

MVXC17 Athlete-Lead Summer Running

Week One Suggestions

Day	Approx Miles			Suggested Run (you can change!*)	Other
	New	35	45		
Mon	4	4	5	RR Tracks (so new runners can turn around). Run out for 10 to 15 minutes, turn around and come back. Go out easier and try to come back a little faster. 6x20 sec strides at 5km pace.	Core
Tues	4	6	9	Matadors. New runners come back from parking lot, 35s run Matadors, 45s run Horse. 45s can run 2 laps at school before setting out. Take care of new kids this is a long day for them!	Core
Weds	4	4	5	Run to Linda Vista and drill, then can come back by Bubb, RR tracks or Stelling.	Core (more legs)
Thur	0	5	6	The new runners could spin with Coach Johnson in the morning...high mileage runners and runners trying to get extra work could spin in the morning at 7am and run with the 6pm group! And games.	Game day!
Fri	4	4	6	Stelling or Phar Lap or RR tracks. 6x20 sec strides at 5km pace.	Core
Sat	4	8	10	Maybe someone hosts a breakfast run???	
Sun				Would be great to do something active! Bike ride together or OYO (could be team bonding to bike together somewhere new), swim, water run, play a game.	
Total	20	31	41		

****These runs are only suggestions! If run leaders want to do something different...go for it! If you are travelling and not in Cupertino, use these as ideas of what kind of runs to look for and explore where you are staying!***

Notes for week one:

- Show lots of support and love for any new members of the team!
 - Take some time to talk to them and introduce them around.
 - Get their email addresses and phone numbers so you can text them.
 - Get them hooked into your FB group and tell them about mvrunning.com.
 - Encourage new people to get new shoes; you could organize a night where everyone goes to Run Rev or Runners' Mind and goes shoe shopping together and then you get pizza together!
- You need to use your judgment on how much the new runners should run, depending on how much running they already have. If you have someone who has never run before come out and join you, the goal would be to get them up in the 25-30 miles per week range 6 to 8 weeks from now—but that is not going to be the same with everyone. Be patient.
- Trying to finish the last half of the run faster than you started (negative split) is a good habit.
- Along these lines, especially in the first few weeks, try to be around the new people. Even if they are slower and doing less miles than you there are some ways you can help them without compromising your workout, for example when people leave the school, faster runners can run 1-3 laps on the track then go catch the rest of the group; and when coming back, rather than be out on the streets too long some of you could run an extra mile or two on the track or around the school to get your target miles.

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Week Two Suggestions

	Approx Miles				
Day	New	35	45	Suggested Run (you can change!)*	Other
Mon	4	5	6	Matadors. New runners can still come straight back. 45s can run a few laps before taking off to Matadors. . 6x20 sec strides at 5km pace (can do the strides out on the dirt at Matadors).	Core, shin splint pre-hab
Tues	5	6	10	RR Tracks. New runners can go out and back on RR tracks. 35s can run Up and Over. 45s can run Up and Over plus Seven Springs.	Core
Weds	4	4	5	Run to Linda Vista and drill, then can come back by Bubb, RR tracks or Stelling. Could also add a couple easy laps around the Linda Vista park.	Core (more legs)
Thur	0	5	6	The new runners could spin with Coach Johnson in the morning...high mileage runners and runners trying to get extra work could spin in the morning at 7am and run with the 6pm group! Maybe today run Homestead Loop and games.	Game day!
Fri	5	5	6	Stelling or Phar Lap or Homestead or RR tracks. 6x20 sec strides at 5km pace.	Core, shin pre-hab
Sat	5	9	11	Maybe this is a day to get people to meet at Rancho in the morning for a run? I love Upper Wildcat/Rogue. And breakfast afterwards?	
Sun				Something active is great! See above.	
Total	23	34	44		

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Notes for week two:

- If there were people who came last week and did not come this week, email and text them and let them know they are missed!
- New kids: teach them how to use a foam roller, especially 12xeach IT band roll! IT rolling is key for new runners. Also teach them the hamstring-in-the-doorway, quad and calf-on-step stretches.
- Talk more among yourselves about conversational paces; most running is at conversational pace and what we are looking for is to be running as fast as we can while still being comfortable and able to talk almost normally. This pace may feel more easy-medium at times but it will get easier. Running with friends that are a little faster than you really can help you. Help each other focus on this pace.
- For really motivated athletes, you might want to try to start water running once, twice or even three times a week. Water running can be really fun and social! I think there are a couple girls with pools. Also, when Paru is around, she did GREAT with water running and ended track with a big 3200m PR; if you ask I am sure she will take you to the pool where she works out and teach you all she knows about water running.
- Reach out to incoming Freshmen! Ask any freshmen that have been coming to bring their friends...put up signs in Kennedy...if anyone has little brothers or sisters in that class, talk to them!
- Maybe it is time to organize a game night or a movie night to include all the new people?

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Week 1-2 Footnotes/Suggestions

Featuring: Spin Sessions!

Spinning with Coach Johnson! Coach Johnson has offered to come and open up the shed on Thursday mornings for the first two weeks so runners can get the stationary bikes out for a spin workout. Coach Johnson will be there long enough that if there is demand, there could be two sessions (at 7am and later around 8pm). Coach Johnson will try this for two weeks, and if there are plenty of people spinning she will keep coming or discuss coming more often, or even inviting Ms. Green our spin instructor to lead classes and if there is no interest we will stop these summer spin sessions until August.

Here are some thoughts on who could benefit from these sessions and how to use these sessions in your training:

- For freshmen and new, first year runners, we would have asked them to make this a no-run day. But with the bikes, the new runners could get non-impact aerobic work. So the new runners could come and get on the bikes with Coach Johnson and then have a core session together while the experienced runners go for a run.
- Higher volume, motivated runners could come in the morning for a full hour spin session and core, and then come back in the evening at 6pm and run with the later group. This is a great way to build aerobic power without adding more pounding on the legs! Also, these two-a-day aerobic workouts mimic what the athletes I'm watching here in Flagstaff do. For some of you that are working and so you are in the 6pm group, or those of you that run at 6pm because you don't like to get up at 7am, maybe Thursday is the one day that you get up early for a spin session. And for the morning people, maybe this is the one day you go check in with the evening runners after your extra workout. I'd really like to see our motivated, varsity athletes try this two-a-day workout!

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. Of each of the four below, think of one that you can do and rotate around to all sides:

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 running 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 directly *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. You can do some core everyday!

Stretching: More of this later, but don't forget stretching—lots! And teach new kids your favorite stretches. Do some long hold (2-3 minutes up to 5) stretches for important areas—hamstrings, quads, calves.

Shin Splint Pre-Hab: After the run, this can be a good idea to avoid shin splints in the future. Do 30 meters of heel walks—straight ahead, toes out, toes in. Then with back to the walk, 12 toe-taps (if you don't know how to do this, someone will! Coach tried to teach everyone who has had shin splints this move). Then repeat the heel walks-toe taps cycle, three times total if you can. If this is too hard, you can start with fewer reps fewer meters, but challenge yourself and work up to this. Avoiding shin splints is a big deal! (new shoes will help avoid shin splints too, running in poor running shoes, shoes that are not right/fitted for you, and old worn-out shoes often cause shin splints too)