



DWCS

TIMBERWOLVES

2018

XC Summer Training Schedule

Welcome to the 2018 Summer Training Program for the 2018 Cross Country Team. This is a 13-week program designed to elevate your mileage slowly and build your fitness so you will be able to “hit the ground running” in September. 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. 1) **Keep a running log of all the workouts you do**, with comments about how it felt. This is a good habit to develop because you can use it for reference in the years to come. 2) **Whenever possible, avoid running on paved or concrete surfaces.** Grass and dirt are much easier on your legs. 3) **Get a wristwatch with a stopwatch or use a running app** (GarminConnect, Strava or Runkeeper are my personal favorites) so you can monitor your pace and training times.

Please look over the following information and let's get STARTED!



- **Base Building Phase**
June 3rd – 30th
- **Strength Building Phase**
July 1st - Sept 1st



Coach Shelley Sparks
Phone: 318-237-8565
Fax: 318-368-8258
ssparks@darbonnewoods.com

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PACE/WORKOUT DESCRIPTIONS

These are Varsity level workouts. Beginner runners and Jr High runners should begin with cutting all times and/or distances in half until Coach Sparks evaluates you in August to determine your level changes, based on your summer progress.

Harder, more important workouts are emphasized with CAPITALS (Mondays, Wednesdays, Fridays, and Saturdays). The 40 to 45 minute easy runs between those harder days are for recovery; so don't push pace at all on those days because you don't want to burn out. If you have to take a day off, make it one of these recovery days, not a harder day, if at all possible.

EASY: Recovery pace, not ridiculously slow; an "as you feel" pace; "Talking" jog pace

EASY/MODERATE: Relaxed, picking it up to a little faster than easy pace

MODERATE: The pace you go when you are on a "regular run;" It's not hard, just a decent enjoyable effort (Note: If there is no "enjoyable" in your effort, Cross Country may not be for you! Try swimming or tennis instead.)

LONG: You will do one long run of an hour+ every week, usually Saturday. These runs are done at a relaxed pace, no faster than moderate effort. The long runs will make you strong, both physically and mentally.

TEMPO: About 30 seconds per mile slower than your current 3 mile pace (about 15 seconds slower than one mile pace for Jr High and beginners). These runs are to be done on a flat course and the same pace be maintained throughout. "Comfortably hard" as we will call it, tempo workouts are the most important tool for improving your fitness and endurance. Also known as "Anaerobic Threshold Pace," this run will raise the heart rate at which fatigue sets in. Basically, you can go harder for longer. To get you used to how the season is structured, this key workout is on Wednesdays, like it will be in the fall.

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PACE/WORKOUT DESCRIPTIONS...

WARM UP/COOL DOWN

You will warm up for at least one mile, although it is better to go with time. Your standard warm up for **every** run, including races, will be 10 to 15 minutes of easy pace. Follow the run with a quick series of dynamic stretches of major muscles and anything that needs it. For harder workouts, the warm up and cool down might be longer (20 minutes) and is not included in work out time.

For easy runs, your warm up and cool down may be included in your total 45 minute run time, but make sure you stretch after 10-15 minutes and follow up with cool down stretches. For these runs, we will use the last mile or so as a cool down (same easy pace as warm up). After a recovery run, we will do 6 to 10 strides of about 100 meters at a relaxed, moderate+ pace. In addition to that, we will be doing core-strengthening exercises; so “easy” days aren’t exactly easy, they’re just less difficult than the hard days. Strides and stretching after runs helps prevent injury, so approach it as seriously as any other part of a workout. **Stretch well after every training session regardless of whether or not you are with the team. Also, be sure to put ice on any areas that hurt or feel stressed during training.**

XT: means “cross training.” Examples of cross training include, but are not limited to, swimming, water running for 20-30 minutes (this is one of the best!!!), strength training upper body, core stability exercises, hiking, rollerblading, yoga, rock climbing, or any activity or sport that adds some zest to your workout week and breaks the boredom of your routine, yet targets an area that you have not been able to develop in your regular workouts. On XT days, avoid activities that can fatigue the calf muscles: stair machines, rowing machines, spinning or leg strengthening exercises. These activities should be done on running days. (Source: Cross Country Running—J. Galloway, 2011)

CADENCE or TURNOVER DRILLS: This is an easy drill that improves the efficiency of running, reducing effort. This pulls all the elements of good running form together at the same time. Over the weeks and months, doing this two or more times a week will naturally increase the number of steps per minute (which means you run faster, easier).

HOW TO DO THE CADENCE DRILL (CD)

1. Warm up by walking for 5 minutes, and running and walking very gently for 10 minutes.
2. Start jogging slowly for 1-2 minutes, and then time yourself for 30 seconds. During this half minute, count the number of times your left OR right foot touches (each runner chooses one).
3. Walk around for a minute or so.
4. On the 2nd thirty second drill, increase the count by 1 or 2.



PACE/WORKOUT DESCRIPTIONS...

....In the process of improving cadence or turnover, the body's internal monitoring system coordinates a series of adaptations molding the feet, legs, nervous system and timing mechanism into an efficient team:

- Your foot touches lightly.
- Extra, inefficient motions of the foot and leg are reduced or eliminated.
- Less effort is spent on pushing up or moving forward, saving energy.
- You stay lower to the ground-becoming smoother and faster.
- The ankle becomes more efficient.
- Abuse of weak link areas is reduced.

(Cross Country Running by J. Galloway, pages 127-128)

ACCELERATION-GLIDER DRILLS (Acg)

See chapter 17 of Cross Country Running by Jeff Galloway, 2011 edition., pages 128-130.

FARTLEK: Swedish for "speed play," these workouts are for building your ability to vary pace when you need to. Putting on surges to break the competition as well as being able to respond to their attacks is an important part of racing. These workouts consist of timed bursts of near race pace with about equal amounts of easy recovery running in between.

HILLS: These workouts build strength and you will need it with the courses you race. Usually, hill work is done at close to race pace and is fairly short, concentrated effort. They improve your agility (ability to change directions quickly), toughness (make those hills your best friend), and overall strength. We will typically do hill work on Fridays until race season begins.

REPEATS/RACE PACE: These are run at the pace you have most recently run a 3-mile (Varsity) or 1-mile (Jr High) race or the pace you plan to run in the next one. In the later part of the summer and during the season, we will do a mile repeat workout at this pace every Monday to get you familiar with your level of exertion in races.

***All these paces can be adjusted with (+) or (-) to notate a middle range effort.**

BASE BUILDING PHASE FOR BEGINNERS



● June 3rd THRU June 30th --- 4 WEEKS

Run 30 to 45 minutes easy, as you feel, 3 to 4 days a week. DO NOT exceed tempo (anaerobic threshold) pace. Rest between run days or do some cross-training (XT). Use this time to build your aerobic fitness base (remember, the better you build your base, the higher your potential). Run on dirt and/or grass and with your teammates as often as possible. Walk whenever you feel winded. No huffing and puffing during the base building phase. No sprinting. If you are breathing heavily at any point, slow down and take more walk breaks. Rapid breathing at the end of the run means that the pace needs to be reduced, from the beginning, on the next run. After your run, log it, either in an app or on paper. Include distance and/or time you ran, terrain, time of day and/or temperature, and how you felt about the run, noting anything uncomfortable or what felt good about it.

Keep in mind you have a lot of running ahead of you, so go easy and enjoy it!

● **KEYS to SUCCESS DURING BASE PHASE**

- 1) Make sure you have had medical clearance from your Family doctor before beginning a strenuous training program.
- 2) Visit Fleet Feet Sports Monroe at 1866 Forsythe Ave, Monroe, La (318-855-3146) to get fitted for proper training shoes and racing shoes, based on your individual needs. They will test your running gait and tell you the style you need. This is a free service. You do not have to buy the shoes from them; however, I do recommend supporting our local running store as much as we possibly can.
- 3) Cross Training (XT) includes the following recommended activities on rest days. Avoid any heavy stress to the legs on Rest and XT days. *During pre-season, especially as a newcomer, it is best to run 3 days a week, with a day off from running between days.* The best mode of cross training would be deep water running, with feet not touching the bottom of the pool. An aquajogger flotation belt is recommended (for more information, see www.JeffGalloway.com). Also, on XT days, avoid activities that can fatigue the calf muscles: stair machines, rowing machines, spinning or leg strengthening exercises. These activities should be done on running days. (Source: Cross Country Running—J. Galloway, 2011)



VETERAN RUNNERS PRE-SEASON CONDITIONING PROGRAM



- June 3rd THRU June 30th — 4 WEEKS

See Cross Country Running, J. Galloway, p. 45

Mon	Tue s	Wed *	Thu	Fri * * *	Sat	Sun
<i>Mon 30 - Sun June 5th</i>						
Week 1						
15-30 min * * then 2 hills	off/XT	18-40 min	off/XT	22-40 min	off	1.5-3 mi
Week 2 * *						
25-30 min * * then 3 hills	off/XT	28-45 min	off/XT	32- 45 min	off	2-4 mi
Week 3 * *						
30 min * * then 4 hills	off/XT	35-50 min	off/XT	38-50 min	off	3-4.5 mi
Week 4 * *						
Run 30 min * * then 5 hills	off/XT	42-55 min	off or XT	45-55 min	off	3-5 mi

Note: Veterans who have not been running much should follow the lower amount of running listed on each day.

XT means "cross training" (water running for 20-30 minutes is best)

* means "cadence drill" (4-8) done every Wednesday

* * means acceleration-glider drill, embedded in the run for that day (4-8)

* * * means hills: after a 10 minute easy warm-up and 4 acceleration-gliders, run at 10K pace up a 150-200 yard hill. Walk down. No sprinting. See hill section in this book.



● **STRENGTH BUILDING PHASE...**

- **VETERANS**— Follow the steps in Chapter II of Cross Country Running, J. Galloway
- **BEGINNERS**—Follow the schedule listed below

JULY 1st THRU SEPT 1st - 9 WEEKS

♦ **WEEK 1 - 4 Days** (July 1st-7th)

- ♦ Mon - 40 to 50 mins easy conversational pace a.k.a. “talking” jog
- ♦ Wed - 3 to 4 miles with 6 hills or so, moderate
- ♦ Fri - 45 mins easy
- ♦ Sat - LONG, 55 mins+, nice and easy “talking” jog

♦ **WEEK 2 - 5 Days** (July 8th-14th)

- ♦ Mon - 40 to 45 mins easy - easy/moderate
- ♦ Wed - TEMPO RUN - 20 mins @ 30 sec/mile slower than race pace. Long warm up & cool down.
- ♦ Thurs - 40 to 45 mins easy + core strengthening exercises
- ♦ Fri - 40 mins moderate with hills
- ♦ Sat - LONG, 55 to 60 mins relaxed

♦ **WEEK 3 - 6 Days** (July 15th-21st)

- ♦ Mon - FARTLEK - Timed hard efforts mixed with slower recovery of similar time. 4 mins on (hard), 8 off (easy) x 4
- ♦ Tues - 45 mins easy + core strengthening exercises
- ♦ Wed - TEMPO RUN - 20 mins @ 30 sec/mile slower than race pace. Long warm up & cool down.
- ♦ Thurs - 40 to 45 mins easy + core strengthening exercises
- ♦ Fri - HILLS - 6 race pace+, 2 mile warm up and cool down
- ♦ Sat - LONG, 60 mins relaxed

HILL TRAINING 101 Up Hill Run- ning

1. Go up a hill smooth and steady. Don't charge up it.
2. Only lean into the hill slightly. Don't hunch over.
3. Crest the top of the hill and pick up the pace.

Down Hill Running

1. Go down a hill quick, but in control. Don't run on your heels.
2. Keep your chest upright. Don't lean too far forward.
3. At the bottom of the hill, stay on your toes and use that forward momentum as long as you can.

● **STRENGTH BUILDING PHASE...**



- **JUNE 19TH THRU AUGUST 21st - 9 WEEKS (cont)**

- ♦ **WEEK 4 - 6 Days** (July 22nd-28th)

- ♦ Mon - FARTLEK, 5 min on, 5 min off x 4 sets
- ♦ Tues - 40 mins easy + core strengthening exercises
- ♦ Wed - TEMPO RUN - 20 mins @ 30 sec/mile slower than race pace. Long warm up & cool down.
- ♦ Thurs - 40 mins moderate pace + core strengthening exercises
- ♦ Fri - HILLS - 6 race pace, continuous loops. Concentrate on form, technique, and cresting.
- ♦ Sat - LONG, 60 mins relaxed + core

- ♦ **WEEK 5 - 6 Days** (July 29th-Aug 4th)

- ♦ Mon - FARTLEK, 1 min on, 1 min off x 15 sets. End with 2 min off, 3 min on.
- ♦ Tues - 40+ mins easy + core strengthening exercises
- ♦ Wed - 20 min TEMPO RUN w/ Long warm up & cool down.
- ♦ Thurs - 40 to 45 mins easy / moderate pace + core
- ♦ Fri - HILLS, 20 min warm up / cool down, then 6 to 8 x 200m OR 4 to 6 x 400m depending on incline.
- ♦ Sat - LONG, 65 to 70 mins easy / moderate as you feel + core

*First day of
team practice!!*



- ♦ **WEEK 6 - 6 Days - 1st Official Week of Practice** (Aug 5th-11th)

- ♦ Mon - FARTLEK, 3 min on, 3 min off / 1 min on, 1 min off x 5 sets, then 10 min on, 10 min off (60 minutes total)
- ♦ Tues - 40 to 45 mins easy / mod + core strengthening exercises
- ♦ Wed - 3 mile TEMPO RUN, 2 mile cool down.
- ♦ Thurs - 40 to 45 mins MODERATE + core strengthening exercises
- ♦ Fri - REPEATS 3 x 1 mile on home course (Eagle Pt road), pushing hills. OR 10 to 12 hill loops, continuous; long warm up / down
- ♦ Sat - LONG, 70 mins moderate on rolling trails



● **STRENGTH BUILDING PHASE...**

- **JUNE 19TH THRU AUGUST 21st - 9 WEEKS (cont)**

- ♦ **WEEK 7 - 6 Days** (Aug 12th-18th)

- ♦ Mon - FARTLEK, (33 minutes total) 3 min hard, 3 mins moderate
- ♦ Tues - 40 to 45 mins easy + core strengthening exercises
- ♦ Wed - 22 min TEMPO RUN, 10 x 100m strides on grass
- ♦ Thurs - 40 mins easy + core strengthening exercises
- ♦ Fri - HILLS, 8 to 10 continuous hill loops. OR 6 to 8 loops of 204 stairs. Finish with 6 mins moderate+
- ♦ Sat - LONG, 60 to 70 mins easy as you feel + core

- ♦ **WEEK 8 - 6 Days** (Aug 19th-25th)

- ♦ Mon - REPEATS, 3 or 4 x mile at race pace on dirt course.
- ♦ Tues - 45 mins easy + core strengthening exercises
- ♦ Wed - 22 min TEMPO RUN w/ Long warm up & cool down.
- ♦ Thurs - 45 mins easy / moderate pace + core
- ♦ Fri - HILLS, 20 min warm up / cool down, then 6 to 8 long hills
- ♦ Sat - LONG, 75 to 80 mins easy, relaxed + core

- ♦ **WEEK 9 - 6 Days** (Aug 26th-Sept 1st)

- ♦ Mon - REPEATS, 3 or 4 x mile at race pace
- ♦ Tues - 45 mins easy + core strengthening exercises
- ♦ Wed - 22 min TEMPO RUN w/ Long warm up & cool down.
- ♦ Thurs - 40 mins easy / moderate pace + core
- ♦ Fri - FARTLEK, (33 minutes total) 3 min hard, 3 mins moderate
- ♦ Sat - LONG, 75 to 80 mins easy, relaxed + core