

MVXC16 Pre-Season Meeting/Summer Planning

‘With everything perfect, we do not ask how it came to be. Instead, we rejoice in the present fact as though it came out of the ground by magic.’

–Friedrich Wilhelm Nietzsche

In the summer, we want consistent training. You do not need to be a superhero, you do need to be consistent, if you want to be ready for a great season. Generally you will be running as you feel, you just need to get out and run consistently. Consistent accumulation of miles will develop fitness. Running should be *fun!* **Train, don't strain!**

How much should I be running? Answer: It depends, we are all different!

Here is a rough guide for your weekly mileage. Remember that this is just a guide. If you have an injury, or a reason that you can't do this, don't run yourself into an injury. Get in touch with coach! Most people can run these amounts and this will make them successful, but don't let this table rule your life.

	Girls	Boys
Starting out	Build up to 25-30	Build up to 30-35
Second Year	33-38	40-44
Third Year	38-44	42-49
Fourth Year	42-49	47-54

Long runs: Long runs stimulate many beneficial physiological adaptations related to fitness and running efficiency. Take one run per week longer than the others, 20-30% of your weekly mileage. If you are just starting out, work your way up to a 7 to 8 mile run. Advanced runners might get a 10-12 mile long run.

Hills: Build in hills regularly. In particular, long steady climbs can be useful, such as from the RR tracks up Prospect to Garrods, or in Rancho, running from the Farm up Upper Wildcat and continuing up toward the PG&E power poles. Hills are your friend!

How Fast: Most of your mileage should be at a conversational pace. HOWEVER many people run 'conversationally' too slow. Conversational means as fast as you can go while still being able to talk to your running partners, not a slow shag while you are having a conversation. If you have a heart rate monitor, most of your runs should start out 140-145bpm, raise the heart rate if you feel like it but not above 170, and end your run with an average of around 155bpm. Try to finish your runs faster/stronger than you start your runs; you should feel better as you warm up.

And for some faster running: Add 4 to 8 strides two or three days a week starting mid-June. Starting in July, you can make some of these strides short (less than 15 seconds) hill repeats. Also in July, at the end of one run per week, you can start picking it up into lactate threshold range for the last 10 to 25 minutes—this should be faster than conversational, what feels 'fast but comfortable'. If you have to put your hands on your knees at the end of the run, you went too fast.

Coach will help you develop a summer training plan if you ask!

Supplementary Training

Core: Most teenagers have weak cores. Pro runners train their core conscientiously. So...you should set aside time to strengthen your core this summer! Do the core training you have learned at least four days per week, target 60 minutes of solid core work. It's tedious, but core work is your secret weapon. Chris Hallford and Bree Lambert can help you too.

Stretching and foam rolling: Foam roll your IT band five days per week—it does not take much time—and roll other areas as necessary (buy your own foam roller, they are cheap and last forever). Long hold stretches for hamstrings, calves and quads three days per week, four or five if you are tight.

Aqua Running: If you have access to a pool, this can be a secret weapon too, adding aerobic training with zero impact. An intro: <https://www.youtube.com/watch?v=tj4dDM-xqvs>

It is much more fun to run in a group! Put together run groups. The hardest part of running is getting out the door, if you have someone waiting on you then you are more likely to get out and go! Check mvrrunning.com, talk to Paru, Kelly, Andy or Jeffrey, or the team Facebook page to find out about organized runs. Remember, gritty people know that accepting help is not the same as weakness; and gritty people value human connections. Get out there with a group and you all have more **fun** and be stronger!

Resources

Accepting help is not weakness.

Shoes: Get new shoes at the start of the summer! Get fitted with your gait evaluated (on a treadmill!) at a running specialty store such as Running Revolution, Athletic Performance, Zombie Runner or On Your Mark—don't go to a big specialty store! Ask for a standard running trainer, as neutral as possible given your running gait. (You do NOT want a minimalist shoe.)

Chris Hallford: Core training and muscle therapy. Coach Flatow sees Chris every week. Many MV runners and alumni are loyal to Chris! <http://www.exerciseprogession.com>

Bree Lambert: Core training and performance coaching. Bridget Gottlieb is a former client. <http://livewellfinishstrong.com>

Irina Stiasny: MVXC/MVTF physical therapist. If you have persistent pain (not training soreness; pain), she is the person to see. If you see your regular doctor and describe the pain and ask for physical therapy, your health insurance may cover physical therapy sessions. Don't suffer, get help! www.breakthroughpt.com

Mike Dudley: Summer running boot camp that many, many Monta Vista runners join. Get in touch with Coach soon, his camp fills up every year! If you run with Dudley's boot camp, you will be ready for MVXC. trackdudley@aol.com

Coach Flatow: Ask him for help! About (almost!) everything. coachflatow@gmail.com

Coach John McKeeman: Will have a fitness group for sprinters, and anyone can benefit from speed work. Contact him for summer session times. jamckeeman@gmail.com

Don't Forget to Schedule Your Physical Right Away!

Passion is common. Endurance is rare.