



# CROSS COUNTRY

## JUNE 2014

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 <b>REST (STRETCH)</b>	2 Moderate Run: 2-3 miles dropping time each mile	3 Intervals: 2x400 (easy 200 2x200 jog between 2x100 sets)	4 <b>EASY DAY 20-30 minutes</b>	5 Intervals: 2x1000 (easy 400 2x800 jog)	6 Moderate Run: 2-3 miles dropping time each mile	7 <b>EASY DAY 20-30 MINTUES</b>
8 <b>REST (STRETCH)</b>	9 Moderate Run: 2-3 miles dropping time each mile	10 Intervals: 3x400 (easy 200 2x200 jog between 1x100 sets)	11 <b>EASY DAY 22-32 minutes</b>	12 Intervals: 2x800 2x1000	13 Moderate Run: 2-3 miles dropping time each mile	14 <b>EASY DAY 22-32 MINUTES</b>
15 <b>REST (STRETCH)</b>	16 Moderate Run: 3-4 miles dropping time each mile	17 Intervals: 2x600 (easy 200 2x400 jog between 2x100 sets)	18 <b>EASY DAY 24-34 minutes</b>	19 Intervals: 2x800 2x1000	20 Moderate Run: 3-4 miles dropping time each mile	21 <b>EASY DAY 24-34 MINUTES</b>
22 <b>REST (STRETCH)</b>	23 Moderate Run: 3-4 miles dropping time each mile	24 Intervals: 2x600 (easy 200 3x400 jog between 4x200 sets)	25 <b>EASY DAY 26-36 minutes</b>	26 Intervals: 2x800 2x1000	27 Moderate Run: 3-4 miles dropping time each mile	28 <b>EASY DAY 26-36 MINUTES</b>
29 <b>REST (STRETCH)</b>	30 <b><u>FIRST DAY OF PRACTICE!!!!!!!</u></b>	1	2	3	4	5

**FREE Running Apps for Smartphones: RunKeeper STRAVA MapMyRun Nike+Running**  
 Runkeeper allows you to set goals for yourself in both mileage and pace (Coach Gilmore uses this one). All of these apps keep your average pace, calories burned, pace per mile and map your distance as you run.

**MODERATE RUNS:** Moderate runs are to help keep your aerobic fitness up. Aerobic meaning WITH OXYGEN. As Cross Country runners we are running with oxygen all the time whereas sprinters are working in an anaerobic stage (WITHOUT OXYGEN). The more fit we are aerobically the faster we will become at longer distances. With running 3 miles for our races, we want to be the fittest team in the State! If you start off at a 9 minute mile, drop the 2<sup>nd</sup> mile down to a 8:50 or 8:45. If you start doing this at the beginning of the summer, there is no reason to say you CAN'T run a 7:00 mile for 8-10 miles!!!! If you can talk in complete sentences then you are not going fast enough. You should be able to manage 2-3 words then be out of breath at the beginning of your run.

**INTERVALS:** Interval training is to help create SPEED. When you are finishing a race you want SPEED to help to get to the finish line before anyone else. For those of us who LACK SPEED this is something you should work on. There are TWO different types of intervals: LONG and SHORT. Our SHORT intervals will help with our speed at the end of the race, and our LONG intervals will help break up the race and get your MIDDLE MILE TIME faster. We want you to start jogging in-between sets because this will help with your AEROBIC fitness.

**EASY DAYS:** Easy days are well deserved. Think of these days as a day to recuperate your body. This pace should be where you can hold a conversation without getting too winded. This is NOT a day to walk. ☺

**STRETCHES:** Go to GOOGLE and look up DYNAMIC STRETCHES. These should ALWAYS be done before a run and STATIC STRETCHES should be done after a run.

**CORE & STRENGTHENING:** Your body is a TEMPLE, treat it like one! ☺ You want yourself as strong in your upper body as your lower body. Here are some exercises that will help you build strength! These should be done every other day if not every day!

**Planks:** Challenge yourself. Use this after abs.



**Push Ups:** Try to keep your body as straight as possible. If needed, knees can be on the ground. Slower you go, the better workout you get.

**Triceps Dip:** Take a chair, keep hands on chair seat, lower butt towards ground, push body back up with arms.

**Abs:** Make sure you keep the small of your back flat against the ground. This will strengthen your lower abs.

**Donkey Kicks:** Get down on hands and knees. Keep back straight. Kick Right leg straight behind you. Bend leg back to stomach then kick back out.



**Superman's:** Lay on belly. At the same time pick arms and legs (thighs included) off ground. Hold for 3 seconds. Repeat (Only belly should be on the ground)

**Back Hypers:** Like Superman's, but feet stay on the ground. Lift upper body off of ground as high as possible. Relax. Repeat.