



# Monta Vista Cross Country 2017 Pre-Season Meeting





**What is my goal  
for next Fall?**



**Your coach's perfect season  
would be for everyone to  
PR...  
in many ways**

A group of female cross-country runners in blue uniforms with a yellow bird logo are running on a red track. The background shows a crowd of spectators and trees. The text is overlaid on the image.

**The Monta Vista  
Cross Country Team  
Set  
310  
Personal Records  
in 2016!**

# Earlybird

- Challenging first race
- Compete against your own age
- CCS Championships will be at Toro in '17
- Everyone runs!
- September 16



# Seaside, Oregon Three Course Challenge

- OK let's do this again!
- September 22-23-24.
- Will miss school on Friday, will return Sunday night.
- Select athletes:
  - Mostly varsity but also those with potential and/or highly dedicated.
  - Try to look for 20 high character boys and girls.
    - Strong team orientation.



# Artichoke Invitational

- Defending champions—again!
- Everyone races!
- Usually have sweet t-shirts
- Beach party afterwards
- October 7 is an SAT test date, but the race is in the afternoon, so if you take the test in Redwood City you should be able to make it to Artichoke. Or take the SAT in August or November. This is a required race if you want PE credit.






# Travel: Mt. SAC

- October 21
- As we have done in the past, we will take a bus to Mt. SAC
- 40 athletes
- Miss one day of school
- Selection process will include both ability and attitude





Are you excited?

# First on your check list: Shoes!



- Get fitted and get some new training shoes at a running specialty store!
  - *Running Revolution* in Campbell, On Your Mark in Los Altos, Athletic Performance...other running stores may also be OK...but if the store you are in is selling tennis balls, baseball bats or bicycles, LEAVE and find a running only store
  - Ask for a basic running shoe, as neutral as possible (if they don't check your stride, LEAVE), no 'minimalist' shoes
  - Most athletes with running injuries also have poor shoes

**Please don't hurt yourself:  
Start summer training with a fresh pair of shoes!**

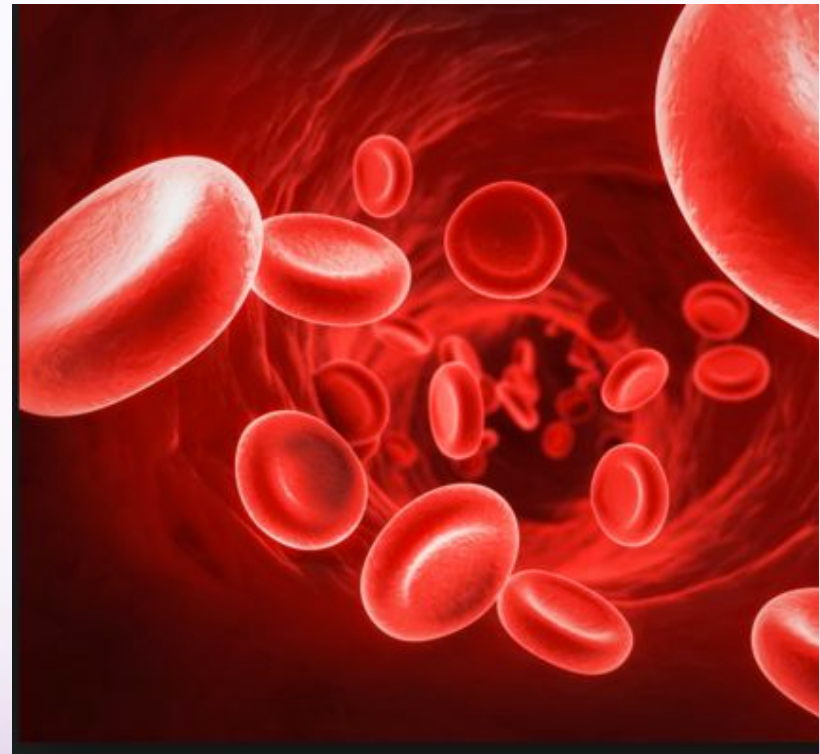
# Next On The Check List: Schedule Your Physical!

- There are always people who wait until the last second and then EVERYONE is trying to get doctor appointments— don't be 'that guy' get your parents working on this now!
- Forms are available at:  
<http://mvhs.fuhsd.org/crosscountry>



# Serum Ferritin Test

- So many young people have low iron and don't know it
- Symptoms are subtle:
  - 'Dead legs'
  - Don't recover as quickly from workouts
- Can change fast
- People say 'oh it's not that low.'
  - So why do pro runners get blood panels done monthly?
- **At MIT and many colleges, athletes get tested before every season**



A large group of people, mostly young adults, are running on a dirt path that winds through a grassy area. The runners are wearing various athletic gear, including tank tops, shorts, and athletic shoes. Some are in blue, orange, yellow, and red. The background shows a line of trees and a building in the distance. The overall scene is bright and sunny, suggesting a clear day. The text "Are you still excited?" is overlaid in the center of the image in a large, white, sans-serif font.

Are you still  
excited?

**'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**

# *Bridget Gottlieb MVXC*

- 2011:
  - Unranked
  - 10<sup>th</sup> in League
  - 20:13 at Crystal
- 2012:
  - Unranked
  - 12<sup>th</sup> in League
  - 20:02 at Crystal
- 2013:
  - 4<sup>th</sup> in CCS
  - 1<sup>st</sup> in League
  - 17:37 at Crystal
- 2014/5: Johns Hopkins University
  - NCAA XC Academic All-American
  - NCAA Indoor 5km National All-American 6<sup>th</sup> in the country
  - NCAA Outdoor 10km National All-American 5<sup>th</sup> in the country





# New XC Athletes: Don't be intimidated!



- Admittedly, getting started is the hardest part of distance running.
- You have 11 weeks until the first week of organized practice.
- You have 13 more weeks of team practice.
- You will be amazed at the progress you can make in 24 weeks if you are consistent!

# Super simple plan to get started.

- Start this weekend!
  - Run every other day.
  - **Comfortable conversational pace**
  - Start with 30 minutes of running.
    - If you need to take walking breaks that is fine; don't count the walking in your 30 minutes of running.
    - Every third run go for 45 minutes.
  - Continue until school year ends.



# Super simple plan to get started: June



- In June, start running for two days in a row, take a day off, then two days in a row etc.
- For first two weeks:
  - 45 minute day, 30 minute day, off day
- For next three weeks:
  - 50 minute day-30 minute day-off-45 minute day-45 minute day—off repeat.

# Super simple plan to get started: July



- Three days running, one day off in July
  - First two weeks
    - 50 minutes-30 minutes-40 minutes-off day
  - Next two weeks
    - 60 minutes-30 minutes-50 minutes-off day.
- **You will be so ready for cross country!**

# Embrace Your Goals

- Think about your goals and why these goals are important to you
  - Measurable
  - Controllable (mostly)
- Write them down
- Put a couple key goals on a 3x5 card or sheet of paper and stick it on your bathroom mirror
- **Commit**



# Excellence

in distance running is the combination  
of an number of mundane acts.

A word cloud centered around the word "miles" in large orange font. Other words include "blood work" in red, "core work" in purple, "hills" in black, "stretches" in black, "toe walks" in black, "drills" in black, "balance" in black, "lunges" in black, "plank" in light grey, and "PUSH UPS" in bold black. The background is a light purple gradient.

blood work  
core work  
hills  
stretches  
toe walks  
drills  
miles  
balance  
lunges  
plank  
PUSH UPS

**Passion is common.**

**Endurance is rare.**

*-Angela Duckworth*

# ***YOU can choose to be unrecognizable next season***

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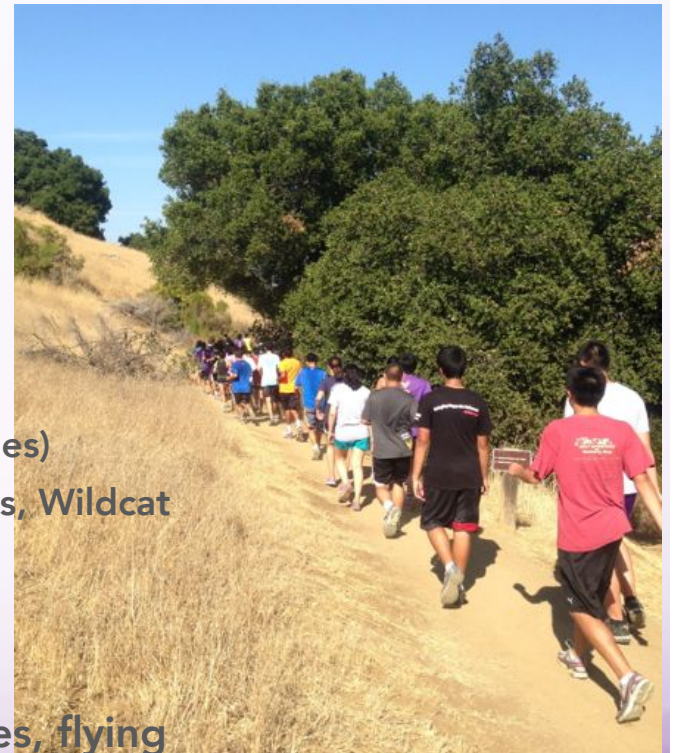
# Returning Veterans

- Let's have a more detailed meeting next Monday at practice time at the track
- Can go through your plans as well as put together group run plans



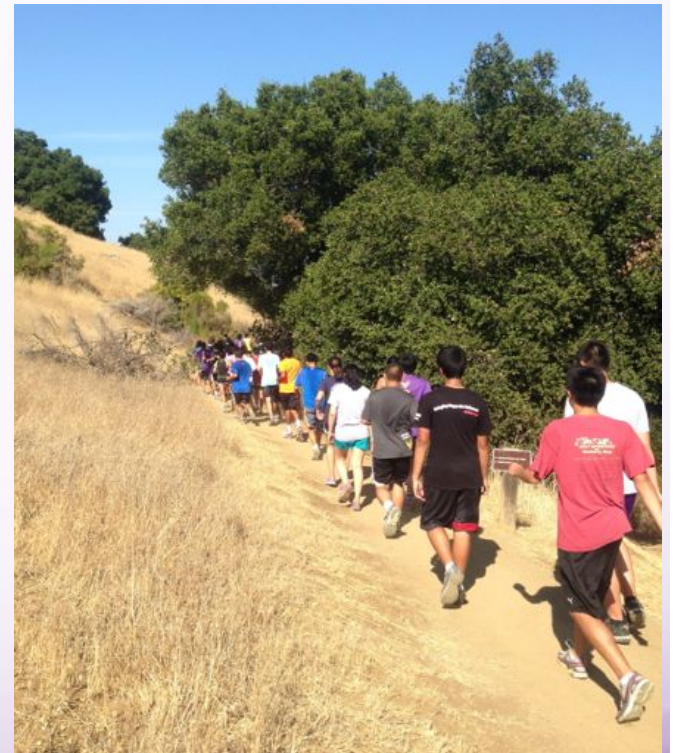
# How much should I be running?

- Answer: It depends, we are all different!
- Rough guide—remember you are all different!
  - Starting out girls 25-30, boys 30-35
  - 2<sup>nd</sup> year girls 34-38, boys 40-44
  - 3<sup>rd</sup> year girls 40-44, boys 45-49
  - 4<sup>th</sup> year girls 45-49, boys 50-54
- Mix in hills once-twice per week
- Advanced:
  - And target an 8-12 long run each week (25-30% of weekly miles)
  - Great to have at least one big solid climb (Prospect-to-Garrods, Wildcat +Power, REI)
- No speed endurance (track) work
- Some fast-twitch activation once or twice a week in (strides, flying 30s/ 10 sec hills, unstructured Fartlek, bounding, etc)
- One total rest day per week—**train don't strain!**



# *Long Climbs Really Help*

- Find a long continuous climb that will take you 20 minutes or so at a fast-conversational effort.
  - Up and Over plus Garrods
  - Wildcat (at Rancho)
  - Find your own that suits you!
- Try this every couple weeks!



**What does 'slow' mean?**

**What does 'slow' mean?**

**What does  
conversational mean?**