

MVXC19 Athlete-Lead Summer Running
Week Five Suggestions

(Five weeks from this Monday, we get together and have our first 2019 practice together! We do not need to be heroes on any one day, we have gritty heroism—one day at a time, one mile at a time, relentlessly improving ourselves and our team step by step!

Day	Approx Miles			Suggested Run (you can change!)	Other
	New	35	45		
Mon	6	8	8	Up and Over! All runners who have been running for a couple weeks, find a nice hill where you can run 6 hill repeats with excellent form, medium-hard, only 10 seconds each, walk back for recovery; then continue your run. Higher mileage, add Seven Springs loop. Steady pace on uphill sections of your run.	Core (more legs)
Tues	3	5	6	Head out to McClellan Ranch to drill, then run whatever you need to get your mileage, Homestead or Will's Loop for higher mileage. Varsity, I want you to focus on your pace when you run; push your conversational pace a bit faster than normal (no tempo!). This is an easy day.	Core
Weds	6	6	9	Matador's Point. On the way back, you can add on by running the Watermelon Run finish for a little hill, and/or going through McClellan Ranch to Stevens Creek or Phar Lap to get more mileage. High mileage might need some laps on the track when you get back. On the way back, focus a bit on making your conversational pace faster. Push yourself a little but not to a tempo.	Core (more legs)
Thur	0 to 5*	4	5	Run to Linda Vista for drills, then come back different ways to get the mileage you need.	Game day?
Fri	6	4**	6**	McClellan Ranch to drill, then run any run to get your mileage. Particularly for high mileage athletes, I'd like focus on your pace—a flat run such as Ria's Run/Memorial Park can help you lock in.	Core
Sat	0 to 7*	10	11	Fun Saturday long run. Add four good 30 second strides on the way back with 60 second conversational pace recovery in between strides (will be over a mile).	
Sun				Would be great to do something active!	Water run?
Total	27	37	45		

Notes for week five:

*New runners, if you are planning on running a longish run on Saturday, maybe Thursday is a day off. If you can't run Saturday, get some good miles on Thursday

**Options—if you are doing the breakfast run or another group run tomorrow, then Matadors or Homestead is plenty for today. If you are not running a big run tomorrow, or you are running tomorrow on your own, then maybe today is a better day for your long run while you have friends around. You could at least start out with with some friends today, and run Matadors' or Homestead or whatever and add on another few miles to make your long run total, and make tomorrow a recovery run on your own. Running the longer, harder runs with your teammates is usually better!

MVXC19 Athlete-Lead Summer Running Week Six Suggestions

(Remember you can vary this to fit your schedules and mileage. Also, this could be a good week to teach new kids how to use a foam roller! Let's do some teaching this week)

Day	Approx Miles			Suggested Run (you can change!)	Other
	New	35	45		
Mon	6	9	10	Matadors/REI. If you need higher mileage, go ahead and run REI. Lower mileage runners, Matadors is fine but on the way back add on through McClellan. Everyone together, I'd like you to run 6 gentle hill repeats, medium-hard, only 10 seconds each, walk back for recovery; on the little rise that comes where we start the tempo back to school (this is barely a hill but it is up!). Focus on PERFECT FORM, good arms, knees driving up. Then continue your run either REI or Matadors.	Core (lots of legs).
Tues	4	4	5	Run to McClellan Ranch, drill, then Memorial Park; and come straight back to school or extend along Stelling to Rainbow.	Core
Weds	6	6	9	Up and Over for most athletes. For some of the new runners that are getting stronger, some juniors/seniors could also take the new kids and show them the Matt's Hill loop/hill repeat hill for a little extra distance. From Matt's Hill, some runners can go straight back to school, higher mileage runners can extend to Seven Springs.	Core (more legs)
Thur	0 or 5*	5	5	Have the new runners come later and play games...the established runners can get a run in earlier (Matadors, Homestead, Blaney Square).	Game day?
Fri	5	5	6	Stelling or Phar Lap or Homestead or RR tracks. Six solid 100m strides on the track with form.	Core.
Sat	8 or 0*	9	13	Fun Saturday long run. Add four to six good 30 second pick ups of your pace on the way back with 60 second conversational pace recovery in between strides (will be about a mile).	
Sun				Something active is great! Even a nice long walk.	
Total	28	38	48		

Notes for week six:

*New runners, if you are planning on running a longish run on Saturday, maybe Thursday is a day off. You should be feeling like you are working and your body is adapting, but we don't want you overstressed. If this is your first season training this hard, five days a week may be plenty. Don't stress.

- How is your conversational pace feeling? Is your 'easy/conversational' pace faster than it used to be? Are you finding it a good habit to run your last mile or two a little faster than the first half of your run?
- Figure out a fun bonding activity for next week.

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Week 5-6 Footnotes/Suggestions

These two weeks, let's add a little extra focus the side of our abs! Side plank, side raises, leg lifts lying on our side...and my personal favorite, elbow-to-knee touch while holding a side plank! This is a hard exercise to get right, so work up to this exercise. You might spot each other to make sure you are keeping your body straight and not bending all over. You can ask Devin about this exercise (and show it to her if she does not know what the elbow-to-knee side plank is; even if she is not familiar with this specific exercise I am sure she will understand the benefits and what is important for correct form). These side muscles can be neglected because we work more on our six-pack muscles! Maybe double up on these...

Another spot to be sure we spend time on is our hip strength: The variations of squats and the 'warrior-3' variations help a lot. For those of you with the resistance bands, the many exercises with bands can be really useful.

Core: You know a lot of core exercises! If you are not sure what to do, alternate people picking an exercise and go for one minute. A good idea is to rotate your core exercises into four types:

1. Standing/leg focused (squats, backwards lunges, the different kinds of Yoga-Warrior poses, runner's toe touch, etc.),
2. Where you have your face to the ground (like dry land swimming, push ups, fire hydrant etc.),
3. Exercises on your side (side plank raises, side plank with elbow to knee touches, leg lifts etc),
4. and face up/on your back exercises (V-ups, bicycle, rockets, etc.).
5. Then back to 1 again. This way even if there are many of you picking different exercises, you will be hitting all the different muscle groups.

Help each other improve our form. Ask for advice from your neighbor.

At least one day a week, either on one of the harder days or the day after, do a day of core work with more focus on legs (lots of squats and lunges and Warrior variations). Don't do this on the day before a longer run! You can do it on the same day as a longer run, but we want your legs fresh as possible for your harder run days. I show four days a week of core, but you can do more.

Stretching: More of this later, but don't forget stretching—lots! And teach new kids.

Shin Splint Pre-Hab: Do some extra heel walks and heel raises, and teach the new kids.

Encourage everyone, especially the freshman to bring one new friend each next week thinking about joining MVXC, or someone in a winter sport that wants to get in better condition. It's not too late to get started with some summer running, a new person who ran every other day for July would be so much better prepared for the start of the 2019 system than many new kids!