

MVXC19 Athlete-Lead Summer Running

Week Seven Suggestions

“You cannot make grass grow faster by pulling on the leaves.” Lasting, important achievements always take time. With three weeks before the team gets back together, if you are wishing you had been a little more consistent with your mileage in the last month, please don’t suddenly try to make up for that with a couple hundred-mile weeks! That is not how running, or life, works. If you have been cruising along and training consistently, the workouts below are going to feel right. If you are suddenly faced with the crushing reality that the summer has flown by and you did no run every workout you wanted to, you can beat yourself up a little, take a breath, set that aside, get back to regular training and then it’s OK—we still have three months until Leagues! **We have time.** Bump up your mileage by 10-15%, no more, and we will get to work!)

Day	Approx Miles			Suggested Run (you can change!)	Other
	New	35	45		
Mon	6	6	9	Up and Over/U&O+Garrods. Whichever one you pick, please try to run steadily <i>without stopping</i> to the top. This may feel a little harder than conversational but should not be hands on your knees at the end. Not stopping is the challenge!	Core
Tues	5	5	5	Run to Linda Vista, drill. Everyone together, I’d like you to run 6 hill repeats, medium-hard, only 10 seconds each, walk back for recovery. Focus on PERFECT FORM, good arms, knees driving up. Then continue the run for mileage you need.	Core
Weds	5	6	9	Matadors. When you get out of the park/off the dirt and start to head down hill, pick up the pace to a faster than usual but still conversational pace. New runners head right back to school, others can head through McClellan Ranch Park and come back either on Byrne, Stevens Creek or Phar Lap. Pace should not be too fast, this is not tempo pace! It’s a faster conversational pace.	Core (more legs)
Thur	0 or 6*	6	6	Vanilla, flat run day—let’s say Homestead, or the Blaney-square that Sid came up with last Fall.	Game day?
Fri	4	4	6	Head out to McClellan, drill then the Memorial Park/Ria Route, come back on McClellan (shorter) or Rainbow (longer). 6x100m strides.	Core
Sat	8 - 0	10	11	Breakfast Run??? I’m thinking waffles. Find some hills today ok?!?!?! Finish strong. Add two good 30 second pick-ups as you get close to the end.	
Sun				Something active is great! Even a nice long walk.	
Total	28	37	46		

Notes for week seven:

*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.

MVXC19 Athlete-Lead Summer Running

Week Eight Suggestions

(“Really, what matters in the long run is sticking with things and working daily to get better at them.”—Angela Duckworth We have two weeks until the team has it’s first complete practice together! Three weeks after that we will fire off for the Watermelon Run. Wow, wow, wow...if you are reading these suggested workouts, you have probably been pretty darn diligent with your running this summer. You didn’t have to be a hero any particular day, you displayed your heroism by continuing to show up every day. You had the heroism of your favorite teacher who shows up every day and gives her best at every class, day in and day out.

Day	Approx Miles			Suggested Run (you can change!)	Other
	New	35	45		
Mon	7	8	10	Matador’s is the suggested base run...all the new people or the lower mileage vets can come back through McClellan Ranch trail and maybe extend to Stevens Creek, depending upon what you need. High mileage people could either run REI or else come back with the group to Stevens Canyon and tack on miles, you could go to Stevens Creek to Stelling to Rainbow.	Core
Tues	4	4	6	Run to Linda Vista for drills, then run 6x10 second hill blasts. Come back different ways to get the mileage you need. New runners—don’t do too much! Recover.	Core
Weds	6	6	8	Run a mile on the track, then head to McClellan Ranch and drill. Then run around Memorial Park and back Stelling-Rainbow...pick it up to a fast-conversational pace on Stelling after you are across Stevens Creek, and try to hold that pace—that should be about three miles. Don’t be unsafe and hammer through lights!!!	Core (more legs)
Thur	0 to 6**	6	8	Up and Over! Conversational pace. Long distance can add 7 Springs, Garrods or extra flat miles. Good day for easy hills—hills are so good for us. Spin or water run??	Games?
Fri	5	6***	6***	Warm up and drill on the track and then Phar Lap! Come back quicker than you go out. Maybe Friday night is a good night to get together for a movie, either a Netflix night at someone’s home or maybe out in a theatre for a summer blockbuster?	Core
Sat	0/8**	10	12	Breakfast Run. Add four good 20-second strides at the end.	
Sun				Would be great to do something active! Water run???	
Total	30	40	50		

Notes for week eight:

**New runners, if you are planning on running a longish run on Saturday, maybe Thursday is a day off.

***Options—if you are doing the breakfast run or another group run tomorrow, then don’t try to do too much 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 start out with the team, running with some friends today, and then extend a bit after. Make tomorrow a recovery run on your own if you can’t run with friends tomorrow. Running the longer run with your teammates is usually better!

MVXC19 Athlete-Lead Summer Running

Week 7-8 Footnotes/Suggestions

Help strength: Let's work on these parts of our legs. The variations of squats and the 'warrior-3' variations help a lot. For those of you with the resistance bands, the exercises with bands around an ankle and an 'anchor' that work your hips can be really useful.

If you have the resistance band small loops, clams are a great thing to do with those bands, as well as squats with the bands just above your knees—push out against the resistance so knees don't crash in. I also found this website with a woman demonstrating a lot of lunge variations. We have done a lot of these ourselves! Maybe this will remind you of some lunges to do, and you can experiment with some new ones. The demo person did a good job I think.

<http://www.liftingrevolution.com/30-variations-of-lunges/>

Don't do hard-leg focused cross training every day! Counterintuitively, **I'd rather have you do your hard leg days on hard run days**; that way, easy run days are recovery days and your legs should feel bouncier when it's time for a longer or quicker run day. Make hard days **hard** and easy days **easy**.

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 remember how to improve your form. Remember that there are many ways to 'cheat' and not work the targeted muscle properly! Help each other and make our team stronger.

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!

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 heel walks and heel raises, and teach the new kids.

NEW SHOES! Why don't you get in some groups and go shoe shopping together this week? Take the new runners with you. Everyone could go to a running store, get shoes and socks and maybe some tech shirts, then go get slices of pizza or burritos or a summer movie. Sounds like fun to me and everyone needs shoes!

Figure out a fun bonding activity for this week. Have you seen all the summer movies?

Encourage everyone, especially the freshman to bring one new friend who is thinking about joining MVXC. It's not too late! It's only three weeks until practice, but even running every other day for the next three weeks would really help a new runner on that first day of practice!