	2025
Sundquist	Logan	2025
Urry	Carson	2025
Winter	Ryan	2025
Beaton	Joe	2026
O'Donnell	Tiernan	2026
Pickelsimer	Gus	2026
Reed	Lucas	2026
Russell	Matthew	2026
Enger	Christian	2027
Hernandez	Tristan	2027
Hill	Sam	2027
Hitchings	Logan	2027
Moose	Hayden	2027
Palacios	Carlos	2027
Shukla	Vir	2027
Spizzirri	Alex	2027
Dill	Miles	2028
Gallantine	William	2028
Graham	Asher	2028
McCall	Landon	2028
Ortiz	Levi	2028
Rigertas	Emmett	2028
Talbot	Henry	2028
Tanig	John	2028
Von Essen	Ben	2028
Wiegert	Aiden	2028
Wright	Declan	2028

Thursday: Ruckoldt

Thursday April 10, 2025

St. Charles North 2:30-4:30 PM

Base, strides, weightroom

Coach Ruckoldt

2:30 LMLS and Myrtl (clams, lateral leg raises, donkeys...)

2:50 Base run: Stop sign and extensions

High mileage group: 6-7

Middle: 5

Lower: 4 (stress to younger guys: DO NOT STOP)

Return: 6 x 30/20 strides

Stretch together until everyone is back and ready to go.

3:45 To weightroom

There should be enough time today to get it all done.

Part 1: 3 sets of 8-12 reps on bars and chest (bar, chest, bar, chest, bar, chest)

CLARITY: Six exercises- 3 bars and 3 chest- alternating between and not taking breaks

Bars: When using bands- ***step into bands instead of using knees***

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Chest

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 - Step-outs (hand steps out on the down- alternate sides)
 - Decline (put feet up on bench or box)

Part 2: Kettlebell: start with lighter weight for today to learn the routine. Get a partner and alternate with the kettlebell.

REPEAT: THIS WEEK USE LIGHTER KETTLEBELLS UNTIL COACH AGREES WITH YOUR FORM

Two rounds of

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- [10 double handed overhead press](#) (grip bell with thumbs around handle)
- [10 goblet squat curls](#)

Part 3: Mega abs

Attendance

Last	First	Year
Czaicki	Oscar	2025
Morton	Ben	2025
Radatz	Grayden	2025
Reck	Evan	2025
Santos	Brian	2025
Sookswat	Ewan	2025
Sookswat	Noel	2025
Sundquist	Logan	2025
Urry	Carson	2025
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Beaton	Joe	2026
O'Donnell	Tiernan	2026
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Reed	Lucas	2026
Russell	Matthew	2026
Enger	Christian	2027
Hernandez	Tristan	2027
Hill	Sam	2027
Hitchings	Logan	2027
Moose	Hayden	2027
Palacios	Carlos	2027
Shukla	Vir	2027
Spizzirri	Alex	2027
Dill	Miles	2028
Gallantine	William	2028
Graham	Asher	2028
McCall	Landon	2028
Ortiz	Levi	2028
Rigertas	Emmett	2028
Talbot	Henry	2028
Tanig	John	2028
Von Essen	Ben	2028
Wiegert	Aiden	2028
Wright	Declan	2028

Tuesday: Flauter

Tuesday April 8, 2025

St. Charles North 2:30-4:30 PM

Coach Flauter

2:30 **Warm up**

1. LMLS
2. 12 minute base on track
3. Drills Part 1- 20 meters
 - a. Skips with forward and backward swimming arms
 - b. Backward reaching walk and backward skips
 - c. Butt kickers and retractors
 - d. Monkeys there and back
 - e. Carioca there and back
 - f. Quick skip single leg left and then right
 - g. Zombies
4. Ground work
 - a. Plank series
 - b. Donkey kicks
 - c. Hydrants
 - d. Low Donkey whips
5. Drills Part 2 (20 meters each)
 - a. 2 x A's: March then skip
 - b. 2 x B's: March then skip (half court each)
6. Cycles: 2 x (10 sec- 20 sec)
7. Water and prep

Workout: 4x1200 VO2max with equal rest (run time = rest time)

Group 1: 4 x 1200 at 3:45 (plus or minus)

Noel, Hitch, Enger, Dill, Reed, Russell, Reck, Urry

Sam should be at 3:35 for 1200. Start 10 seconds after group starts

Group 2: 4 x 1200

At 4:15 (plus or minus) Tanig, Santos, Sundquist, Gallantine, Ortiz, O'Donnell

At 4:40 (plus or minus) Winter, Moose, and Hernandez

Group 3: 5 x 800 at 3:25

Oscar, Grayden, Ewan, Emmett, Landon, Gus, Declan, Morton, Spizzirri

Henry Talbot and Asher Graham are new- have them run with this group and let's see how they do.

Ben, Aiden, Vir, Joe- go with group 3 and do the work (adjust as needed)

Cool down: 15-25 minutes depending on time.

SMALL GROUP STRETCH TOGETHER- get into groups at the end of cool down and do the same stretches together.

Attendance

Last	First	Year
Czaicki	Oscar	2025
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Enger	Christian	2027
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Ortiz	Levi	2028
Rigertas	Emmett	2028
Talbot	Henry	2028
Tanig	John	2028
Von Essen	Ben	2028
Wiegert	Aiden	2028
Wright	Declan	2028

March 31, 2025 Spring Break

Happy Spring Break.

Mileage and recovery focus.

Monday: Long run

Tuesday: Medium base + strides

Wednesday: Base, wickets, base. If no wickets available- Base, fast strides, base

Thursday: Medium base + strides

Friday: Speed endurance: 2-3 mile warm up. 5 x 200 as follows: first 50 easy to the top of the curve, accelerate during next 50 to the 100 meter start, hold your speed for the last 100 meters. Walk back to the 200 start for rest. 2-4 miles cool down

Saturday: get in some miles! Medium long

March 24, 2025

SCNTF Distance

Week of March 24, 2025

Percent of Max Mileage: 90-100%

Improvement.

Friday night in Batavia was a good night... not perfect... but lots of fun to see our progress.

Highlights: Double FS conference champion: **Hitch!** With **Miles** getting two PR's and a solid 2nd and 4th place finishes respectively.

Sam double scored in the 3200 and 1600, setting the indoor 3200 school record in the 3200- just missing the state qualifying A-standard. **Noel** and **Hitch** both went sub 10.



Both relays were solid. The biggest win was the number of us that raced differently than normal.

Many of you were noticeably thoughtful and engaged in your race.

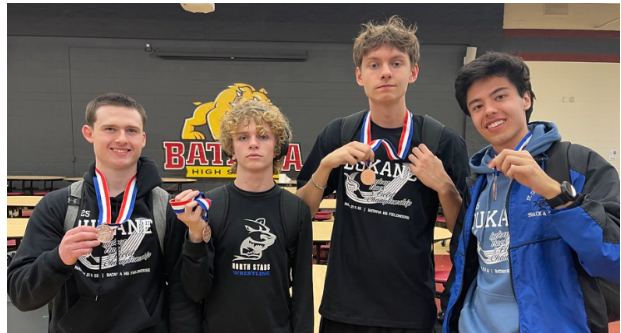
We tried different things and learned.



Overall we had 14 PR's out of 16 races. That was a really good night. In the open 1600 it was great to see the determination of **Ryan** going sub 5:25 and seeing **Ewan** with a gritty finish.

In a team email I challenged you all to get to the LRC and check out the **Consistency is Key** book.

It is a fast read and worth the time. Several guys have finished it already- which means that they get to sign the back! If you finished it- turn it back in. If you didn't pick it up, get to the LRC as most of you will have time in cars or on planes in the next week or so.



We have a couple of weeks to ramp our mileage back up before April kicks in. If you don't know your goal mileage and/or your actual mileage, that is a problem. IT IS YOUR MILEAGE! Most of you are doing well and being aware. The vast majority of state-level distance athletes are training at 50 miles per week as seniors for peak weeks (not every week should be peak mileage). This can be accomplished by starting freshman XC at 25 miles and adding 5 miles per season (XC and track). Realistically the progress usually happens in bigger chunks... but still a very doable plan.

Plainfield Freshman Lineup

Open 1600: Rigertas, Wiegert, Wright

4x800: Tanig, Gallantine, Ortiz, Talbot

800: Ortiz, McCall

1600: Tanig, Gallantine

3200: Dill

Bulldog Relays Line up

DMR: Sam, Hitch, Lucas, TBD

4x800: Reck, Noel, Santos, Sundquist

Week at a glance

Monday: 2:30 Team meeting in the cafeteria.
Freshmen: base run and strides- done by 4:00
All others-mile repeats and weight room
Tuesday: Freshman Invite. All others long run OYO
Wednesday: Bulldog athletes: base and strides
All others: Medium base and weight room
Thursday: Bulldog Relays
All others: Repeat 400's
Friday: Morning yoga. Afternoon off- if it is beautiful get an OYO run in.

Spring break

No formal practice Saturday through Tuesday. Athletes who are in town should organize to run together.

Wednesday, Thursday, and Friday: 8:00 to 10:00 AM

No formal practice Saturday.

It is fine for spring break to be different, but that does not mean doing nothing. We have worked to hard to develop our fitness to be idle for nine days.

Be active. Hike. Cross train. Run.

Get in the long run- make it progressive if you feel good.

In a hotel? 45 minutes of treadmill-walkie is great (12% at 4 mph).

Travel days won't be perfect- but bring your shoes and shorts.

Daily details coming soon!

March 17, 2025

SCNTF Distance

Week of March 17, 2025

Percent of Max Mileage: 90%

Until May every race is a practice.

One of the things that we talk about is “start strong, finish fast.” We practice this on hill workouts where the first one is “confident” and then we get faster. This concept is important in racing, because almost every distance athlete has been excited at the start of a race and gone out WAY TOO FAST and then had to deal with an excruciating second half of a race.

This lesson is a good one to learn... until it gets in the way and we start running the same race time and time again. When we talk about race plans and then we reflect on the races, *the most common thing that I hear is regret from not being more aggressive, getting gapped, or not pushing soon enough.* WHY IS THIS THE MOST COMMON REGRET? Simple... because you deeply remember being that kid who went out too fast and died in the second part of the race.

If you are fit and you have been with us for a while... It is time to treat every race like a practice until May. This means IT IS GOOD to take chances to see where your limits are. What does this look like?

- Do something to beat the teammate that is always a second or two faster than you. Attack them in the middle of the race or sit on their shoulder knowing that somewhere in the last 300 meters you will go for it.
- Indoor 1600 and 3200 races are difficult to “pace out” because you are running so many laps like a hamster on a wheel... so put yourself in position for the first half and then race the second half. What does that look like? Take 10 quick steps coming out of the curve to begin the second half of your race. If there is a gap, move up to the next group. In the last 300 meters decide to make two moves instead of one... fast, faster, AND FASTER.

IT IS GOOD to “be a little bit stupid” when racing in March and April. Take some chances on purpose. In terms of racing, be disrespectful to the people in front of you.

This last week showed us several examples...

We had 4 guys run a 4x800 at the Mustang Relays at North Central College on Monday. **Sam** got caught up in traffic and went down at the 400. Sometimes this happens- especially in a crowded indoor race (where track becomes more like NASCAR- for what it is worth this is similar to most of the turns down at Detweiller). The best thing is that Sam popped up and finished his leg in 2:07. **Christian** and **Hitch** ran solid 2:04's and **Lucas** brought it home in a high 2:02 for a season record 8:19. We are ahead of where our state-qualifying team was last year.

Running a sub 2:00 is a clear target for all of these athletes, but it will take some **audacity** to do so.

They all can go out in a mid 58 and come back in a low 60. That is sub 2:00. And it is sitting right there when we are just stupid enough to go and do it.



audacity

[aw-das-i-tee]

● Phonetic (Standard) ○ IPA

noun

Plural *audacities*.

- 1 boldness or daring, especially with confident or arrogant disregard for personal safety, conventional thought, or other restrictions.

Synonyms: [foolhardiness](#), [temerity](#), [grit](#), [spunk](#), [nerve](#)

Antonyms: [prudence](#), [discretion](#)

- 2 effrontery or insolence; shameless boldness:

His questioner's audacity shocked the lecturer.

Synonyms: [brashness](#), [impertinence](#), [impudence](#)

Antonyms: [discretion](#), [prudence](#)

- 3 Usually *audacities*. [audacious](#) or particularly bold or daring acts or statements.

The York Open is a great meet for us as it allows all athletes to put on spikes and show what they can do inside. We had lots of great efforts and the one that sticks out to me is heat 2 of the 1600. **Will** got out and ran in a solid position the entire time for a 5:25 PR. **Levi** found himself farther back in a different pack and then decided to move up. I watched him pass and pass and pass until he finished with a sub 5:30 PR. Imagine the next time these two take the track together and know that they can build off of each other. These two will be sub 5:00 by the end of the season.



Week at a glance

Monday: 2:30-4:30 Long Run

Tuesday: 2:30-4:30 2 x Long hills and weightroom

Wednesday: 2:45-4:45 Base, 85% Tempo, or VO2max (group dependent)

Thursday: 3:00-5:00 Base PICTURE DAY. BRING UNIFORM

Friday: Indoor Conference: Frosh Soph and Varsity with some open events: Line up TBD

Saturday: 8:00-10:00 Speed Endurance 7 x 100, weightroom

Mileage- These are general guidelines, many of your will be 25, 35, or 45 mpw

Goal Mileage	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday		Actual
30	6														
		long													
40	8														
		long													
50	10														
		long													

Monday March 17, 2025

St. Charles North 2:30-4:30 PM

2:30 Review schedule and indoor conference line up

EMPHASIZE HOW TO CROSS RANDALL and RED GATE PASSAGE

RUN WITH A PARTNER

2:45 LMLS SAM phase 2 easy

3:00 Long run

4:00-4:15 6 x regular strides

Movements

SAM Easy Phase 2

Plank series x 25 sec

Single Leg Active bridge x 10

Clams and Leg raises

Donkey Kicks and whips

Hydrants and circles

Lower Body crawl (prone, knees only) x 10

Iron Cross x 10, prone swimmer x 10, Iron Cross

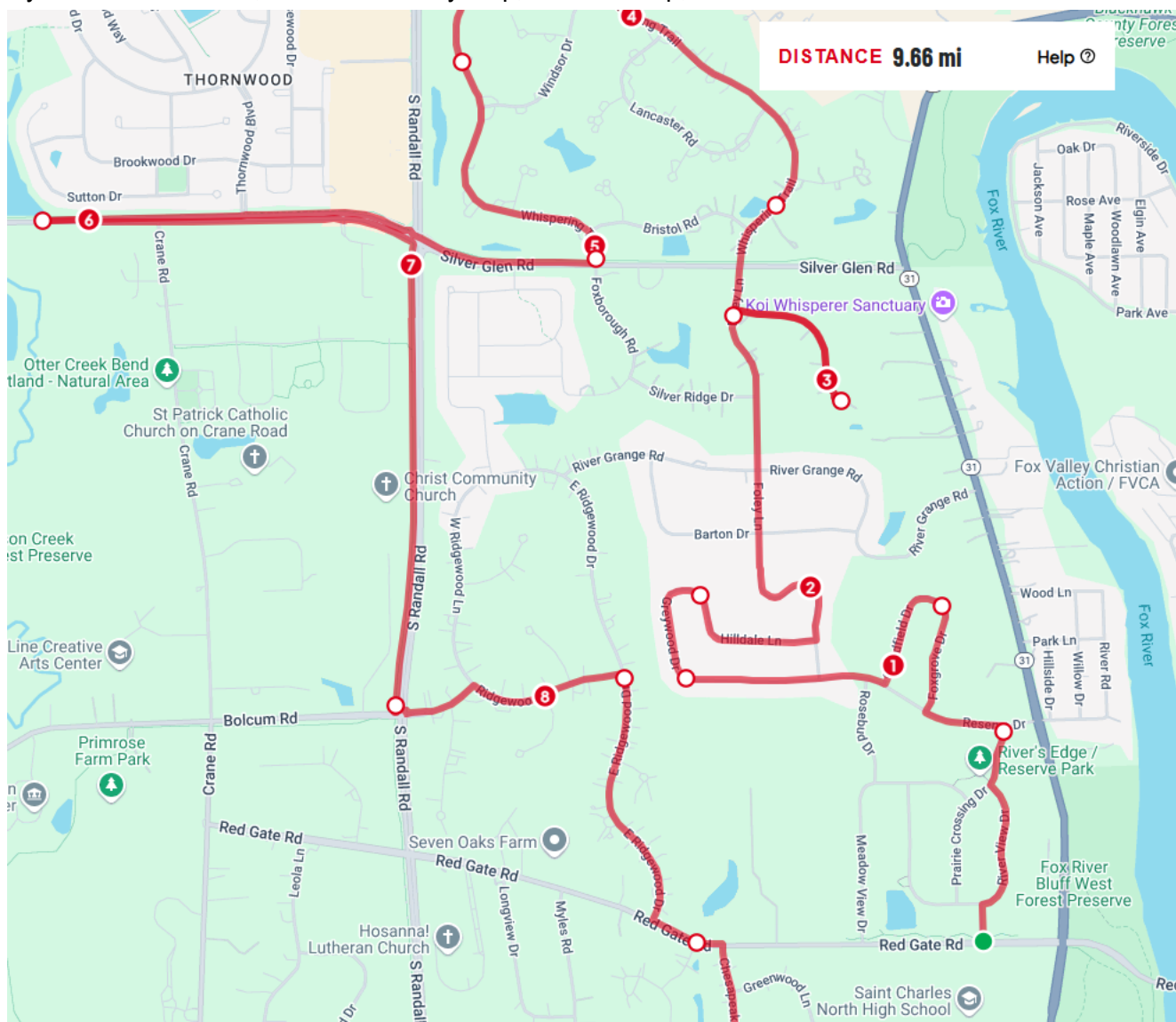
90-90 hip flips, arches

Toe and Heel walk

High mileage: Randall Loop with lots of add ons

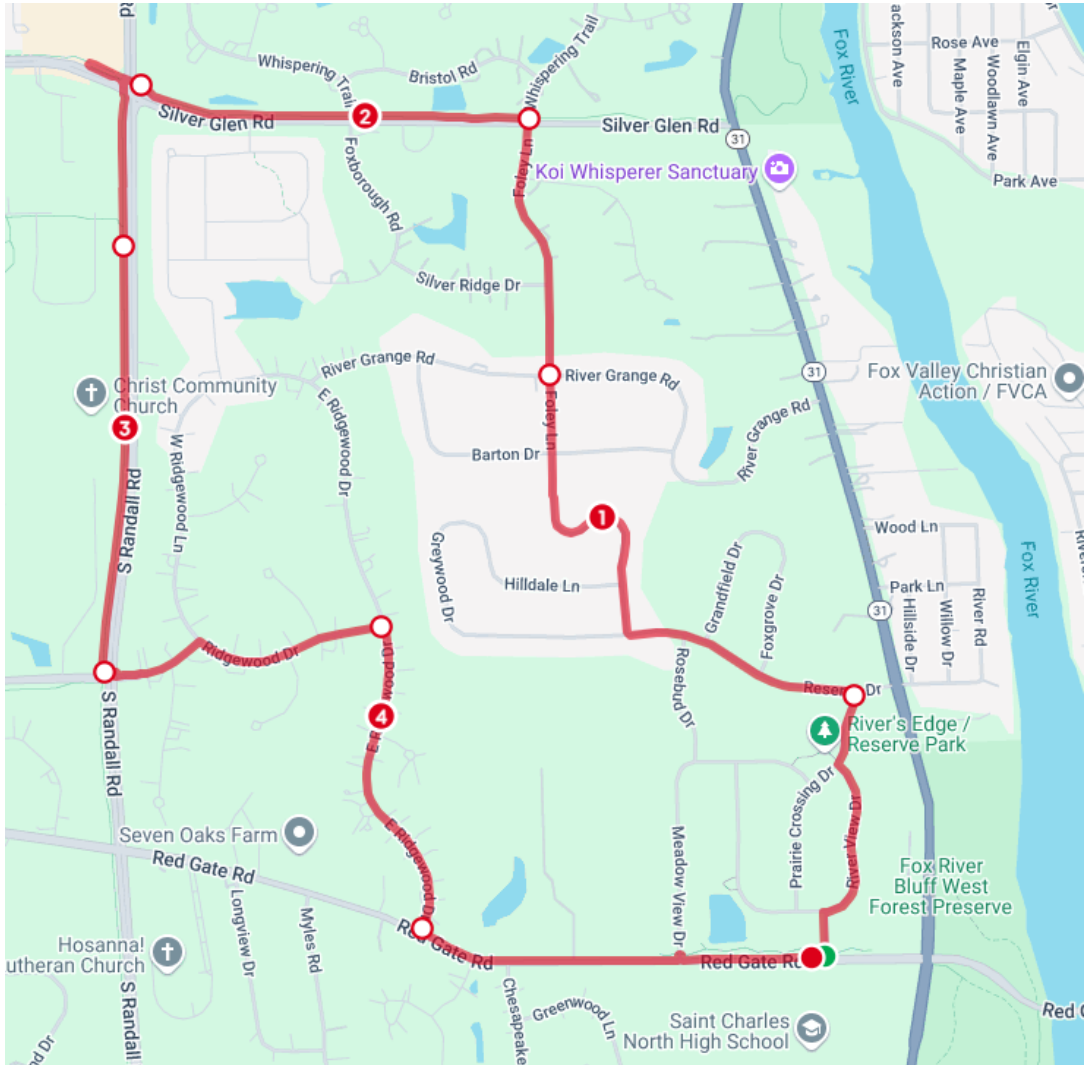
Dog loop, Carson Loop, McKay Loop, Whispering Trail, Thornwood to lake, Randall Trail to Bolcum/Ridgewood, to Red Gate and Cannonball

If you are 8 or 9 miles, eliminate McKay loop, Carson Loop, or Cannonball



Lower Mileage: Randall Loop

Stop sign Silver Glen path over Randall. Down Randall to Bolcum/Ridgewood. Ridgewood to Red Gate down to school. Add cannonball for or other loops to get 6 or 7 miles.



Tuesday March 18, 2025

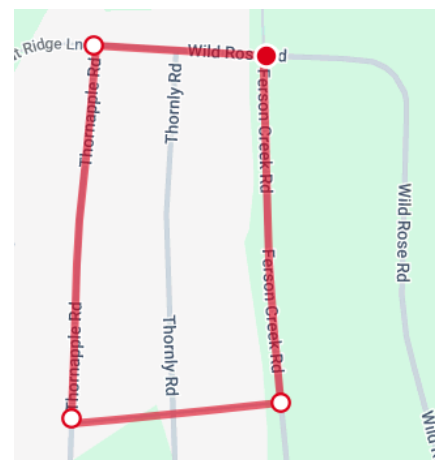
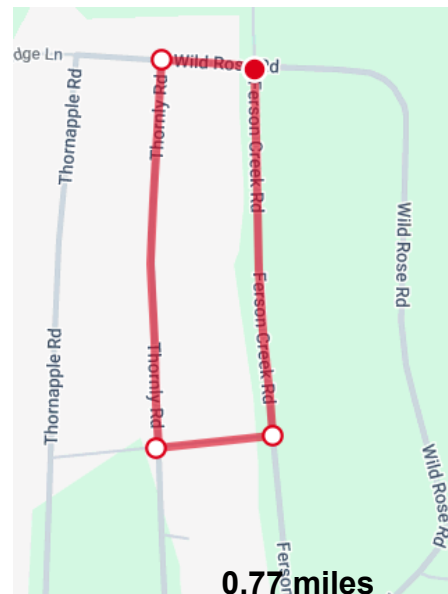
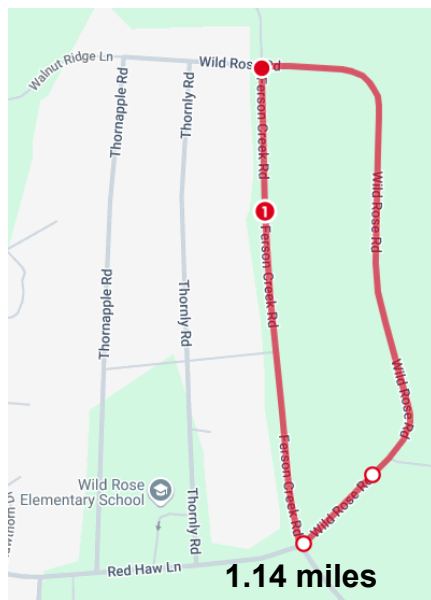
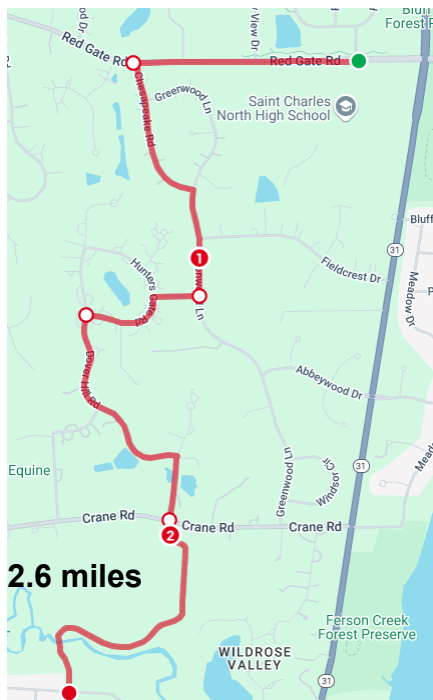
St. Charles North 2:30-4:30 PM

2:30 LMLS and warm up to Wildrose.

Drills

2-3 miles hilly run (if feeling fresh, attack the hills)

Weight Room and Mega Abs



Warm up

1. LMLS
2. 12 minute jog
3. Drills Part 1- full court basketball
 - a. Skips with forward and backward swimming arms
 - b. Skips with hugging arms and with twists
 - c. Backward reaching walk and backward skips
 - d. Butt kickers and retractors
 - e. Monkeys there and back
 - f. Carioca there and back
 - g. Quick skip single leg left and then right
 - h. Zombies (half court) and 3-step good mornings
4. Ground work
 - a. Plank series
 - b. Donkey kicks
 - c. Hydrants
 - d. Low Donkey whips
5. Drills Part 2
 - a. 2 x A's: March then skip (half court each)
 - b. 2 x B's: March then skip (half court each)
6. Cycles: 2 x (10 sec- 20 sec)
7. Water and prep

0.94 miles

Wednesday March 19, 2025

St. Charles North 1:30 - 3:00 PM

2:30 LMLS
Warm up to barricade
Drills

VO2: 2 miles all out

Russell
Sundquist
McCall
Radatz
Wiegert
Beaton
Morton
Shukla
Pickelsimer
VonEssen
Winter

Tempo (85%, 25 min)

5:35-5:40 Hill
5:52-5:58 Enger, Noel, Hitch, Reed, Dill, (Reck-6:10)
6:35-6:40 Urry, Tanig, Santos, (Gallantine, Ortiz-6:50)
7:30 Moose, Hernandez, Czaicki
8:30 (1 min) Wright, Rigertas

Warm up

1. LMLS
2. 12 minute jog
3. Drills Part 1- full court basketball
 - a. Skips with forward and backward swimming arms
 - b. Skips with hugging arms and with twists
 - c. Backward reaching walk and backward skips
 - d. Butt kickers and retractors
 - e. Monkeys there and back
 - f. Carioca there and back
 - g. Quick skip single leg left and then right
 - h. Zombies (half court) and 3-step good mornings
4. Ground work
 - a. Plank series
 - b. Donkey kicks
 - c. Hydrants
 - d. Low Donkey whips
5. Drills Part 2
 - a. 2 x A's: March then skip (half court each)
 - b. 2 x B's: March then skip (half court each)
6. Cycles: 2 x (10 sec- 20 sec)
7. Water and prep

Thursday March 20, 2025

St. Charles North 3:00-4:30 PM

3:00 LMLS, Carlson Core, Toe-Heel Walks
Base run
6 x 30/20 strides
Picture Day BRING UNIFORM

Friday March 21, 2025

Indoor Conference at Batavia

Saturday March 22, 2025

St. Charles North 8:00-10:00 AM

8:00 LMLS and 20 minute warm up to track
7 x 100 FAST on the 5:00
3-5 mile cool down
Weight Room and Mega Abs

Spring Break Email

First- congratulations to Miles Dill for winning the 3200 at the Plainfield South meet! Also worth noting is that he came back in the 4x400 along with John Tanig who tripled in the meet! When you are given talent that you work hard to develop, then you get the opportunity to be someone that the team counts on!

The end of this email has our updates to the school records list. Many of you have put your names onto the lists! Equally impressive is the number of you who have set new PR's (and in most cases smashed their PR's)! That is always the goal of our early season meets.

We are cruising into Spring Break- and we all need that break! While taking a break is good- taking nine days off of running would not be good. If you are in town, then get together with some teammates and enjoy the freedom of running together. If you are out of town, stay active- hike, play volleyball on the beach, etc... and get in a few runs or treadmill-walkies. We will post some opportunities on the calendar.

Workouts for the week:

- Long run or progressive long run
- Mileage and strides
- Tempo or fartlek run

The rest is comfortable mileage!

Don't worry about intervals or repeats or hardcore workouts. Run by feel.
Enjoy your running this week- it is a joyful thing to do.

To finish- here is the SCNTF Records Update

Frosh-Soph 800 Meters

- Logan Hitchings: 4th best performance and 4th best individual
- Christian Enger: 9th best performance and 8th best individual
- John Tanig: 17th best performance
- Miles Dill: 21st best performance

Overall 800 Meters

- Lucas Reed: 24th best performance

Frosh-Soph 1600 Meters

- Sam Hill: School record, Top 3 all-time performances
- Christian Enger: 2nd all time individual; 4th, 6th, 7th all time best performances
- Logan Hitchings: 5th all time individual; 9th and 16th best performance
- Miles Dill: 22nd best performance

Overall 1600 Meters

- Sam Hill: 7th all time individual; 12th, 19th, and 20th performances

Frosh-Soph 3200 Meters

- Sam Hill: School Record, has top 4 all-time performances
- Logan Hitchings: 3rd all time individual, 6th, 7th, and 20th best performances
- Miles Dill: 5th all time individual, 9th, 11th, and 15th best performances
- Christian Enger: 8th all time individual, 19th best performance

Overall 3200 Meters

- Sam Hill: School Record; holds 1st, 4th, 13th, and 25th best performances

School Records

- Sam Hill FS Indoor 1600, FS Indoor 3200

FS Indoor Conference Champions

- Logan Hitchings: 3200 and 1600

March 10, 2025

SCNTF Distance

Percent of Max Mileage:80-95%

Week of March 10, 2025

Just one meet last week- York varsity. Another week of solid runs- lots of PR's again.

I made a mistake by doubling the 4x800 and the 800. At York that is too tight of a turn-around. The original meet information had an extra 15 minute recognition period- so I thought that we were good- but that changed and Lucas and Christian gave it a go.

The 4x800's showed that we have a good thing going. Several guys running 2:04-2:10 means that we have a great chance of getting four guys to 1:58-2:02 by May (which is a trip down state). Certainly more work to do, but a good spot right now.

Lucas, Sam, Hitch, and Christian are running at Mustang Relays Monday night- looking for sub 2:05's across the board. We have the York Open on Saturday. This is a great opportunity for the entire team to get on a big track with spikes and excellent competition.

Athletes: the York Open hits a couple of opportunities: run the best race of your indoor season and also try to earn spots on the indoor conference squad for the following week.

Week at a glance

Monday: 2:30-4:30 Moving pits out and 12x400 cruise intervals

Tuesday: 2:30-4:30 5x400, Weight Room

Wednesday: 2:30-4:30 Base

Thursday: 2:30-4:30 Base, Wickets, Base, and Weight Room

Friday 5:30 AM Yoga, 2:30-3:30 Base

Saturday: York Open

Sam

Monday: Mustang Relays

Tuesday: Base and Weightroom

Wednesday: Tempo

Thursday: Base and Weightroom

Friday: Distance Madness

Saturday: York Open (800)

Lucas, Christian, Hitch

Monday: Mustang Relays

Tuesday: Base and Weightroom

Wednesday: Medium Run

Thursday: Base, Wickets, Base,Weightroom

Friday: Base

Saturday: York Open

Mileage- These are general guidelines, many of your will be 25, 35, or 45 mpw

Goal Mileage	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday		Actual
30	5	1 wu	5	1.5 wu	5		5	3 wu	5	2 AM	5	2 wu			30
		3wo		2 wo		5 base		wickets		3 PM		race			
		1 cd		1.5cd				2 cd				2 cd			
40	6	1.5wu	6	2wu	6		6	3 wu	6	2 AM	5	2 wu			35
		3wo		2wo		6 base		wickets		4 PM		race			
		1.5 cd		2cd				3cd				2cd			
50	7	2 wu	7	2.5 wu	8		6	3wu	8	3AM	6	2 wu	10		52
		3 wo		2wo		8 base		wickets		5PM		race		Long	
		2cd		2.5cd				3cd				3cd		optio	

Monday March 10, 2025

St. Charles North 2:30-4:30 PM

2:30 Pallets and pads

3:00 LMLS and mile loop

12x400 Cruise Intervals at 80% of vVO2 15 sec rest between 400's

1:35-1:40 (6:15-6:35) pace: Noel, Miles, Evan

1:45 (6:50-7:05) pace: Russell, Urry, Tanig, Santos, Sundquist

1:55 (7:30-7:41) pace: Gallantine and Ortiz

2:00 (8:00-8:30) pace: others

Cool down (1-2 miles) and movements

SAM Easy Phase 2

Plank series x 25 sec

Single Leg Active bridge x 10

Clams and Leg raises

Donkey Kicks and whips

Hydrants and circles

Lower Body crawl (prone, knees only) x 10

Iron Cross x 10, prone swimmer x 10, Iron Cross

90-90 hip flips, arches

Toe and Heel walk

Tuesday March 11, 2025

St. Charles North 2:30-4:30 PM

2:30 LMLS SAM Easy Phase 2

20 min warm up (mile loop to P-town)

Drills

5 x 400 Intensive Intervals @400max/0.85 (90 seconds rest)

65-70s Russell, Noel, Sundquist, Urry, Santos, Dill, Reck, Tanig

75-80s Winter, Czaicki, McCall, Pickelsimer, Gallantine, Morton, Moose, Ortiz

85s Others

1.5-2.5 mile cool down to weightroom

Weightroom: Pull ups, dips, chest- Squat, curl, press and Squat to high pull

Mega Abs

Wednesday March 12, 2025

St. Charles North 2:30-4:00 PM

2:30 LMLS SAM Easy Phase 2

Base

8 x 30/20 strides

Movements

CONFIRM SATURDAY LINEUPS

Thursday March 13, 2025
St. Charles North 2:30-4:30 PM
LMLS SAM Hard Phase 2

SAM Hard Phase 2

Forward skip w/arm swings x 30m
Side skip w/ alt rotating arms x 30m
Low Lateral Shuffle w/reach x 30m
Forward Walking Lunge x 10
Inside out standing low hops x 10
Mountain Climbers x 10
Lateral Lunge x 10
Standing wave lunge x 10

Prone Plank x 25 sec
Side Plank x 25 sec
Supine Plank x 25 sec
Side Plank x 25 sec
Prone Plank x 25 sec
V-sit x 15 sec
Superman x 10 (3 sec each)
V-sit x 15 sec

Split Squat x 5 each (drop back knee)
Side Squat Walk x 5 each direction
Good mornings x 8 (hands on hips)
Alternating Bird dogs x 10
Clams, Reverse Clams x 10
Lateral Leg Raise x 6 each
Donkey Kicks x 10 each
Donkey Whips, Hydrants, knee circles

Lower Body Crawl
Iron Cross
Australian Crawl
Iron Cross
90-90 knee flips
Arches

3 miles warm up
Wickets
2-4 miles cool down

Friday March 14, 2025
St. Charles North 5:30 AM Yoga and 2:30-3:30 PM Mileage
Just like always!

Saturday March 15, 2025
Bus leaves at 7:15 AM

Mar 3, 2025

SCNTF Distance

Percent of Max Mileage:90-95%

Week of March 3, 2025

We had a good week. We were a team at practice- from our pre-practice routines, to our warm up runs, to our workouts... and the meets. The spirit that is strengthened through those little things adds up to much greater rewards.

Wednesday's meet at Wheaton North was highlighted by **Ewan, Oscar, and Ryan's** 800 races. There was a notable sense of urgency in those performances. In the 1600 and 3200 I saw our athletes setting down some times that will be fun to knock down later.

Friday at Huntley was impressive. I saw us run like men and the rest of the coaches on the team noted how we took care of business from start to finish with strong and confident racing.

3200's got off to a solid start. **Evan** dropped a solid PR in an event he does not do often and **John** was impressive with his varsity meet debut. For context, John's 11:14 in February puts him well within reach of the top 20 freshman 3200's. Our #20 freshman on the list is at 11:01.

The 4x800 opened with a sub 2:05 from **Christian** and followed with strong performances by **Lucas** who handed off the stick in first to **Noel**. Noel showed that he can run FAST when most of his previous opportunities were long events. **Gus** was the man. In his first big-time event coming off a week of sickness, he took the baton and competed. While the final 200 was difficult, he brought us through to a 4th place finish.

In the 800 **Miles'** 2:13.16 puts him at #20 freshman 800 for SCN. A great start! **Carson's** 2:10 shows that he is a legitimate competitor on this team. **Hitch** is really talented- running a 2:06 all by himself showed great focus and determination.

My take-aways are to continue digging into what we are doing. My biggest concerns are our overall health (lots of people are still sick) and managing our shins, ankles, and knees- mostly from our newer runners.

1. Sleep is always a priority. Set an alarm for the time that you will commit to putting down your screens. Workouts and races break you down. You get faster when your body repairs and recovers- which mostly happens when you sleep.
2. We have to stay locked in on our SAM (strength and mobility). This is really easy to skip or "go through the motions"- but I am starting to see significant improvements in how we carry ourselves when we race- and that is really good.
3. Mileage. When we race a lot, the mileage can fall off a touch, but that can't stay low week after week. Set your mileage goals and make daily decisions to hit that mileage if you are feeling good. The time to talk with me and potentially back off is if your base runs become more difficult to maintain what was previously an easy pace.

Week at a glance

Monday: 2:30-4:30 400 test and fly 30's, weightroom

Tuesday: 3:00-5:00 Mile repeats/ VO2max reps

Wednesday: 5:30-6:45 AM fit lab and yoga, afternoon OYO for mileage

Thursday: 2:30-4:30 Light Tempo

Friday: Varsity: York Invite, others OYO Base

Saturday: 7:00-9:00 AM Weight room and Long Run

	Lucas	Noel
Monday	400 + 30's	400 + 30's
Tuesday	Base	Base
Wednesday	Mile repeats	Mile repeats
Thursday	Base	Base
Friday	York	York
Saturday	Long	Long

Friday York Invite Line Ups

4x800 B: Urry, Reck, Russell, Pickelsimer (alt: Tanig)

4x800 A: Enger, Hitch, Hill, Reed (alt: Urry)

3200: N. Sookswat, Dill

800: Enger, Reed

1600: Hill, Hitchings

Mileage- These are general guidelines, many of your will be 25, 35, or 45 mpw

Goal Mileage	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	Actual
30	5	1wu	6	1.5wu	5	2 am	6	1.5 wu	4		7			33
		1 wo		3 wo		3pm		3 wo		4oyo		7		
		3 cd		1.5cd				1.5 cd						
40	7	1.5wu	8	2 wu	6	2 am	7	2wu	5		9			42
		2 wo		4 wo		4 pm		3 wo		5oyo		9		
		3.5 cd		2cd				2cd						
50	8	2 wu	8	2 wu	7	3 am	9	2.5 wu	7	2 wu	11			50
		2wo		4 wo		4pm		4 wo		race		11		
		4cd		2cd				2.5cd		4 cd				

Monday March 3, 2025

St. Charles North 2:30-4:30 PM

400 Test, Fly 30's

Inside: LMLS, Plank Series, 10 x Superman, V-sit x 15 sec, Mountain climbers x 10

Split Squat x 5 each, 10 x Standing wave lunge, Good Mornings x 8 (hands on hips)

Lower body crawl (prone, legs only,touch knee out), Iron Cross, Australian Crawl, Iron Cross, Alternating bird dogs, Clams, Lateral Leg Raises, Donkey kicks and whips, hydrants, knee circles 90-90 knee flips, and Arches

Outside: 12 minute run

Skips with swim arms (forwards and backwards arms), Monkeys, Carioca

Drills:butt-kickers, retractors, A's and B's walking, skipping, jogging

Cycles: 15 hard -30 second

All out 400 timed and recorded.

Water break

Up to 10 x 30 meter fly with at least 4 min jog/rest between

Cool down: 4 miles

Movements

Tuesday March 4, 2025

St. Charles North 3:00-5:00 PM

VO2max at Colossus, weight room

LMLS, Hops and Squats

15 minutes up to Colossus, light drills and strides

4 x mile at vVO2 pace with equal rest or 6-8 x 800 at vVO2 pace

Mile Repeat Details 4x

4:45-5:00 Enger start, Sam 15 second wait

5:00-5:10 Wednesday Noel and Lucas

5:10-5:20 Hitch, Reck, Dill, Russell

5:30-5:40 Urry, Tanig, Santos, Plckelsimer, Winter

Half mile repeat Details 6-8x

3:00-3:10 Gallantine, Ortiz, Sundquist, Ewan, Czaicki,

3:15-3:30 All others

20 minute cool down to

Weightroom

2 x wide pull up, dips, chest, and then 2 x squat, curl, press and kettlebell squat-high pull
Mega abs

Wednesday March 5, 2025

St. Charles North 5:30-6:45 AM

Tread miles + yoga

Extra Mileage OYO after school (if bad weather, fit lab can be open 2:30-4:00)

Fit lab will be open by 5:20. Be on the machines by 5:30 with yoga to follow.

Thursday March 6, 2025

St. Charles North 2:30-4:30

Tempo at Barricade

York Varsity Squad: Light tempo (80% vVO2 pace)

Others: 3-4 by progressive miles

Inside: LMLS and SAM Easy phase 2

20 minutes to barricade

25-30 minutes at:

6:00-6:15 Sam, Christian, Noel

6:20-6:30 Lucas, Hitch, Reck, Dill, Russell

7:00 Urry, Tanig, Santos

7:30 Gallantine, Ortiz, Sundquist, Czaicki

8:00 All others

SAM Easy Phase 2

Plank series x 25 sec

Single Leg Active bridge x 10

Clams and Leg raises

Donkey Kicks and whips

Hydrants and circles

Lower Body crawl (prone, knees only) x 10

Iron Cross x 10, prone swimmer x 10, Iron Cross

90-90 hip flips, arches

Toe and Heel walk

Friday March 7, 2025

St. Charles North 2:30-4:00

Varsity at York

JV/FS: Base and strides

Inside: LMLS and SAM Easy Phase 2

Base run

Strides

SAM Easy Phase 2

Plank series x 25 sec

Single Leg Active bridge x 10

Clams and Leg raises

Donkey Kicks and whips

Hydrants and circles

Lower Body crawl (prone, knees only) x 10

Iron Cross x 10, prone swimmer x 10, Iron Cross

90-90 hip flips, arches

Toe and Heel walk

Saturday March 8, 2025

St. Charles North 7:00-9:00 AM

Weight Room and long

Hops and squats

Lift

Long run- Thornwood

Feb 24, 2025

SCNTF Distance

Percent of Max Mileage:90-95%

Week of February 24, 2025

Progress

Good work at the home opener meet. It was good to see us warming up together and supporting each other. There were a lot of PR's- which is saying something on that track in February! The warm up is long, but we certainly seemed ready. I know that the cycles were not possible due to the track usage. That is OK, it just makes the accelerations more important later on.

This week

With a JV meet on Wednesday and a varsity meet on Friday, we will not do the same workouts throughout the week as one big group.

Week at a glance

Monday: 2:45-4:45 Hills and weightroom

Tuesday: 2:30-4:30 Varsity Long, JV Base

Wednesday: Varsity 2:30-4:00 Practice (Carlson core + run-wickets-run), JV/FS at Wheaton North

Thursday: 2:30-4:30 Varsity base & Strides, JV long

Friday: JV/FS practice 5:30-6:45 AM and varsity at Huntley

Saturday: 8:00-10:00 AM Fartlek and Weight room

Lineups for the week

Wheaton North JV (Wednesday)

800 Beaton, Czaicki, Morton, Ortiz, Rigertas, Ewan, Winter

1600: Radatz, Von Essen, Winter, Wright

3200: Gallantine, Hernandez ,Shukla

Huntley Varsity Invite (Friday)

4x800: Enger, Reed, Noel, Picklesimer

800: Dill, Hitchings, Urry

1600: Enger, Reed, Noel

3200: Reck, Santos, Tanig

Training week: Hill, Russell, Spizzirri, Sundquist, Wiegert

Mileage- These are general guidelines, many of your will be 25, 35, or 45 mpw

Goal Mileage	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	Actual
30	5	1.5 wu	4	JV	5	2 wu	6		5		6	1.5wu		31
		2 wo				race		long		tread		3wo		
		1.5 cd				2 cd				walk		1.5cd		
40	6	2 wu	9		6	3 wu	8		6	2 wu	8	2wu		43
		2 wo		Var mid		1 wo		long		race		4wo		
		2 cd				2 cd				2 cd		2cd		
50	8	3 wu	12		8	3 wu	7		7	2 wu	9	2.5wu		51
		2 wo		Var		2 wo		med		race		4wo		
		3 cd		high		3 cd				3+cd		2.5cd		

Note: If base runs are difficult or slower than expected, back off on mileage.

Monday Feb 24, 2025

St. Charles North 2:45-4:45 PM

Hills and weightroom

LMLS, Hops and Squats

20 minute warm up to Dover Hill

Drills: Skips with swimming arms forwards and backwards

Backward reaching walk and backward skips

Butt kickers and retractors

Monkeys and Carioca

A's: walk and skip

B's: walk and skip

Cycles: 2 x 15 seconds FAST and 30 seconds steady

6-8 x Dover Hills: start conservatively and build

Mileage as needed back to school

Weight room

2 x (dips, pull ups, and chest) and then 2 x (squat, curl, press and kettlebell squat high pull)

Mega-abs: 25 x (overheads, crunches, obliques, bicycles, v-sits) and 10 x hanging knee circles

Tuesday Feb 25, 2025

St. Charles North

Varsity 2:30-4:30 PM and JV 2:30-4:00

Base(JV and FS) and Long (Varsity)

Sam easy phase 2

Long run- Black Hawk

7:00-7:15 pace: Sam and Noel

7:35-7:50 pace: Enger, Hitch, Dill, Reed, Russell, Reck, Urry, Santos, Tanig

JV/FS: Base: Stop Sign/ Whispering Trail

8:20-8:30 pace: Gallantine, Ortiz, Sundquist, Czaicki

9:00 pace: all others

All: 6-8 x regular strides upon return

SAM Easy Phase 2

Plank series x 25 sec

Single Leg Active bridge x 10

Clams and Leg raises

Donkey Kicks and whips

Hydrants and circles

Lower Body crawl (prone, knees only) x 10

Iron Cross x 10, prone swimmer x 10, Iron Cross

90-90 hip flips, arches

Wednesday Feb 26, 2025

Varsity: practice 2:30-4:00, all others: Wheaton North bus 2:45

LMLS and Carlson Core

Stop sign and return to track: FAST wickets, Lone Star Loop

Movements and go home!

Thursday Feb 27, 2025

Practice 2:30-4:30

LMLS and SAM easy phase 2 and heels/toes

JV/FS long: Whispering Trail- double loop

Varsity: Base: Whispering Trail

SAM Easy Phase 2

Plank series x 25 sec

Single Leg Active bridge x 10

Clams and Leg raises

Donkey Kicks and whips

Hydrants and circles

Lower Body crawl (prone, knees only) x 10

Iron Cross x 10, prone swimmer x 10, Iron Cross

90-90 hip flips, arches

Friday Feb 28, 2025 CANCELLED

JV/FS Practice 5:30-6:45 AM

LMLS

Treadmill-walkee: 45 minutes, 12%, 4mph

Saturday March 1, 2025

Practice 8:00-10:00 AM

SAM Easy Phase 2 and Weightroom

20 minute warm up to Barricade

3-5 mile Fartlek

5 miles

Group 1: Hill, Hitch, Reck, Reed

Group 2: Enger, Russell, Dill, Urry,

4 miles

Group 3: Gallantime, Ortiz, Tanig, Santos

Group 4: Czaicki, Sundquist, Pickelsimer, Radatz, Morton

3 miles

Group as appropriate

Mileage:

Mileage as needed back

Ropes or movements

SAM Easy Phase 2

Plank series x 25 sec

Single Leg Active bridge x 10

Clams and Leg raises

Donkey Kicks and whips

Hydrants and circles

Lower Body crawl (prone, knees only) x 10

Iron Cross x 10, prone swimmer x 10, Iron Cross

90-90 hip flips, arches

Toe and Heel walk

Feb 17, 2025

SCNTF Distance

Percent of Max Mileage:90-95%

Week of February 17, 2025

Expectations, Safety, and due diligence

Returning athletes know this, but it is always worth discussing our core operational expectations:

- **Our safety and effectiveness relies on athletes doing what they are supposed to do.** We always establish our routes and running groups. This allows us to always know where to find athletes and allows for support in case of unforeseen circumstances (athlete support, etc.).
- Athletes must demonstrate respect for their training, respect for their team, and respect for the community when running in the community. This looks like:
 - Dressing appropriately for weather: layers, hats, gloves and inside clothes just in case. (respect for your training)
 - Doing the prescribed runs on the expected routes (respect your training)
 - Never run on high-traffic or dangerous roads (Red Gate, Route 31, Crane Road, Randall) unless they are on a designated path or sidewalk (respect our safety)
 - Never cut across lawns, backyards, etc. Do not “go play” when you are representing SCN Distance. (respect your training, your team, and your community)
- Athletes in the fit lab must always be supervised by a coach.

Simply stated, our goal of being the best possible self is built off of **trust** in these expectations. While it is unusual, violations of this trust will result in consequences.

Fit Lab, injuries, and health, and racing

Racing indoors is notably more strenuous on the body than most of our training. **If you are injured enough that you cannot train during the week, then you will not be racing that week.** This is not a punishment, rather it is logic. If you are injured, we will get you better before you do more damage. It is a harmful cycle to not get a week's training in and then race... which makes the injury worse so you can't train the following week.

Right now I need to focus on our team as a whole and verify that we are doing the right thing when we are outside running, so I will not be able to supervise the fit lab during regular practices. I need to build the trust and confidence that we are doing what it takes to be our best when we are running outside. **Therefore, if you cannot go outside and run with the team, you will not be able to go into the fit lab during regular practice.** I have highlighted on the team calendar when there are “open fit lab” sessions in the morning. If you are injured and we are scheduled to go outside, then these are your practice times.

As with most of life, communication is paramount in all of these situations. If you are injured, developing shin splints, etc. then talk with me about it. A couple of days of modification to fix it is a lot better than waiting until something critical happens.

Week at a glance

Monday: Noon-2:00 PM at SCN: Strong effort and Weight Room

Tuesday: 7:00-9:00 PM at East: 160 intervals @800 pace

Wednesday: 2:30-4:30 at SCN: Base and Uniforms

Thursday: 2:30-4:30 at SCN: Meeting: Race Planning. Tempo/Cruise intervals at Colossus and Weight Room

Friday: Yoga 5:30-6:45 and 2:30-3:30 at SCN: Base and strides.

Saturday: 8:00-1:00 at St. Charles East: Parent Meeting and Meet

Mileage- These are general guidelines, many of your will be 25, 35, or 45 mpw

Goal Mileage	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	Actual
30	5		6	2wu	4		6	1.5 wu	5	2 AM	5	2 wu		26
		35min		2wo		base		3 wo		3 PM		race		
				2cd				1.5 cd				2 cd		
40	7		6	2 wu	6		8	2 wu	7	3AM	6	2 wu		40
		40min		2 wi		base		4 wo		4PM		race		
				2cd				2 cd				3cd		
50	9		7	2 wu	8		10	2.5 wu	8	3am	8	2 wu		50
		45min		2 wo		base		5 wo		5pm		race		
				3cd				2.5 cd				4		

Note: If base runs are difficult or slower than expected, back off on mileage.

Monday Feb 17, 2025

St. Charles North Noon-2:00 PM

Treadmill strength day plus weight room

SAM Hard Phase 2

Forward skip w/arm swings x 30m
Side skip w/ alt rotating arms x 30m
Low Lateral Shuffle w/reach x 30m
Forward Walking Lunge x 10
Inside out standing low hops x 10
Mountain Climbers x 10
Lateral Lunge x 10
Standing wave lunge x 10

Prone Plank x 25 sec
Side Plank x 25 sec
Supine Plank x 25 sec
Side Plank x 25 sec
Prone Plank x 25 sec
V-sit x 15 sec
Superman x 10 (3 sec each)
V-sit x 15 sec

Split Squat x 5 each (drop back knee)
Side Squat Walk x 5 each direction
Good mornings x 8 (hands on hips)
Alternating Bird dogs x 10
Clams, Reverse Clams x 10
Lateral Leg Raise x 6 each
Donkey Kicks x 10 each
Donkey Whips, Hydrants, knee circles

Lower Body Crawl
Iron Cross
Australian Crawl
Iron Cross
90-90 knee flips
Arches

45-40-35 minute treadmill-walkee. 12% at 4 mph

Weightroom

Phase 2 Strength

Bars

2 x 10 pull ups
2 x 10 dips
Optional: 2 x chin ups

Alternating with chest

Perfect push ups to exhaustion or 8-10 DB Bench
Push up variations: DB push ups, step-outs, travellers

Dumbbell work

2 x 8-10 [squat-curl-press](#)

Alternate with

2 x 8-10 [Kettlebell high pull](#)

(feet wider than shoulder, chest up at all times. touch kettlebell to ground each time, lift with legs to midway, then raise elbows- always high elbows on the top half)

Mega Abs

25 x chin up weighted crunches, hugging weighted crunches, obliques, bicycles, v-sits
Double arm hanging around the worlds

Tuesday Feb 18, 2025

St. Charles East Sports Complex

160 interval relays

LMLS and Boele Warm Up + Heels & Toe walks

3 progressive laps

2 x indoor cycles

Hand off practice

4-6 x 160 handoff relays (+160 jog)

30 second laps each

Hill-Enger-Dill-Reck

Noel-Reed-Sundquist-Urry

Russel-Santos-Hitchings-Gallantine

35 second laps each (+160 jog)

Ewan- Morton-Grayden-Gus

Hernandez-McCall- Ortiz-Winter

Moose-Palacios-Wright-

Warm Up A

Bolt x 20M

Zelezny x 8

Eaton x 20M

Dribbles, ankle or calf – 3 x 20M

Bolt

- Skips w/ arms forward
- Skips w/ arms backward
- Skips w/ arms crossing
- Skips w/ twist
- Backward walk w/ reach
- Backward skip
- Butt Kicks
- Side slide – L/R
- Side jump jacks – L/R
- Carioca – L/R
- Quick skip single leg – L/R
- Quick skip – ankle

Zelezny

- Leg Swings – front/side
- Hurdle Trail Leg – forward/back
- Eagles
- Side bends – L/R
- Camel/old horse
- Cat/Cobra
- Reach under/up
- Fire hydrant
- Donkey kick
- Low whips

Eaton

- A March
- A Skips
- B March
- B Skips

Mileage as needed and movements to finish

Wednesday Feb 19, 2025

2:30-4:30 St. Charles North

Base and weight room

LMLS and SAM Easy Phase 2

8-6-4 miles- weather permitting outside

Weightroom

Phase 2 Strength

Bars

2 x 10 pull ups

2 x 10 dips

Optional: 2 x chin ups

Alternating with chest

Perfect push ups to exhaustion or 8-10 DB Bench

Push up variations: DB push ups, step-outs, travellers

Dumbbell work

2 x 8-10 [squat-curl-press](#)

Alternate with

2 x 8-10 [Kettlebell high pull](#)

(feet wider than shoulder, chest up at all times. touch kettlebell to ground each time, lift with legs to midway, then raise elbows- always high elbows on the top half)

SAM Easy Phase 2

Plank series x 25 sec

Single Leg Active bridge x 10

Clams and Leg raises

Donkey Kicks and whips

Hydrants and circles

Lower Body crawl (prone, knees only) x 10

Iron Cross x 10, prone swimmer x 10, Iron Cross

90-90 hip flips, arches

Mega Abs

25 x chin up weighted crunches, hugging weighted crunches, obliques, bicycles, v-sits

Double arm hanging around the worlds

Movements

Uniforms

Thursday Feb 20, 2025

2:30-4:30 St. Charles North

Tempo/Cruise intervals at Barricade

2:30 Team Meeting in 303: Race Planning

LMLS and SAM Easy

20 minute warm up to Barricade

SAM Easy Phase 2

Plank series x 25 sec

Single Leg Active bridge x 10

Clams and Leg raises

Donkey Kicks and whips

Hydrants and circles

Lower Body crawl (prone, knees only) x 10

Iron Cross x 10, prone swimmer x 10, Iron Cross

90-90 hip flips, arches

21-28 minute temp

6:00-6:10 min pace: Hill and Noel

6:20-6:30 pace: Enger, Reed, Dill, Russell, Reck, Santos, Hitch

3 x mile cruise intervals

6:30-6:45 pace: Gallantime, Urry, Sundquist, Moose, Pickelsimer

Finish at the driveway, walk up and start the next rep at top of the clock- rest between 15 seconds and a minute.

3 x mile progressive with short rest

First mile: 8:00. Next mile faster, last mile fastest. Short rest (less than 3 minutes)

Mileage as needed and movements.

Friday Feb 21, 2025

Yoga 5:30-6:45 AM

Yoga days take some planning- food for after yoga, clothes for the day, and another set of stuff to run in after school. The room is open at 5:20. Plan well if you want to get 3 miles in before yoga.

Pre-meet 2:30-3:30

Keep it simple. LMLS, easy mileage, 6 x regular strides

Saturday Feb 22, 2025

Arrive at 8:00. Parent Meeting at 8:15.

Warm up routine

Post race: 2-4 miles easy (as needed).

Feb 10, 2025

SCNTF Distance

Percent of Max Mileage:90%-100%

Week of February 10, 2025

We had a bit of a wake up call last week and the lessons need to sink in as habits.

Authority is the official power to make decisions as leadership (think of coaches). Athletes do not have authority, but they can be leaders through influence. Influence is leadership that is earned by developing credibility.

With the varsity we talked about the stages of developing leadership through credibility.

1. **Operate:** Be part of it all. Figure out how we do things.
2. **Cooperate:** Do your job. Contribute whenever you can. Consistency is key.
3. **Lead by example.** Be the one who makes sure the job gets done. Sometimes this is in visible "leadership roles" like leading drills and workouts. Realistically this is more powerful in areas that aren't as public. Things that **serve** your teammates and the program.
"If service is beneath you, then leadership is beyond you."
4. **Lead by voice.** I know that several of you aspire to be here and have some success in this, and yet we are struggling with the pathway to consistent and true credibility.

Be aware that the "lead by voice" will develop naturally as you progress through the first three stages and there is no shortcut to developing your credibility. Don't rush it. Live "the life" and your credibility will grow.

Credibility killers

- Poor attendance. You can't be a leader if you aren't there or are consistently late. Your teammates do not respect someone who doesn't show up and then tries to boss people around when they are there.
- Lack of effort and expectation. Regardless of your natural talent, "just showing up" does not build confidence and credibility from teammates and coaches. People respect purpose, perseverance, and passion.
- Self-centered mindset. Teammates can sense those who do not care about others or the program.

Credibility builders

- Attend to your business. Show up. Try. Care.
- Demonstrate care for yourself, the program and others. Have high expectations for yourself, your teammates, and how we do things. Don't be OK with behaviors that don't contribute to our success.
- Serve. Connect with and support others in the program. Be the athlete to help set up, help clean up, to get the tent and gear on and off the bus, etc. This shows that you care. This is noticeable (even when no one is looking).

Week at a glance

Monday: 2:30-4:30 Hills, Strength Phase 2

Tuesday: 2:30-4:30 Base and Speed

Wednesday: 5:30-7:00 AM Base and Yoga and after school OYO

Thursday: 7:00-9:00 PM at East Sports Complex 800 pace intervals with handoffs

Friday: 2:30-4:00 Easy tempo/cruise intervals:: Valentines day run!

Saturday: 7:00-9:00 AM Strength and Long run (lower mileage done around 8:30)

Mileage- These are general guidelines, many of your will be 25, 35, or 45 mpw

Goal Mileage	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	Actual
30	6	2 wu	5	2 wu	5	2 tread	5	2 wu	5	1.5 wu	6		0	32
		2 wo		1 wo		3 pm		1 wo		2 wo		long		
		2 cd		2 cd				2 cd		1.5 cd				
40	7	2 wu	7	2.5 wu	7	3 tread	6	2 wu	7	2 wu	9		0	43
		2 wo		1 wo		4 pm		1 wo		3 wo		long		
		3 cd		2.5 cd				3 cd		2 cd				
50	8	3 wu	8	3.5 wu	8	3 tread	6	2 wu	8	2.5 wu	12		0	50
		2 wo		1 wo		5 pm		1 wo		3 wo		long		
		3 cd		3.5 cd				3 cd		2.5 cd				

50 miles: Hill, Noel

40 miles: Enger, Reed, Dill, Russell, Reck, Santos, Urry, Hitchings,

30 miles: Gallantime, Sundquist, Ortiz, Ewan, McCall, Hernandez, Wright, Wiegert, Beaton, Moose, Morton, Pickelsimer, Winter

Daily Details

Monday Feb 10 , 2025 2:30-4:30

Getting through all of the SAM below will not happen today.

Inside: LMLS, plank series, v-sit, superman, v-sit,

SAM Hard Phase 2

Forward skip w/arm swings x 30m
Side skip w/ alt rotating arms x 30m
Low Lateral Shuffle w/reach x 30m
Forward Walking Lunge x 10
Inside out standing low hops x 10
Mountain Climbers x 10
Lateral Lunge x 10
Standing wave lunge x 10

Prone Plank x 25 sec
Side Plank x 25 sec
Supine Plank x 25 sec
Side Plank x 25 sec
Prone Plank x 25 sec
V-sit x 15 sec
Superman x 10 (3 sec each)
V-sit x 15 sec

Split Squat x 5 each (drop back knee)
Side Squat Walk x 5 each direction
Good mornings x 8 (hands on hips)
Alternating Bird dogs x 10
Clams, Reverse Clams x 10
Lateral Leg Raise x 6 each
Donkey Kicks x 10 each
Donkey Whips, Hydrants, knee circles

Lower Body Crawl
Iron Cross
Australian Crawl
Iron Cross
90-90 knee flips
Arches

20 minute warm up run to Dover Hill

6 hills- high mileage: all long hills

Middle and lower mileage: short-medium-long x 2 or medium-long x 3

2-3 mile cool down- finish in weight room

Phase 2 Strength

Bars

2 x 10 pull ups
2 x 10 dips
Optional: 2 x chin ups

Alternating with chest

Perfect push ups to exhaustion or 8-10 DB Bench
Push up variations: DB push ups, step-outs, travellers

Dumbbell work

2 x 8-10 [squat-curl-press](#)

Alternate with

2 x 8-10 [Kettlebell high pull](#)

Mega Abs

25 x chin up weighted crunches, hugging weighted crunches, obliques, bicycles, v-sits

Double arm hanging around the worlds

Tuesday Feb 11 , 2025 2:30-4:30

Team Meeting: Weekly Thoughts

LMLS & SAM easy P2

Base - Speed- Base

Route: Stop sign variations

Speed: 6 x 100m in and outs (40)

Run with wind. Fast by feel: recovery jog back around

Base- same route

Movements or ropes to finish

Groups

Hill, Noel

Enger, Reed, Dill, Russell, Reck, Santos, Hitch, Sundquist

Gallantine, Urry, Pickelsimer, Hernandez, Moose

Morton, Winter, Ewan, Wiegert, Wright, Radatz, McCall, Ortiz?

Welcome back: Tanig and Rigertas

SAM Easy Phase 2

Plank series x 25 sec
Single Leg Active bridge x 10
Clams and Leg raises
Donkey Kicks and whips
Hydrants and circles
Lower Body crawl (prone, knees only) x 10
Iron Cross x 10, prone swimmer x 10, Iron Cross
90-90 hip flips, arches

Wednesday Feb 12 , 2025

Yoga 5:30-6:45 AM

Yoga days take some planning- food for after yoga, clothes for the day, and another set of stuff to run in after school.

The room is open at 5:20. Plan well if you want to get 3 miles in before yoga.

Everyone should be on the treadmills for at least 20 minutes prior to yoga.

Recovery 1:20-2:25

PM Practice cancelled by district for snow- challenge sent to shovel some driveways.

Plan on the fit lab as there is a consistent call for snow on Wednesday. Coach Hornstrom will be in the room. You can be in the fit lab during that time, but you cannot leave early or be in other places around the school. This is a great time for your recovery paces.

Athlete		Personal Bests					Fitness Measures		Recovery/Easy	
Last	First	400	800	1600	3200	XC	Date Test	vVO2 pace	72% vVO2	65% vVO2
Hill	Sam	59.44	2:10.0	4:37.16	9:46.09	14:47.5		0:04:56	0:06:51	0:07:35
Enger	Christian	55.54	2:12.21	4:56.0	11:45.6	15:35.8		0:05:17	0:07:20	0:08:08
Reed	Lucas	55.04	2:02.94	4:44.5		15:58.1		0:05:18	0:07:22	0:08:09
Dill	Miles					16:44.0		0:05:25	0:07:31	0:08:20
Russell	Matthew	58.24	2:11.6	4:51.6	10:24.05	16:18.3		0:05:29	0:07:37	0:08:26
Reck	Evan		2:12.0	4:50.0		16:19.0		0:05:34	0:07:44	0:08:34
Santos	Brian		2:15.5	4:57.40	10:34.28	16:52.3		0:05:36	0:07:47	0:08:37
Gallantine	William					17:56.5		0:05:40	0:07:52	0:08:43
Urry	Carson	57.64	2:12.8	4:43.37	11:10.0	17:05.1		0:05:49	0:08:05	0:08:57
Sundquist	Logan	56.44	2:04.5	4:44.0	10:46.07	17:23.8		0:06:10	0:08:34	0:09:29
Ortiz	Levi					18:55.5		0:06:34	0:09:07	0:10:06
Sookswat	Ewan		2:21.5	5:23.15	12:09.00	18:57.5		0:06:50	0:09:29	0:10:31
McCall	Landon							0:06:55	0:09:36	0:10:38
Hernandez	Tristan					21:53.4		0:07:11	0:09:59	0:11:03

LMLS and run

Movements or ropes as needed.

Thursday Feb 13 , 2025 7:00-9:00 PM at St.Charles East Sports Complex

Harrington sick, repeat last week's HIIT

LMLS and Boele Warm Up + Heels & Toe walks

3 progressive laps

2 x indoor cycles

Hand off practice

4-5 x 320 handoff relays

2x30 second laps each

Hill-Enger-Dill-Reck

Noel-Reed-Sundquist-Urry

Russel-Santos-Hitchings-Gallantine

2 x 35 second laps each

Ewan- Morton-Grayden-Gus

Hernandez-McCall- Ortiz-Winter

Moose-Palacios-Wright-

Warm Up A

Bolt x 20M
Zelezny x 8
Eaton x 20M
Dribbles, ankle or calf – 3 x 20M

Bolt

- Skips w/ arms forward
- Skips w/ arms backward
- Skips w/ arms crossing
- Skips w/ twist
- Backward walk w/ reach
- Backward skip
- Butt Kicks
- Side slide – L/R
- Side jump jacks – L/R
- Carioca – L/R
- Quick skip single leg – L/R
- Quick skip – ankle

Zelezny

- Leg Swings – front/side
- Hurdle Trail Leg – forward/back
- Eagles
- Side bends – L/R
- Camel/old horse
- Cat/Cobra
- Reach under/up
- Fire hydrant
- Donkey kick
- Low whips

Eaton

- A March
- A Skips
- B March
- B Skips

Mileage as needed and movements to finish

Friday Feb 14 , 2025 2:30-4:00

Harrington sick: Move long run to today

Valentine's Day Run! Let's see some red!

LMLS and SAM Easy

20 minute warm up to Barricade

21-28 minute temp

6:00-6:10 min pace: Hill and Noel

6:20-6:30 pace: Enger, Reed, Dill, Russell, Reck, Santos, Hitch

3 x mile cruise intervals

6:30-6:45 pace: Gallantine, Urry, Sundquist, Moose, Pickelsimer

Start next rep at top of the clock- rest between 15 seconds and a minute

3 x mile progressive with short rest

First mile: 8:00. Next mile faster, last mile fastest. Short rest (less than 3 minutes)

Mileage as needed and movements.

Saturday Feb 15 , 2025 7:00-9:00

Harrington STILL SICK! 20-25 minute tempo.

LMLS and DeMatha

Weightroom

Long run- negative split second half- but not pushing to a progressive.

Easy pace- put in comfortable time and miles.

Route: Blackhawk extended if not snowy/icy. If poor conditions Thornwood.

6x 30/20 strides and movements

Phase 2 Strength

Bars

2 x 10 pull ups

2 x 10 dips

Optional: 2 x chin ups

Alternating with chest

Perfect push ups to exhaustion or 8-10 DB Bench

Push up variations: DB push ups, step-outs, travellers

Dumbbell work

2 x 8-10 [squat-curl-press](#)

Alternate with

2 x 8-10 [Kettlebell high pull](#)

Mega Abs

25 x chin up weighted crunches, hugging weighted crunches, obliques, bicycles, v-sits

Double arm hanging around the worlds

SAM Easy Phase 2

Plank series x 25 sec

Single Leg Active bridge x 10

Clams and Leg raises

Donkey Kicks and whips

Hydrants and circles

Lower Body crawl (prone, knees only) x 10

Iron Cross x 10, prone swimmer x 10, Iron Cross

90-90 hip flips, arches

Feb 3, 2025

SCNTF Distance

Percent of Max Mileage:80%-90%

Week of February 3, 2025

I have an uneasy feeling right now that reaches back to November.

As a team, we had a good cross country season that ended abruptly at Sectionals as we were one place out of a team qualification. We didn't run poorly, but we didn't run well enough. The disappointment was visible. I was comforted by the tears and melancholy as they are reflections of expectation and passion.

Looking forward to the winter, I always want runners to swim (while I am good with wrestling and basketball, they don't offer the same benefits as the pool: non-impact aerobic strength). While swimming is difficult and a major commitment, it is also a "secret weapon" in our training. The number of athletes who have come off a swim season to drop major PR's in both track and XC is incredible. I KNOW that swimming contributed greatly to our XC success last year.

After the XC season ended, I expected most of our team to swim, but most of you wanted to be "full time runners" despite the encouragement to be back in the water. So many gave assurance to their running commitment and their desire to forge together as a team that would leave no doubt to improvement. Provided with a training plan to go through November and December, we were all set.

Until we weren't.

The reality of the off-season kicked in almost immediately. The simple act of running together never happened. Suddenly we had twelve different agendas which included "doing nothing."

As poor of an off-season that we had, this attitude has made its way into the early track season. This is a concern that is fixable. We will fix it.

To be sure that everyone is clear: unexcused absences lead to being held out of meets. Repeated being held out of meets leads to leaving the team. It is very unusual for me to have to talk about these expectations to the distance squad.

Week at a glance

Monday: 7:00-9:00 PM at East- Hiit

Tuesday: 3:00-4:30 PM Base plus 4:30-5:00 varsity distance meeting

Wednesday: 2:30-4:30 VO2 intervals

Thursday: 2:30-4:30 Base and wicket speed

Friday: 5:30-7:00 AM base & yoga

2:30-4:00 base

Saturday: 7:00-9:00 AM Long Progressive

Mileage

Goal Mileage	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday		Actual
30	6	1 wu	4	4 base	6	1.5 wu	4	2 wu	6	2 tread	6		0		32
		3 wo				3 wo		wickets		4 base					
		2 cd				1.5 cd		2 cd							
40	7	1 wu	6	6 base	7	2 wu	7	3.5 wu	6	3 tread	8		0		41
		4 wo				3 wo		wickets		4 base					
		3 cd				2 cd		3.5 cd							
50	8	1 wu	7	7 base	8	2 wu	7	3.5 wu	9	3 tread	11		0		50
		4 wo				3 wo		wickets		6 base					
		4 cd				3 cd		3.5 cd							

50 miles: Hill, Noel

40 miles: Enger, Reed, Dill, Russell, Reck, Santos, Urry, Hitchings,

30 miles: Gallantine, Sundquist, Ortiz, Ewan, McCall, Hernandez, Wright, Wiegert, Beaton, Moose, Morton, Pickelsimer, Winter

Daily Details

Monday January 27, 2025

7:00-9:00 PM at East Sports Complex

HIIT Workout

1. Warm Up: [Boele warm up](#)

Run 3 progressive laps

2. Cycles 2 x Accelerate start to fast on the backstretch, decelerate on far curve, jog a lap and repeat (continuous)

3. Hiit

1. Prayer squat with alternating opposite toe touch x 20
2. Dive Bomber x 10
3. 50 alternating knee to opposite elbow crunch
4. Alternating reverse prisoner lunge (arms up).
5. Glute bridge clams x 30
6. [3 x Push up complex \(shoulder, knee, toe, heel\)](#)
7. 10 x [Reverse table tops with leg extensions and seat drop](#)
8. Mountain climbers x 30
9. Reverse Burpees x 15
10. Russian Twists x 20
11. Split Squat x 12 R
12. Split Squat x 12 L
13. Slow Plank shoulder touches x 50
14. Skaters x 30
15. Superman-crunch x 20
16. Jump squat w/ ground touch x 20
17. Push up to side arm plank x 20
18. Plank Jacks x 30
19. Alternating single leg good mornings x 20
20. Slow iso-bike x 20
21. Star jumps x 20

Mileage as desired

4. Post work movements
 - o Michigans
 - o Scorpions x 10
 - o Iron Cross x 10
 - o 90-90 Hip flips
 - o Gas pedals

Warm Up A

Bolt x 20M
[Zelezny](#) x 8
Eaton x 20M
Dribbles, ankle or calf – 3 x 20M

Bolt

- Skips w/ arms forward
- Skips w/ arms backward
- Skips w/ arms crossing
- Skips w/ twist
- Backward walk w/ reach
- Backward skip
- Butt Kicks
- Side slide – L/R
- Side jump jacks – L/R
- Carioca – L/R
- Quick skip single leg – L/R
- Quick skip – ankle

Zelezny

- Leg Swings – front/side
- Hurdle Trail Leg – forward/back
- Eagles
- Side bends – L/R
- Camel/old horse
- Cat/Cobra
- Reach under/up
- Fire hydrant
- Donkey kick
- Low whips

Eaton

- A March
- A Skips
- B March
- B Skips

SAM Easy Phase 1

Plank series
Double hip bridge
Clams series
Lateral leg raises
Donkey kicks and whips

Hydrants
Knee circles
Cat cow
Heels & Toes

Tuesday February 4, 2025

3:00-4:30 PM SCN: Go to LRC to get your HW done before practice

LMLS, SAM easy, Hurdles Toes and Heels

Base Route: Stop sign to Thornwood and back (out and back)

6 x 30/20 strides

Ropes

Wednesday February 5, 2025

2:30-4:30 PM SCN: Vo2 Intervals

20 min warm up to Colossus

[Boele warm up](#)

2 x cycles (10sec-20sec)

3 x mile at vVO2 with equal rest

5:00 Hill (4:55)

5:30 Enger, Reed, Dill, Russell, Reck, Santos, Gallantine, Noel, Hitch,

6:00 Ortiz, Sundquist, Urry, Czaicki

5 x 800 at vVO2 with equal rest

3:30 Ewan, McCall, Hernandez, Grayden, Pickelsimer

4:00 Winter, Morton, Moose, Beaton, Wiegert, Wright, Morton, Von Essen,

6 x 100 meter strides

17/18 seconds for faster group

Cool Down: Crane and back + Lone star loop

1.5, 2, or 3 miles

Weightroom: 10's plus mega-abs

Movements or ropes

Thursday February 6, 2025

2:30-4:30 PM

Base + wickets + base

DeMatha Hops and Squats + Heel and Toe walks

Base Run part 1 (return to track): Stop sign

Wickets

Base Run part 2: Stop sign

Movements

Group 0: Hill, Noel

Group 1: Enger, Reed, Dill, Russell, Reck, Santos,

Group 2: Urry, Gallantine, Ortiz, Sundquist,

Group 3: All others

Friday February 7, 2025 SCN

5:30-6:45 AM Warm up and yoga:

Treadmill running at 5:30 AM, then yoga

Pack your own breakfast

2:30-3:45 Aerobic Run

LMLS Sam easy

Base run: Colossus-Dover Hill- Across Crane Out and back

6 x 30/20's

Movements

SAM Hard Phase 1

Plank series

Split squat (5 each)

Side squat walk (5 each)

Good Mornings (8)

Bird Dogs (alt 5 each)

Clams (8 each)

Leg Raises

Donkey kicks

Donkey whips

Hydrants

Knee Circles

Arches

Warm Up A

Bolt x 20M

Zelezny x 8

Eaton x 20M

Dribbles, ankle or calf – 3 x 20M

Bolt

- Skips w/ arms forward
- Skips w/ arms backward
- Skips w/ arms crossing
- Skips w/ twist
- Backward walk w/ reach
- Backward skip
- Butt Kicks
- Side slide – L/R
- Side jump jacks – L/R
- Carioca – L/R
- Quick skip single leg – L/R
- Quick skip – ankle

Zelezny

- Leg Swings – front/side
- Hurdle Trail Leg – forward/back
- Eagles
- Side bends – L/R
- Camel/old horse
- Cat/Cobra
- Reach under/up
- Fire hydrant
- Donkey kick
- Low whips

Eaton

- A March
- A Skips
- B March
- B Skips

Saturday February 8, 2025 7:00-9:00 AM SCN

7:00 LMLS and DeMatha

Weight room (10's and mega abs)

Long Progressive: Whispering Trail

6 x basic strides

Jan 27, 2025

SCNTF Distance

Week of January 27, 2025

Percent of Max Mileage:60%-90%

We will talk about this.

Foundation... working on building it.

"Do the easy things right." Show up on time. Support others. Communicate. None of these things involve extraordinary skills- and they are all controllable by you.

Lots of sick people around the school right now. Wash your hands more. Sleep more. Hydrate better. Eat better food. These are your controllables.

Warm Up A

Bolt x 20M
Zelezny x 8
Eaton x 20M
Dribbles, ankle or calf – 3 x 20M

Monday January 27, 2025

7:00-9:00 PM at East Sports Complex

HIIT Workout

1. Warm Up: [Boele warm up](#)
Run 3 progressive laps
2. Cycles 2 x Accelerate start to fast on the backstretch, decelerate on far curve, jog a lap and repeat (continuous)
3. Hiit
 1. Prayer squat with alternating opposite toe touch x 20
 2. 30 knee to opposite elbow hopping crunch R
 3. 30 knee to opposite elbow crunch Left
 4. Alternating reverse prisoner lunge (arms up).
 5. Glute bridge clams x 30
 6. [3 x Push up complex \(shoulder, knee, toe, heel\)](#)
 7. 10 x [Reverse table tops with leg extensions and seat drop](#)
 8. Mountain climbers x 30
 9. Reverse Burpees x 15
 10. Russian Twists
 11. Jumping Jack Drop Squats x 15
 12. Slow Plank shoulder touches x 50
 13. Skaters x 30
 14. Superman-crunch x 20
 15. Jump squat w/ ground touch x 20
 16. Push up to side arm plank x 20
 17. Plank Jacks x 30
 18. Front lunge-front toe raises 10 each side
 19. Slow iso-bike x 20
 20. Rocket jumps x 20
- Mileage as desired
4. Post work movements
 - o Michigans
 - o Scorpions x 10
 - o Iron Cross x 10
 - o 90-90 Hip flips
 - o Gas pedals

Bolt

- Skips w/ arms forward
- Skips w/ arms backward
- Skips w/ arms crossing
- Skips w/ twist
- Backward walk w/ reach
- Backward skip
- Butt Kicks
- Side slide – L/R
- Side jump jacks – L/R
- Carioca – L/R
- Quick skip single leg – L/R
- Quick skip – ankle

Zelezny

- Leg Swings – front/side
- Hurdle Trail Leg – forward/back
- Eagles
- Side bends – L/R
- Camel/old horse
- Cat/Cobra
- Reach under/up
- Fire hydrant
- Donkey kick
- Low whips

Eaton

- A March
- A Skips
- B March
- B Skips

Tuesday January 28, 2025 SCN 2:30-4:30

Hills-

LMLS, SAM Easy

20 minute warm up

6 x Dover Hill

Mileage as needed for cool down

Ropes

Wednesday January 29, 2025 SCN 2

Aerobic Day

LMLS and DeMatha

Weight Room before or after (10's and mega)

Medium Run

Movements to finish

(Michigans, Scorpions, Iron Cross, 90-90 hip flips, gas pedals)

Thursday January 30, 2025

VO2max day

LMLS and SAM Hard Phase 1

20 minute WU to barricade

Boele warm up

Cycles: 2 x 10 sec (20 sec)

2 miles full effort

Mileage as needed

Ropes

Friday January 31, 2025 SCN

5:30-6:45 AM Warm up and yoga:

Be in the fit lab ready to go by 5:40 AM

Pack your own breakfast

2:30-3:45 Aerobic Run

Sam easy, LMLS

Aerobic Day: Medium run, medium miles

6 x 30/20 strides)

Post work movements

(Michigans, Scorpions, Iron Cross, 90-90 flips, gas pedals)

SAM Easy Phase 1

Plank series

Double hip bridge

Clams series

Lateral leg raises

Donkey kicks and whips

Hydrants

Knee circles

Cat cow

Heels & Toes

DeMatha (30 each)

Arm swings, trunk rotators, trunk rotators on angle

2-foot lateral hops, progressive prayer squats

2-foot front-back hops, wide squats

Grapevine, narrow squats

Knee hugs, ankle pulls, spiders

1-foot lateral hops (15 each)

1-foot frontal hops (15 each)

1-foot box hops (10 each direction each foot)

Warm Up A

Bolt x 20M

Zelezny x 8

Eaton x 20M

Dribbles, ankle or calf – 3 x 20M

Bolt

- Skips w/ arms forward
- Skips w/ arms backward
- Skips w/ arms crossing
- Skips w/ twist
- Backward walk w/ reach
- Backward skip
- Butt Kicks
- Side slide – L/R
- Side jump jacks – L/R
- Carioca – L/R
- Quick skip single leg – L/R
- Quick skip – ankle

Zelezny

- Leg Swings – front/side
- Hurdle Trail Leg – forward/back
- Eagles
- Side bends – L/R
- Camel/old horse
- Cat/Cobra
- Reach under/up
- Fire hydrant
- Donkey kick
- Low whips

Eaton

- A March
- A Skips
- B March
- B Skips

SAM Hard Phase 1

Plank series

Split squat (5 each)

Side squat walk (5 each)

Good Mornings (8)

Bird Dogs (alt 5 each)

Clams (8 each)

Leg Raises

Donkey kicks

Donkey whips

Hydrants

Knee Circles

Arches

Saturday February 1, 2025 7:00-9:00 AM SCN

7:00 LMLS and DeMatha

Weight room (10's and mega abs) Closed:

Long

6 x basic strides

Carlson core

Hurdle Mobility

Ropes

Route: Whispering Trail (double loop) +McKay+ race track+dog loop

Group A: 75 minutes

Hill @ 7:15, Reed, Hitch, Enger @ 7:30

Noel, Dill, Reck, Santos @ 8:00

Russell, McCall: treadmillwauke: 45 min @ 12% @4mph

Group B: 60 minutes- round up to next mile

Gallantine, Sundquist @ 8:20

Ortiz, Ewan @ 8:30

Group C: 5-8 x 1600 at 2 min per lap (8:00 pace)- short rest

Morton, Hernandez, Wright, Wiegert,

Jan 20, 2025

SCNTF Distance

Week of January 20, 2025

Percent of Max Mileage:60%-90%

We will talk about this.

This is the official start of the season.

We are coming off a strong cross country season, and yet we have a lot of improvements to make. I am not confident in the consistency of our winter work and I know that we have not been training together in the ways that I expected.

The next two weeks will get us back together. Those who are fit will find nice challenges to continue their growth. Those who had inconsistent or non-existent training have some work to do. I anticipate also welcoming some athletes who are new to the distance world- so we will bring them along.

EMBRACE and FOUNDATION are two words that keep coming to my mind right now. You embrace things that are important to you, that you value, that you care about.

Foundation is what we need to build together. A strong foundation is the structure that we will build our journey on.

Monday January 21, 2025

Open fit lab for a base run.

Tuesday January 22, 2025

St. Charles East Sports Complex 7:00-9:00

PM

Primary: VO2max development-

HIIT Workout

Warm Up A

Bolt x 20M

Zelezny x 8

Eaton x 20M

Dribbles, ankle or calf – 3 x 20M

1. Warm Up: [Boele warm up](#)

Run 3 progressive laps

2. Cycles 2 x Accelerate start to fast on the backstretch, decelerate on far curve, jog a lap and repeat (continuous)

3. Hiit: next page

Mileage as desired

4. Post work movements

- Michigans- lie down
 - i. 10 x bent knee hug each leg
 - ii. 10 x straight leg hug each leg
 - iii. Roll to side: 10 x bent knee hug each leg/side
- Scorpions x 10
 - i. Face down cross rolling dynamic x 10
 - ii. Get toe closer to hand each time
- Iron Cross x 10
- 90-90 Hip flips
- Gas pedals
- Laying shin hugs

Bolt

- Skips w/ arms forward
- Skips w/ arms backward
- Skips w/ arms crossing
- Skips w/ twist
- Backward walk w/ reach
- Backward skip
- Butt Kicks
- Side slide – L/R
- Side jump jacks – L/R
- Carioca – L/R
- Quick skip single leg – L/R
- Quick skip – ankle

Zelezny

- Leg Swings – front/side
- Hurdle Trail Leg – forward/back
- Eagles
- Side bends – L/R
- Camel/old horse
- Cat/Cobra
- Reach under/up
- Fire hydrant
- Donkey kick
- Low whips

Eaton

- A March
- A Skips
- B March
- B Skips

HIIT: One lap between each

1. Zombie Squats x 15 (10)
2. Push Ups x 15-20 (10)
3. Burpees x 15 (10)
4. Commandos (high plank to low plank) x 15 (10)
5. Stationary Inchworm to push up x 10 (5)
6. Reverse Burpee x 15 (10)
7. Jumping Jacks x 30 (15)
8. Wide Push Ups x 10-15 (5)
9. Iso Bike x 15 each side (10)
10. Alternating Front lunge x 10 each leg (5)
11. Military push ups x 5-15
12. Soldier March Cross Crunch x 10 each side
13. Rocket Jumps x 10 (5)
14. Diamond Push Ups x 5-10
15. Star Jumps x 10 (5)

Running outside

We will plan on the weather improving.

ALL DISTANCE ATHLETES MUST DRESS APPROPRIATELY: hats, gloves, tights and/or long sweats, layers on top (base layer-dri-fit or similar technical fabric, shirt, hoodie, jacket, etc.). We generally go outside unless the weather is untenable for our goals of the day.

DO NOT count on using the fit lab because we don't have extra distance coaches everyday to supervise.

That being said, ALWAYS have a pair of shorts and an inside shirt if we stay inside.

Late days

Occasionally we need to practice a little later than normal (some Wednesdays and days when coach has a meeting). On these days you can go home and come back if you have rides or you can go to the LRC and do homework. Do not hang out anywhere else in school (locker room, hallways, etc.) and do not create problems for others (behave).

Wednesday January 22, 2025 SCN 3:00 -4:30

Dress in layers to be outside. INSIDE...

Aerobic Day: Medium run, medium miles

Warm up: SAM easy phase 1

Medium mileage aerobic run

If on treadmill: 1.5% incline

[Finish with ropes](#) or yesterday's movements

SAM Easy Phase 1

Plank series

Hydrants

Double hip bridge

Knee circles

Clams series

Cat cow

Lateral leg raises

Heels & Toes

Donkey kicks and whips

Thursday January 23, 2025 3:15-5:00

Strength day: hills

Warm up: DeMatha

Add outside layers

Run to back side of Colossus:

Keep running until all are present (15 minutes)

2 x 10-20 cycles

3-6 Dover Hills: Short-medium- long

Start confident and get faster

DeMatha (30 each)

Arm swings, trunk rotators, trunk rotators on angle

2-foot lateral hops, progressive prayer squats

2-foot front-back hops, wide squats

Grapevine, narrow squats

Knee hugs, ankle pulls, spidermans

1-foot lateral hops (15 each)

1-foot frontal hops (15 each)

1-foot box hops (10 each direction each foot)

Weightroom:

10 pull ups-10 push ups- 10 dips- 10 wide push ups-

10 chin ups- 10 narrow push ups

Mega abs:

Tues., Thurs.: Mega-Abs after run and team stretch.

Raised Weighted Crunch (25)

Weight on Chest Crunch (25)

Weight on Right Side Oblique Crunch (25)

Weight on Left Side Oblique Crunch (25)

Bicycles (25)

V-Sits (25)

Plank (work up to 1:15)

Around the Worlds (25)

Post work movements

- [Michigans](#)- lie down
- Scorpions x 10
- Iron Cross x 10
- 90-90 Hip flips
- Gas pedals

Friday January 24, 2025 SCN

5:30-6:45 AM Warm up and yoga:

Be in the fit lab ready to go by 5:40 AM

Pack your own breakfast

2:30-3:45 Aerobic Run

Sam easy, LMLS

Aerobic Day: Medium run, medium miles

Post work movements

- Michigans- lie down
- Scorpions x 10
- Iron Cross x 10
- 90-90 Hip flips
- Gas pedals

SAM Easy Phase 1

Plank series

Double hip bridge

Clams series

Lateral leg raises

Donkey kicks and whips

Hydrants

Knee circles

Cat cow

Heels & Toes

Saturday January 25, 2025 7:00-9:00 AM SCN

7:00 LMLS, DeMatha, and weight room

Weightroom:

10 pull ups-10 push ups- 10 dips- 10 wide push ups-

10 chin ups- 10 narrow push ups

Mega abs:

Tues., Thurs.: Mega-Abs after run and team stretch.

Raised Weighted Crunch (25)

Weight on Chest Crunch (25)

Weight on Right Side Oblique Crunch (25)

Weight on Left Side Oblique Crunch (25)

Bicycles (25)

V-Sits (25)

Plank (work up to 1:15)

Around the Worlds (25)

DeMatha (30 each)

Arm swings, trunk rotators, trunk rotators on angle

2-foot lateral hops, progressive prayer squats

2-foot front-back hops, wide squats

Grapevine, narrow squats

Knee hugs, ankle pulls, spidermans

1-foot lateral hops (15 each)

1-foot frontal hops (15 each)

1-foot box hops (10 each direction each foot)

Post work movements

- Michigans- lie down
- Scorpions x 10
- Iron Cross x 10
- 90-90 Hip flips
- Gas pedals

Progressive or regular Long Run

6 x easy strides (mile pace)

Rope stretching

Routines

Warm Up A

Bolt x 20M
Zelezny x 8
Eaton x 20M
Dribbles, ankle or calf – 3 x 20M

Bolt

- Skips w/ arms forward
- Skips w/ arms backward
- Skips w/ arms crossing
- Skips w/ twist
- Backward walk w/ reach
- Backward skip
- Butt Kicks
- Side slide – L/R
- Side jump jacks – L/R
- Carioca – L/R
- Quick skip single leg – L/R
- Quick skip – ankle

Zelezny

- Leg Swings – front/side
- Hurdle Trail Leg – forward/back
- Eagles
- Side bends – L/R
- Camel/old horse
- Cat/Cobra
- Reach under/up
- Fire hydrant
- Donkey kick
- Low whips

Eaton

- A March
- A Skips
- B March
- B Skips

SAM Easy Phase 1

Plank series
Double hip bridge
Clams series
Lateral leg raises
Donkey kicks and whips

Hydrants
Knee circles
arches
Heels & Toes

SAM Hard Phase 1

Plank series
Split squat (5 each)
Side squat walk (5 each)
Good Mornings (8)
Bird Dogs (alt 5 each)
Clams (8 each)

Leg Raises
Donkey kicks
Donkey whips
Hydrants
Knee Circles
Arches

DeMatha (30 each)

Arm swings, trunk rotators, trunk rotators on angle
2-foot lateral hops, progressive prayer squats
2-foot front-back hops, wide squats
Grapevine, narrow squats
Knee hugs, ankle pulls, spidermans
1-foot lateral hops (15 each)
1-foot frontal hops (15 each)
1-foot box hops (10 each direction each foot)

Mega abs

Wickets

Regular Hugs
Prisoner Raise the roof
Airplane Regular
Pistol

SAM Hard Phase 2

Forward skip w/arm swings x 30m
Side skip w/ alt rotating arms x 30m
Low Lateral Shuffle w/reach x 30m
Forward Walking Lunge x 10
Inside out standing low hops x 10
Mountain Climbers x 10
Lateral Lunge x 10
Standing wave lunge x 10

Prone Plank x 25 sec
Side Plank x 25 sec
Supine Plank x 25 sec
Side Plank x 25 sec
Prone Plank x 25 sec
V-sit x 15 sec
Superman x 10 (3 sec each)
V-sit x 15 sec

Split Squat x 5 each (drop back knee)
Side Squat Walk x 5 each direction
Good mornings x 8 (hands on hips)
Alternating Bird dogs x 10
Clams, Reverse Clams x 10
Lateral Leg Raise x 6 each
Donkey Kicks x 10 each
Donkey Whips, Hydrants, knee circles

Lower Body Crawl
Iron Cross
Australian Crawl
Iron Cross
90-90 knee flips
Arches

SAM Easy Phase 2

Plank series x 25 sec
Single Leg Active bridge x 10
Clams and Leg raises
Donkey Kicks and whips
Hydrants and circles
Lower Body crawl (prone, knees only) x 10
Iron Cross x 10, prone swimmer x 10, Iron Cross
90-90 hip flips, arches
Toe and Heel walk

Warm up

1. LMLS
2. 12 minute jog
3. Drills Part 1- full court basketball
 - a. Skips with forward and backward swimming arms
 - b. Skips with hugging arms and with twists
 - c. Backward reaching walk and backward skips
 - d. Butt kickers and retractors
 - e. Monkeys there and back
 - f. Carioca there and back
 - g. Quick skip single leg left and then right
 - h. Zombies (half court) and 3-step good mornings
4. Ground work
 - a. Plank series
 - b. Donkey kicks
 - c. Hydrants
 - d. Low Donkey whips
5. Drills Part 2
 - a. 2 x A's: March then skip (half court each)
 - b. 2 x B's: March then skip (half court each)
6. Cycles: 2 x (10 sec- 20 sec)
7. Water and prep



Strength

Weightroom:

The 10's

10 pull ups then perfect regular push ups until form break

10 dips then perfect wide push ups until form break

10 chin ups then perfect diamond push ups until form break

DECLINES IF YOU CAN'T DO 5 PULL UPS, CHIN UPS, AND DIPS

Mega abs

25 x Overhead weighted crunches

- 10 pound plate to start
- Hold plate over forehead
- Lead with chin trying to push your nose towards the hole in the plate

25 x Weight on chest crunch

25 x Weighted right side oblique crunch (side crunch)

25 x Weighted left side oblique crunch (side crunch)

25 x Bicycles (no weight)

25 x V-sits

Hanging knee lift “around the worlds” to exhaustion

Phase 2 Strength

Bars

2 x 10 pull ups

2 x 10 dips

Optional: 2 x chin ups

Alternating with chest

Perfect push ups to exhaustion or 8-10 DB Bench

Push up variations: DB push ups, step-outs, travellers

Dumbbell work

2 x 8-10 [squat-curl-press](#)

Alternate with

2 x 8-10 [Kettlebell high pull](#)

(feet wider than shoulder, chest up at all times. touch kettlebell to ground each time, lift with legs to midway, then raise elbows- always high elbows on the top half)

Mega Abs

25 x chin up weighted crunches, hugging weighted crunches, obliques, bicycles, v-sits

Double arm hanging around the worlds

Better at the basics...

Better at the basics...

Almost all of you can talk about the junior or senior that made you feel welcome on this team. They made you feel like you belonged and that you mattered.

Who have you connected with this year? Who have you regularly talked to, stretched with, did LMLS with? Some of you swam. We have two freshmen who did swimming. How many of you know what they swam in their last meet? How many of you know how much stronger they are now? How many of you know how their transition back to running is going? How many of you spend any of this time with another varsity or JV teammate who isn't your regular buddy?

Most of you are acting like freshmen. You come to practice and attach yourself to the same people and contribute little to developing relationships among our team. During yoga it is a race for the varsity guys to go hide in the back corner because you don't want the status of being next to someone who isn't as cool as you want to be.

One of the reasons that I am shutting down the fit lab on outside practice days is because I need to go out and verify that you are doing what you should be doing. The lure of playing on ice is so great that our varsity team can't resist the temptation to do things that aren't what they are supposed to be doing.

Imagine a bunch of hens cackling around a chicken pen. A lot of chaotic squawking and pecking. This is what we are right now. Varsity guys are randomly roaming around pecking at anyone else who isn't lining up behind them and at the same time aren't doing anything worth following. I have no idea why my varsity athletes were the ones who couldn't do the warm up together last Thursday... just a bunch of insecure hens pecking around.

Here are some good things that we can do immediately to make things better.

1. Do your job. When you have something to do, do it, and do it the way you are supposed to. Don't sprint a 160 when I ask you to go at 800 pace. Don't do a tempo run when I ask you to do a base run. When you are supposed to do things together, do them together.
2. Learn the power of being part of something that is bigger than you are. Learn to get in line and do small things that make us look like, act like, and be a team.
3. Be a good teammate. Stop being judgemental jerks with your snarky comments, your group chats, and your attitudes towards others. You are not perfect... nor am I... nor are your teammates. Show some grace and forgiveness (for yourself and others) and help us to be our best in this world. It is better and more meaningful to do this together. Good teammates care about each other and that shows up in everyday conversations. Ask more questions and listen more.

We have a long way to go, but the journey is worth it.

Meet Warm Up

SCNTF Distance

Meet Warm Ups and Cool Downs

General Warm Up

1. LMLS
2. 12 minute easy run
3. Core activation

SAM Easy Phase 1

Plank series	Hydrants
Double hip bridge	Knee circles
Clams series	arches
Lateral leg raises	Heels & Toes
Donkey kicks and whips	

4. Drills (20 meters)

- a. Skips with forward swimming arms
- b. Skips with backward swimming arms
- c. Backward reaching walk
- d. Backward skip
- e. Butt kickers
- f. Retractors (butt kick with high toe)
- g. Monkeys
- h. Carioca
- i. "A" walk then "A" skip back
- j. "B" walk then "B" skip back

5. Cycles x 2 (10 sec hard, 20 sec jog) if possible

- 6. Hydrate and bathroom.** You should have a little time to relax here.
Check in to get hip numbers.

7. 15 minutes out

- a. Final prep (spikes, etc.)
- b. Go to line or check in

8. 5-10 minutes out: 2-3 accelerations

- 9. Race.** You should be warm at the line. Your heart rate should be elevated.

Post Race

Immediately hydrate and sports drink

Optional: legs up for a few minutes

Walk/light jog for 10 minutes

Hydrate/sports drink again

If racing again soon (hour or less): light jog and accelerations 15 minutes out.

Movements if necessary

If done for the day: 20 minute jog and movements

Paces

General Pace Definitions

VO2max pace: 2 mile race pace. Training intervals from 800m-3200m

Special Endurance 2: Training intervals from 300-600 meters

Special Endurance 1: Training intervals from 150-300 meters

Speed Endurance: Training intervals from 60-150 meters

Speed: Training intervals from 30-60 meters

Strength: Hill runs