

CROSS COUNTRY-Men and Women

Summer Workout- we will start meeting as a team on July 8th, Tuesday-Thursday 6:30pm-8:00pm. Starting Aug. 4th we will go M-Th from 6:30pm-8:00pm.

You need your Athletic Packet and Physical Examination turned in by the first official day of participation
First official day of practice begins August 18th.

June-July

Mondays- Tempo run- A tempo run is a workout of 30 -45 minutes, usually a course run (not on a track). After 5 to 10 minutes of gentle jogging, gradually accelerate toward peak speed midway through the workout, holding the peak for 5-10 minutes, then gradually decelerate, finishing with 5 minutes of gentle jogging, your cool-down. In this workout you should run hard, but not too hard. If you do this correctly, you should finish feeling refreshed rather than fatigued.

Tuesdays- Interval Training- This is a more precise form of speed training than tempo runs. Interval training consists of fast repeats of (400, 600, 800 meters). 400 one lap around the track, 600 one lap around the track and another ½ lap, and 800 two laps around the track. Each distance is followed by walking to recover. It is the “interval” between the fast repeats that gives this workout its name. You should start with 4- 400 meters, so run one lap and walk a ½ of a lap then run another, until you reach the 4 laps. Then walk a full lap. Now you are going to start your 600 meter runs, run a 600 meter the walk a lap between until you reach 3- 600 meter runs. Walk two laps then you are going to start your 800 meter runs...you will do two of these, don't start off too fast or you will be unable to run both laps. After one 800 meter run you will walk two laps then do your last 800 meter. One thing to remember it is more important to **Run** the whole distance than worry about how fast you do them, you must push yourself in order to not start walking during the workout.

Wednesdays-Resistance running- Either go to a track and use the bleachers or find some good hills to use....you need to run up an incline for

about 30 minutes. If you do stairs on the track you need to run up and jog down them for 30 minutes without stopping. On the uphill run you need to run hard and really drive your legs behind you to get a maximal workout.

Thursdays-Long run- Long runs are necessary to improve your aerobic fitness and endurance. You begin in the first week, running for 30 minutes and add 5 minutes each week until we start to run as a team the end of July, by this time you should be built up to a 60 minute run. It does not matter again how fast you run, but you must learn to run without stopping and walking, learn to push yourself and force yourself to keep jogging when you want to stop and walk, or if absolutely necessary walk for only a short period of time and then start to jog again...eventually you will be jogging the whole time, this is our goal. Find an area you like to run in like a park or around your neighborhood, try to run with a friend or your family dog...put on some music, it keeps your mind on something other than the run, it makes time go by faster.

Fridays-Easy day- All I want you doing on these days is to take a long walk with a friend or family member, find an area where you can walk for about 3 miles, have one of your parents use their car to find an area you can walk and have them measure it with their car odometer. During this walk is should be a fast pace walk so you increase your heart rate, no jogging this day, just walking and talking or listening to your music.

If you use these guidelines for training you will be so ready to have a very successful Cross Country season you will probably surprise yourself, if you have any questions during your training please don't hesitate to call me, if I do not answer leave me a message and I will get back with you. Have a great summer.

Coach Ziegler 702- 553-8082