

Summer Training Schedule 2011- Main goal for the summer is to build a strong base of miles for the upcoming season. "If you fail to prepare, prepare to fail."-Pre
 *You may substitute one day a week for cross training example: biking or swimming.

Top Line is Low Mileage Group- Beginners

Bottom Line (High- Lighted) is High Mileage Group- Returnees/People coming off a running season.

EZ=Easy Effort (conversational)

M= Moderate Effort Breathing Hard (hard to complete a sentence)

H=Hard Effort (Can't talk)

R=Racing (maximum sustainable effort (All out)

We will meet for optional practices every Tuesday and Thursday at 6pm at KHS.

We will also meet Friday July 1st at 9am for a 30-minute team run.

August 9th Summer Series Race instead of optional practice. (SS=R)

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	TWM
July 3 rd -9 th	Rest	2 milesEZ	4 miles M	Rest	3 miles EZ	3milesM	3 miles EZ	15miles
	Rest	3 milesEZ	4 miles M	3 miles EZ	3 miles M	3milesEZ	4 miles EZ	20miles
July 10 th -16 th	Rest	3 milesM	4 milesEZ	3 miles M	3 miles EZ	3milesM	4 miles EZ	20miles
	Rest	4 milesM	5 milesEZ	3 miles M	5 miles EZ	3milesM	5 miles EZ	25miles
July 17 th -23 rd	Rest	3milesEZ	4 miles M	3 milesEZ	3 milesM	3milesEZ	4 milesM	20miles
	Rest	3milesEZ	5 miles M	4 milesEZ	5 milesM	3milesEZ	5 miles M	25miles
July 24 th -30 th	Rest	3milesEZ	5 milesM	4 milesEZ	5 milesM	3 milesM	5 milesEZ	25miles
	Rest	5milesEZ	6 milesM	5 milesEZ	5 miles M	4milesM	5 milesEZ	30miles
July 31 st -August 6 th	Rest	4milesEZ	5 milesM	3 milesEZ	5 milesM	3 milesM	5 milesEZ	25miles
	Rest	5milesEZ	7 milesM	6 milesEZ	6 milesM	6milesEZ	5 miles M	35miles
August 7 th -13 th	Rest	4milesEZ	SS =R	5 miles EZ	6miles M	4milesEZ	5miles M	30miles
	Rest	5milesEZ	SS=R (2 miles WP/CD=4m)	6milesEZ	8miles M	6milesEZ	7miles M	40Miles

Incorporate a Fartlek Run at least once a week in your summer training-

What is a Fartlek?

A Fartlek (swedish for “speed play”) is simply sprinting and jogging off and on during a run. For example, a normal fartlek workout be a 40-60 minute training run. However, instead of keeping the same pace through the whole workout you sprint, then jog, then sprint again whenever you feel like it. You can customize fartleks to how you feel. If you feel sluggish, limit the number of sprints you do, and take more time to recover. If you feel great, run the sprints hard, and sprint again maybe when you don’t feel totally recovered.

One good way to run this workout is to pick out objects ahead of you, like a telephone pole and sprint from that pole to the next and then jog.

Before starting a fartlek, make sure that you warm up at least 10-15 minutes to ensure that your muscles are loose enough to handle the accelerations. Also, cool down 10-15 minutes after the workout. The fartlek can be a difficult workout, and if you don’t warm up and cool down, you could have some very sore muscles the next day. Starting to run fartleks can be tough on your body if it isn’t ready for the faster pace, and can lead to injuries such as achilles tendonitis, IT-Band soreness, and runner’s knee. To help cut down on the risk of injuries, make sure that you are running in good running shoes and don’t have any signs of over-training. After the workout, it is also very important to refuel your body by drinking water and eating protein-rich foods to get the most benefit from fartleks and help your muscle recovery.

Structured Fartlek

For example, a structured fartlek might be: 10-15 minute warm up, 2 minutes hard, 2:30 easy, 3 minutes hard, 2:30 easy, 4 minutes hard, 2:30 easy, 4 minutes hard, 2:30 easy, 3 minutes hard, 2:30 easy, 2 minutes hard, 10-15 minutes cool down. This workout is stated easier by calling it a: 2, 3, 4, 4, 3, 2, with 2:30 rest. A structured fartlek is great because, since it is run on trails or roads, it gives you the benefits of track work while also providing you the chance to run hills.

In his excellent book “Daniel’s Running Formula,” Coach Jack Daniels suggests the following workout when feeling lethargic: Run 10 steps (counting one foot, not both) then jog 10, run 20 and jog 20, run 30 and jog 30, and so on up to running 100 and jogging 100 (or more if you wish).

Summer XC Information-

Quote of the Season-

“The right stuff is some combination of these four qualities: Talent, Durability, Determination, and Courage.” -Wetmore

Physical Information:

June 1st – Incoming Freshmen – during the school day by appointment only

June 3rd for KHS students

***Get all your health paperwork/physical paperwork in before school ends!**

***Parent meeting June 1st at 6pm KHS Old Cafe**

Official Practice Starts Monday August 15th! Be 10-15 minutes early for practice we will start on time!

August 15th – August 20th 8am-10am

August 22nd - August 27th 8am-10am

August 29th –August 31st 8am-10am

September 1st and September 2nd – 3:30pm-5:15pm

September 3rd 8am – 10am

September 6th –First day of school 3:15pm-5:15pm

During the school year every practice is from 2:45pm-4:45pm.

Except on Activity Days - Tuesdays and Wednesdays we will go 3:15pm-5pm. (with the exception of Meet days)

During the XC season it will be a Monday – Saturday commitment. We will be either practicing or at a meet from August 15th – November 19th

Season Schedule – All Regular Meets/ Invitationals

Dates /Times are TBA. You will receive a schedule the 1st week of Official Practices.

Bus will leave at 2:30 for meets unless otherwise stated. Bus Departure times will always be announced before hand.

Training Information-

Proper Nutrition and Hydration

Stretches/Core/Injury Prevention/Footwear

Go to:

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

Running Camp Information:

Running Works-

<http://runningworks.com/>

The Cape Cod Running Camp-

www.thecapecodrunning.com

Summer Series 5K Race Info-

www.morriscountystriders.com

Click on Summer Series Link on Left hand side to download application.

Coaches Contact Info:

Coach Chegwidden- chegwidden@kinnelon.org

201-230-7797

Coach Drew- drewe@kinnelon.org