

MVXC22 Athlete-Lead Summer Running
 Week Three Suggestions: June 20

Day	Approx Miles			Suggested Run	Other
	New	35	45		
Mon	3	6	8	Homestead. Run to McClellan green space to drill. Veterans can run Homestead. For new runners: Run with new teammates out the path to Stevens Creek, then they have options—stronger runners can run Phar Lap or straight back on Orange-Byrne while vets run Homestead. Six strides on track.	Core, extra shin splint pre-hab (15m of heel walks and toe walks before and after core), and let's go stretch calves in stands.
Tues	5	6	6	Tempo Tuesday! Let's keep this going. Head out to Monta Vista Park and drill. Come back to school on the Palm Ave route through McClellan Ranch. New runners or runners getting back into shape can run this at <u>conversational pace</u> . Overachievers with big plans for the 2022 XC season can run the three miles at Steady State Pace*. Learn from last week—if you feel like you nailed it, hit the same pace; or adjust.	Core, do everything but some extra on lateral abs. Do some more shin splint pre-hab B4 & after core. I like some sets of toe taps while leaning against a fence or wall, really pull your toes up <u>hard</u> .
Weds	3	5	7	Warm up to Linda Vista and drill. After drills, run 4-6x15 second (these are meant to be <u>short</u>) hill repeats. Teach the new runners what a hill repeat is. New runners can head straight back to school. Veterans can run to Regnart then either RR tracks, Stelling or Stelling + Memorial depending on mileage you need.	Core, with focus on legs—more reverse lunges, walking lunges, etc. than usual. Extra calf stretching too.
Thu	5 or rest day	7	9	Matadors Point. New runners can come straight back or turn around at the dam face, or run all the way to the keyhole. 45s can run a few laps before taking off to Matadors. Coming back using the golf course cutoff to Linda Vista, this adds 1 mile.	Core. And if you want to play a game, play a game!
Fri	3	6	6	Warm up and drill on track. Then head to McClellan...new runners back at Blackberry Farms cut off, veterans Phar Lap. Strides.	Core, with some extra focus on lateral abs.
Sat	6	9	11	Up and Over, or Up and Over + Garrods. New runners can come back from Prospect if they want. If any new runners want to tackle Up and Over...some veteran, PLEASE volunteer to guide any new runners on their first U&O! At this point, some of the new runners are ready for Up and Over!	I'd like some extra calf stretching afterwards!
Sun				Do something active! Bike ride with teammates, swim, water run, play a game.	
Total	25	38	47		

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Week Four Suggestions: June 27

Day	Approx Miles			Suggested Run	Other
	New	35	45		
Mon	5	5	7	Head out the railroad tracks and drill. Then you have a few options. For new runners, head out to De Anza Blvd and come back. Experienced runners who need more, you can run to De Anza and come back, wave at the new runners and head up for Up and Over. Or...if you need more but want to stay flat... carefully cross De Anza and follow the RR trail to get what you need. Strides afterwards!	Core, I'd love to see some extra lateral abs and also shin splint prehab. Different people can suggest exercises!
Tues	5	5	6	Tempo Tuesday! Steady state pace* run again. Shake the route up slightly. Head out to Stevens Canyon and drill. Go out to the dam face and start there, just before the climb up the dam. Come back to school through McClellan Ranch/Stevens Creek/Orange... stop when you hit your mileage/time target. New runners or runners getting back into shape can run this at <u>conversational pace</u> .	Core...more leg-centric than usual. Lunges, squats, Runners' Touch, calf raises, etc.
Weds	3	4	7	Warm up to Linda Vista and drill. After drills, run 4-6x15 second (these are meant to be short) hill repeats. Teach the new runners what a hill repeat is. New runners, straight back to school. Veterans pick a route depending on mileage you need.	Core...maybe just for fun one of those video-lead core sessions.
Thur	3	6	7	I'm thinking you warm up to Varian Park. Say hi to the purple dinosaur. New runners return straight back to school, while veterans run Will's Loop but use the golf course cutoff to get to Linda Vista park.	Can someone teach foam rolling after core?
Fri	3	3	5	Warm up on the track, drill, and then run more on the track or pick a local route to get the mileage you need. Strides after the run.	Core, shin pre-hab
Sat	6	10	11	Long run to Stevens Canyon. ..Matador's Point for the new athletes, REI or Horse+Garrods for everyone else.	Some extra calf stretching is always good!
Sun				Do something fun...and maybe cross train. Plan a group hike maybe? Pre-July 4 movie night? Guys...people like to be asked to do things together. You could be the one to suggest something that makes someone else happy! That is a good deed.	
Total	25	34	43		

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Notes for June Workouts

- ***These runs are only suggestions! If your group wants to try something different, or go on a road trip for an adventure run...go for it!***
- ***Steady State** pace is meant to be slightly slower than your tempo/lactic threshold pace—but still faster than conversational. This pace should feel fast but relaxed. Ideally, you maintain this for 20-30 minutes and don't feel crushed at the end. An estimate of your steady state pace is add 75-90 seconds to your current mile race pace (e.g. if your 1600 PR during the 2022 track season was 6:00, your steady state pace should probably be 7:15-7:30. If your 1600 race pace is faster than 6:00, you might add a little less—e.g. if your 1600 PR is around 5:00, add 65-85 seconds, and if your 1600 race pace is closer to 7:00, add 80-95 seconds). For most people, the 3 mile Palm route should give you 20-25 minutes of steady state pace which is right in the heart of what we are looking for. This should be comfortable but quick. Be conscious of what this pace feels like so you can slide into this pace easily. Strides after is always a good idea.
- **General Notes**
 - These runs are only suggestions! I'm not at the practice to evaluate who is at the run, what the weather is, if there is road work or trail work going on. If run leaders want to plan a different run go for it! These plans are intended to help you have a good summer of running, but are not meant to be constraining.
 - If you are travelling and not in Cupertino, use this plan as an idea of what kind of runs to look for, wherever you are. Use your running and training as a way to explore new places!
 - If you want to organize a group to meet and run someplace other than the Monta Vista track, that can be a great idea! Summer is a fun time to try new places to run. You could organize a group to meet at Rancho San Antonio one day—there are great runs in that park. If you want to go over the hills to Santa Cruz, coach can give you ideas for some nice runs in Nisene Demonstration Forest or Wilder Ranch Park...and afterwards, go get some great food at Gayle's and then spend the rest of the day at the beach. Not bad! There are also nice runs in Los Gatos or Quicksilver Park in Almaden...ask coach for ideas.
 - Remember it's always a nice idea to finish faster than you started...develop a habit to try to pick up the pace in the last half or part of your run...finish strong!
- **How To Read and use the "Mileage" Columns**
 - Runners are unique...there is no one run that will suit all of you this summer.
 - The "New" column is the suggested mileage that day for someone who is new to running.
 - The "35" column is the suggested mileage for someone who wants to average 35 miles per week for the summer.
 - The "45" column is the suggested mileage for someone who wants to average 45 miles per week for the summer.
 - If you fall between these numbers, you can make some choices...if you want to average 40 miles per week, maybe you do the long run and the pace run suggested for the 45s and the rest of the runs suggested for the 35s. If you want 50 per week (the most we would suggest for any high school athlete!), you could

add on a mile a day to the 45 column. You can tailor your runs so that you are still doing most of your running with your friends on the team.

- You might find your fitness changing during the summer...so you might want to edge up your goals. I suggest you be conservative however...running is a long-term project. Slow and steady increases in volume will result in big improvements with less injury risk.
- **Show Love and Support** for your teammates, particularly new additions!
 - Take your time to talk to new teammates when they arrive, get to know them and introduce them around.
 - Get their phone numbers and email addresses so you can stay in touch...get them connected to your text chains, FB and Insta groups.
 - Use your judgment to help the new runners figure out how much they should run.
 - If an athlete was running last week and is not around this week, don't let them ghost you! Call, text, email and let them know they are missed. Show up at their doorstep and get them out running. **A great teammate will not let you quit on your worst day.**
- **Organize Fun Activities**
 - Game nights, picnics, movies...why not? You can plan one!
- **Let's Look for New Freshmen!**
 - If anyone can find contact information for Class of 2026 athletes from Kennedy...let's get them out running.
 - Ask all the incoming freshmen to encourage their friends to join us. Make sure that every new freshman gets some SWAG. Get their contact information, including address, so you can go to their home and stick a yard sign in their lawn. Yea, they will feel like you are stalking them, but they will also feel loved!
 - This pandemic year and the time afterwards has been weird. Starting high school after Zoom classes and remote learning sounds horrible. We can build a great team and also help the new freshman feel confident when school starts if we get them out running! If you have siblings at Kennedy or Lawson...reach out and use any contact you have! Email Mr. Murray. Do whatever you can to share the running love!
- **Cross Training**
 - If anyone has access to a pool, water running is a great idea (contact coach if you need flotation belts).
 - Organizing bike rides or hikes on Sunday, or afternoons, is a great way to build team spirit and also increase training.
- **Shoes!**
 - Don't forget to keep your shoes fresh. Four pairs per year is the right number for most people. So it's a good idea to buy a new pair at the beginning and the end of every season of cross and track.
 - Running Revolution (in Campbell) and A Runner's Mind (Los Altos) are good stores and should offer you discounts if you tell them you are on the Monta Vista Cross Country team.
 - **<http://www.mvrunning.com/coachs/shoes-not-just-a-good-idea/>**
- **Morning Running**
 - Starting at 7am during a hot summer makes a lot of sense. Also, by getting your run done first thing, you are less likely to skip the run later. But if there are

people how have conflicts with classes or internships or jobs, then it's fine to set up a 6pm group, too.

- Habits can be helpful or habits can hinder you. Maybe now you have a habit of staying up late at night playing video games or scrolling through FB, and so you have a habit of sleeping in. You can change that habit. You can set aside your phone at night, go to bed early, get up early and meet your teammates to run. It might be hard at first but you can change that habit...and after a while that habit will help you achieve your running goals.
- Remember, when you say "***I can't get to practice by 7am***", that is not quite true. Of course you can be at practice at 7am—if you choose to be there. This is a choice. It's not like saying "I can't run a mile in less than four minutes"—you probably can't do that (yet!). Getting up and getting to practice on time is a choice you can make, it might not be your first choice but you can still make the choice. Being on time to a practice in the morning is ***doable***.

Some Core Training Notes

Shin Splint Pre-Hab: A common problem for new runners or runners increasing their mileage is to have minor shin splint issues. Let's try to get ahead of this potential issue. First, **everyone get new shoes right now**—and encourage the new runners to go get fitted for new shoes immediately! (Again—plan some group trips to Running Revolution or Runner's Mind; if you contact Coach Flatow in advance he can let the store owners know you are coming and maybe plan something fun for you.) After a couple runs each week, here is 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).

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, mule kicks, 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, bicycles, 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.

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.