

Summer Training Schedule- Main goal for the summer is to build a strong base of miles for the upcoming season. Coaches will meet at 6pm at KHS Monday – Thursday over the summer. Except August 2nd-5th 9am.

Low- Mileage in Green- Mid- Mileage – in Black.

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	TWM
June 20 th -26 th	Rest Rest	2 miles 3 miles	3 miles 4 miles	2 miles 3 miles	Rest 3 miles	2 miles 3 miles	3 miles 4 miles	12 miles 20 miles
June 27 th -July 3 rd	Rest Rest	3 miles 4 miles	2 miles 5 miles	4 miles 3 miles	Rest 5 miles	3 miles 3 miles	3 miles 5 miles	15 miles 25 miles
July 4 th - 10 th	Rest Rest	3 miles 5 miles	4 miles 5 miles	3 miles 6 miles	3 miles 5 miles	3 miles 4 miles	4 miles 5 miles	20 miles 30 miles
July 11 th -17 th	Rest Rest	3 miles 5 miles	4 miles 5 miles	3 miles 6 miles	3 miles 5 miles	3 miles 4 miles	4 miles 5 miles	20 miles 30 miles
July 18 th -24 th	Rest Rest	4 miles 5 miles	5 miles 6 miles	3 miles 7 miles	5 miles 6 miles	3 miles 6 miles	5 miles 5 miles	25 miles 35 miles
July 25 th -31 st	Rest Rest	5 miles 7 miles	5 miles 6 miles	6 miles 8 miles	5 miles 5 miles	4 miles 8 miles	5 miles 6 miles	30 miles 40 miles
Aug 1 st -7 th	Rest Rest	5 miles 8 miles	6 miles 10 miles	7 miles 6 miles	6 miles 7 miles	6 miles 8 miles	5 miles 6 miles	35 miles 45 miles
Aug 8 th -14 th	Rest Rest	5 miles 8 miles	6 miles 10 miles	7 miles 6 miles	6 miles 7 miles	6 miles 8 miles	5 miles 6 miles	35 miles 45 miles

**Summer XC Information- Quote of the Season-
“Run out of your comfort zone”**

***You may substitute one day a week for cross training
example: biking or swimming.**

**June 8th – Physicals at the High School appointment only
June 9th – PRM (incoming freshmen) during the school day**

**Official Practice Starts Monday August 16th
August 16th- August 19th Monday-Thursday 6pm Practice.
August 20th and 21st Friday and Saturday 9am.
August 23rd- August 26th Monday-Thursday 6pm Practice.
August 27th and 28th Friday and Saturday 9am.**

August 30th -31st Monday and Tuesday 9am

September 1st -6th – Practice Times TBA

September 7th – 1st day of school

Training Tips:

Check out for information on nutrition and injury prevention

<http://www.runnersworld.com/>

and

<http://running.about.com/od/nutritionandhydration/a/runnersdiet.htm>

for more information on proper nutrition.

Check out this article about proper hydration:

<http://running.about.com/od/nutritionandhydration/a/hydration101.htm>

The better you eat the better you feel when you are running!

Core Training- Spending 60 seconds on each. Rest for 15 seconds before moving to the next exercise. After completing all six, take a 3- to 5-minute break, and repeat the entire series. Try to do this routine three times a week.

1 . Step Downs (A) Lie on your back with one hand under your lower back. Lift your legs so your thighs are at a 90-degree angle with the floor, and bend both knees to a 90-degree angle. (B) Tighten your lower back so that it doesn't move up or down, and slowly lower your right foot to within 1 inch of the floor. Keep your right knee bent at a 90-degree angle, and maintain the position of your left leg. Hold your right foot 1 inch off the floor for 2 seconds, and then return it to the start position next to the left leg. Repeat the same action, but this time lower the left foot. Repeat both sequences three to five times.

2. Prone Stabilizer (A) Start on your stomach, and raise yourself into a modified pushup position, with all your weight balanced on your forearms and toes. Keep your back as straight as possible. (B) Slowly raise your left leg until it lines up with your back. Hold this position for 4 seconds, then lower the left leg, and

repeat for 4 seconds with the right leg. Repeat both sequences three to five times.

- 3. Bridge** (A) Lie on your back with your arms beyond your head, and your feet planted on the floor directly below the knees. Press down on your feet, and lift your torso and upper legs until they form a straight line. (B) With your weight on your shoulders and your feet, slowly extend the right leg by straightening the knee. Be sure to keep your back straight. Hold for 4 seconds, and then repeat with the left leg. Repeat both sequences three to five times.
- 4. Side Stabilizer** - Lie on your right side with your right elbow under your shoulder, and your left foot resting on your right foot. Press down with your forearm and foot until you lift your body off the ground. Keep your body as straight as possible; don't allow your hips to sag. Hold this position in a controlled fashion for 30 seconds. Repeat on your left side.
- 5. Fire Hydrant** (A) Start on your hands and knees. (B) Maintaining the 90-degree angle of your left knee, lift your left leg until the thigh is parallel with your upper body. Hold for 4 seconds, and then lower. (C) Repeat the same motion, but this time continue it by forcing the knee and thigh as far to the left as possible. Hold for 4 seconds. Repeat A and B, but this time force the knee and thigh as far as possible to the right, crossing over your body's midline (not shown). Hold for 4 seconds. Repeat with the right leg. Repeat both sequences three to five times.
- 6. Supine Stabilizer** (A) Lie on your back with your legs fully extended. With your elbows under your shoulders, lift your entire body onto your forearms and heels. Keep your legs, hips, and back as straight as possible. (B) While maintaining this position, lift your left leg 4 inches off the floor. Hold for 4 seconds, and then

repeat with your right leg. Repeat both sequences three to five times.

Dynamic Stretches – It is extremely important to cool-down and stretch after a workout. You also want to make sure you warm-up properly and stretch before a workout. You want to warm-up and cool-down for a least 10 minutes. Hold static stretches for 30 seconds-1 minute.

<http://www.runnersworld.com/article/1,7124,s6-241-287--13442-0,00.html> (video of dynamic stretches)

Some examples of Dynamic Stretches:

LEG LIFTS- Swing one leg out to the side, then swing it back across your body in front of your other leg. Repeat 10 times on each side. Feel wobbly? Hold onto a steady object.

BUTT-KICKS- While standing tall, walk forward with an exaggerated backswing so that your heels come up to your glutes. When this is easy, try it while jogging. Do 10 reps on each side.

PIKE STRETCH- Get in a "pike" position (hips in the air). Put your right foot behind your left ankle. With your legs straight, press the heel of the left foot down. Release. Repeat 10 times on each side.

HACKY-SACK- Lift your left leg up, bending the knee so it points out. Try to tap the inside of your left foot with your right hand without bending forward. Repeat 10 times on each side.

TOY SOLDIER- Keeping your back and knees straight, walk forward, lifting your legs straight out in front and flexing your toes. Advance this by adding a skipping motion. Do 10 reps on each side.

WALKING LUNGES -Step forward using a long stride, keeping the front knee over or just behind your toes. Lower your body by dropping your back knee toward the ground.

Maintain an upright posture and keep your abdominal muscles tight.