

Warrior Cross Country (XC) - Optional (but highly recommended) Summer Training



What & why do we do this: This is a summer training program designed to elevate your mileage slowly and build your fitness, so you will be able to “hit the ground running” in August. The workouts are not set in stone, so you can adjust them to suit individual needs such as vacations, random obligations, illness, or injury. If you follow the plan diligently, you will be faster and in better shape than last year at the same time.

The structure will be a good introduction to the way in which the season will progress for the team. There are three very important points we will stress early and often:

- Keep a log of all the workouts you do with comments about how it felt using the attached calendar. This is a good habit to develop because you can use it for reference in the years to come.
- Whenever possible, avoid running on paved or concrete surfaces. Grass and dirt are much easier on your legs.
- Get a wristwatch with a stopwatch or use a running app (GarminConnect, Strava, or Runkeeper are great), so you can monitor your pace and training times.

Communication

Join the Warrior XC Remind account - Send this text message @6b7789 to 81010.

- This is how important quick info will be communicated during summer training - weather updates, etc...).
- Students & parents should join the Remind immediately.
- You may also email Mrs. Yuhas at kyuhas@williamandreed.com or Coach McKenzie at cmckenzie@williamandreed.com.
- If you attend optional summer training, you assume responsibility for your own hydration, recovery, and training needs. The school & staff are not liable.

How to get started

- Follow the program below to the best of your ability. It's ok to walk if needed & slowly build up to running more.
- Adjust as needed on vacation, etc...
- Listen to your body. Don't overdue it.
- Rest & recovery are essential to prevent injuries and to make progress.
- Everyone will start at a different level, and that's ok.
- Most of your runs (80%) should be run at a conversational pace -- meaning you should be able to easily hold a conversation while you are running. This is even what experienced & professional runners do.

Important Terminology & Items to Know

- Cross-Training means not running -- Examples include but are not limited to: swimming, water running for 20-30 minutes, strength training upper body, core stability exercises, hiking, rollerblading, biking, yoga, etc...). You will see this listed on the workout plan below.
- Hills means go up the hill smooth & steady. Don't charge up the hill. Lean into it slightly. As you crest the top of the hill, pick up your pace. And you go down, go down quickly but don't run on your heels. Keep your chest upright. "Stay on your toes." If you're on your own, find a hill to run. It's GA...you can find one.
- Easy pace means conversational, "talking" jog.
- Moderate pace means: It's not hard, just an enjoyable effort...a little harder than easy. 80% of your runs will be at this pace (which is what professional runners do too)
- Cadence Drill means after a slow mile warm-up, select a level and traffic-free stretch of road, trail, or track. Without picking up your speed, count the number of times either your left foot or your right comes down in 30 seconds. Jog or walk for a minute or so and run back, counting again, with the goal of increasing the count by one or two. Repeat this four to six times, with the same projected increase each time but without a significant increase in effort.
 - How Often? If you do this drill once a week, you'll intuitively learn to stay low to the ground with an increasingly lighter touch of the foot. You'll see more progress when doing it twice. But you'll lose two weeks of progress if you miss a week.
 - Link to short video showing the cadence drill: [Jeff Galloway: Cadence Drill](#)
- Breathing - Take in as much air as you can when breathing while you run through your nose AND your mouth. Your lungs don't care how the air gets in there. Also, practice breathing from your "stomach" and not shallow breaths from your chest.
- How to avoid a running cramp: Stay hydrated, Replenish with electrolytes, Stretch before you run, Don't eat directly before a run, Keep track of what you eat and see how it affects you, Pace yourself, Monitor your breathing.
- If you cramp while running, stop running and focus on deep breathing. Sometimes it can help to gently press your first two fingers slightly upward towards the pain and hold for about 10 seconds, while simultaneously keeping a consistent breathing pattern. Continue your breathing rhythm and press all the way around the painful area. Within a few minutes the pain should subside.
- Staying healthy- Make sure you are healthy enough to run - get cleared by your family doctor. If you have any major pains, etc...please tell coach. You may need to ice, rest, & recover.
- SHOES! Good shoes that are made for your body type and running style are essential. Visit a local running store (Big Peach on Windward parkway is wonderful! They will also usually give you a 10% discount if you tell them you are on a local xc team.) and get fitted for a proper pair of running shoes. This can make all the difference!
- Gear: IT'S IMPERATIVE THAT YOU BRING SOME KIND OF TIMING DEVICE TO PRACTICE! (digital watch, Garmin...).
- Training on your own: It's also imperative that if you want to have a successful cross country season in the fall that you train even when we are not meeting as team in order to be in shape for the season!
- Running form:
 - Great video: [Essential Running Technique Tips for Proper Form & How to Run Faster! | Sage Running](#)
 - Run tall but not stiff.
 - Make sure your shoulders are loose.

- Keep your chin up and eyes up, looking about 60 feet in front of you.
- Your hands should be in loose fist with your fingers like you are holding a potato chip that you can't crush between your thumb and pointer finger.
- Pull your elbows back then swing them forward BUT NEVER cross the belly button with your hands. Your arms should graze your hip slightly.
- Foot placement: Your foot should strike the ground body directly under your body.
 - You want to land on midfoot while leaning slightly forward not on your toes or on your heel.
- To practice your form, walk a few steps then jog 10 steps to see how your form is holding up. You can even have someone video you.

Hydration & Nutrition

- Hydrate, hydrate, hydrate before, during, & after practice. If you try hydrating the day of practice, you are already in a deficit.
- To stay hydrated: your weight divided by 2 is about how many ounces of fluid you need every day
- 2-3 hours before running: 17-20 oz. combination of water and sports drink (choose regular Powerade & Gatorade)
- 30 mins. Before a race: 8-10 oz. water or sports drink
- Post-race or after practice: a combo of water and sports drink
- Hydration check: If your urine looks like lemonade, you are well-hydrated.



Understanding Sports Drinks

- If runners lose too much fluid in sweat without replacing what they've lost both in fluids & electrolytes (like sodium & potassium), they risk becoming dehydrated. Sports drinks provide triple benefits: rehydrate, refuel, & replenish.
- Stay away from Red Bull, Propel, Vitamin Water, and low-cal sports drinks - they don't have the proper nutrients needed.

Fueling The Body

- The Night Before an Event:
 - Dinner ideas (pasta with grilled chicken & marinara, salad; salmon & potatoes; stir-fried veggies w/lean meat, rice, bread)
 - Start fueling the night before a race with:
 - High carb foods (whole grain bread, pasta, rice, cereal)
 - Protein (PB, lean meats, eggs, yogurt, lowfat dairy)
 - Water for hydration & digestion
- Pre-Race Foods:
 - 2-4 hours before racing eat a decent meal
 - 30 mins. Out eat a small nutritious snack
 - Eat easily digestible foods
 - Choose unprocessed foods



**Don't try something different on race day. You should know your body & what works for you!

Warmup & Cooldown

- When you are on your own, it is essential that you warm up and cool down.
- Stretch well after every training regardless of how you feel.
- Also, be sure to put ice on any areas that hurt or feel stressed during training.

Warmup:

Before any workout it is extremely important to warm up and get your muscles prepared to run. We do this through the active warm-ups listed below. The distance for each of these should be around 10-15 yards (approximately the length of one front yard). All of these exercises should be done prior to completing the day's workout!! Click on the name of each exercise for a video demonstration.

Step 1:

1. Upper torso - sky reach, forward arm swing, backward arm swing, hip rotation
2. Ankle - dorsiflexion, extension, rotation
3. Walking, alternating knee to chest (every 3 steps)Walking, alternating leg lifts
4. Lunges (5 reps each leg) - Front, Front with twist, Side, Back and to the Side
-- 2-3 Minute light run
5. lateral leg swing x 10, quiet upper body
6. linear leg swing x 10, straight leg
7. hurdle leg swing x 10; forward / backward

Step 2:

1. High Knees: The knees should come up to parallel with the ground and the upper body stays in an upright position. Arms should have a 90 degree bend at the elbow and swing from your hip to eye level
2. Butt Kickers/Heel ups: The heels should come high under the body before coming back to the ground. The knees still come up parallel to the ground. Arms should have a 90 degree bend at the elbow and swing from your hip to eye level.
3. Frankensteins Exercise: Stand with your legs together and one arm extended. Step and kick the opposite leg straight up. Try to touch your toe with your hand then return as you walk forward. Repeat, alternating sides.
4. Quick Skip: This is a skip that focuses on quick knee drive and short foot-ground contact time. Begin by driving the right knee upward until parallel with the ground. The left foot takes one small skipping step as the right foot goes up. Repeat the process with the left knee going up and the right taking a skip.
5. Shuffle: Facing the right, bend knees and keep your chest up. Your glutes (butt) should stay underneath your shoulders. Keeping your hips facing the right (not forward) side-step for the 10-15 yards. Face the same direction when returning to your starting point!
6. Carioca: Start with your feet a little wider than hip-distance apart, knees bent. Watch the video for the rest of the explanation --- it is a little difficult to describe without seeing a visual.

Cooldown

Stretches: All stretches should be held for a minimum of 15 seconds. Click on the name of each stretch for a picture demonstration.

1. Right Arm Across then Left Arm Across
2. Right Arm Behind then Left Arm Behind
3. Right Leg Over Left Leg then Left Leg Over Right Leg
4. Legs Together Toe Touch
5. Straddle To The Right then Straddle To The Left
6. Straddle To The Middle
7. Flamingos (quad stretch)

8. [Butterflies](#)
9. [Runners Stretch \(Right Leg Out\)](#) then [Runners Stretch \(Left Leg Out\)](#)
10. [Touch your Toes](#) (Both Legs Straight Out)
11. [Hollywoods \(Right Knee Up\)](#) then [Hollywoods \(Left Knee Up\)](#)
12. [Lazy T's \(Left Leg Across\)](#) then [Lazy T's \(Right Leg Across\)](#)

Weekly Workouts

Please see the schedule below for information about training & location

- **Bolded days - complete the workout on your own**
- *Italicized days - AS A TEAM at WEBB BRIDGE Park (meet at the tennis courts) at 6:55 -8:00 am (You are welcome to coordinate more meetups on your own. Let us know via Remind, and we will post.)* **Please try to be prompt for pick up as Mrs. Yuhas has to get her own children to other commitments directly after Tues/Thurs practices.

- Don't forget to look at the warmup & cooldown instructions. You must complete these before and after each practice.
- **Group 1 (G1 -Runners who can run Sub 21 5k), Group 2 (G2 - 21-24 min. 5K), Group 3 (G3 over 25 min. 5k and/or new runners)**

WEEK OF May 30- June 5

**Always Warmup & Cooldown

Monday:

- Easy “talking jog” pace
- G1 30 min, G2 20 min, G3 10 min

THIS Tuesday only:

- on your own b/c Mrs. Yuhas is out of town
- Easy “talking jog” pace
- G1 30 min, G2 20 min, G3 10 min
- sprint 1 hill

Wednesday: OFF or easy cross-train

Thursday:

- Easy “talking jog” pace
- G1 35 min, G2 25 min, G3 15 min
- 2 hills

Friday:

- easy “talking jog” pace
- G1 15 min, G2 10 min, G3 8 min)
- Yoga (see pg. 7)

Saturday: OFF

Sunday:

- ON YOUR OWN, Possible TEAM MEET UP - Check Remind)
- Easy “talking jog” pace
- G1 2-3 miles, G2 1.5-2 miles, G3 1-1.5 miles

WEEK OF June 6- June 12

**Always Warmup & Cooldown

Monday:

- Easy “talking jog” pace, try to find a route w/ a few hills
- G1 30 min, G2 20 min, G3 10 min
- Springboard 2-3 sets max (see pg. 7)

Tuesday:

- Easy “talking jog” pace
- G1 35 min, G2 25 min, G3 15 min
- 2 hills
- With time, Flat abs (see pg. 7) or complete at home after.

Wednesday: OFF or easy cross-train

Thursday:

- Tempo run
- After warmup, 5 min easy “talking jog” pace, then G1 20 min, G2 15 min, G3 10 min steady/moderate pace, then 5 min easy “talking jog” for all
- With time, Fremen 2-3 sets max (see pg. 7) or complete at home)

Friday:

- easy “talking jog” pace
- G1 35 min, G2 25 min, G3 15 min
- Yoga

Saturday: OFF

Sunday:

- ON YOUR OWN, Possible TEAM MEET UP - Check Remind)
- Easy “talking jog” pace
- G1 2-3 miles, G2 1.5-2 miles, G3 1-1.5 miles

**The remaining weeks of training will be distributed at summer training & will be shared via Remind.

EVERDAY YOGA

DAREBEE WORKOUT © darebee.com

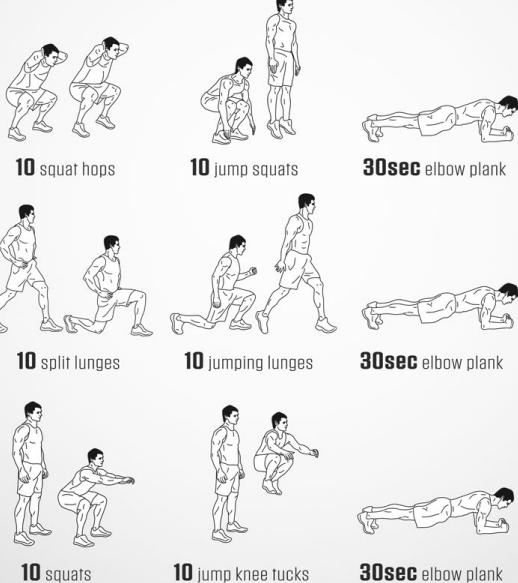
Hold each pose for 20 seconds then move on to the next one.
Repeat the sequence again on the other side.



SPRINGBOARD

DAREBEE WORKOUT © darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST 2 minutes



8 MINS TO FLAT ABS

[FITWRR.COM](http://fitwrr.com)



FREMEN

NEILAREY WORKOUT © neilarey.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



SETS LEVEL I 2 SETS LEVEL II 3 SETS LEVEL III 4 SETS REST BETWEEN SETS UP TO 1MIN