

MVXC23 Athlete-Lead Summer Running

Week One Suggestions: June 12

Day	Approx Miles			Suggested Run (you can change!*)	Other
	New	35	45		
Mon	4	4	5	RR Tracks (so new runners can turn around at any point). Run out for 10 to 15 minutes, turn around and come back. Go out easier and try to come back a little faster. This run allows experienced runners to get to know the new runners, however experienced runners may want to add on today—you can run a couple laps before leaving school, and add a couple miles afterwards too. Strides today: 6x~20 sec/100m strides at 5km pace. Teach new kids what a stride is!	Core, 10-15 minutes, circuit on hands and knees, then side, then on back; repeat until done and end with plank.
Tues	4	6	9	Matadors. New runners can try Matadors, or come back from parking lot, if Matadors is just too much; 35s run Matadors, 45s run Horse+Garrods. 45s can run 2 laps at school before setting out. Take care of new kids this is a long day for them!	Core, more leg focused (squats, lunges, runner's touch, etc)
Weds	4	4	5	Run to Linda Vista and drill, then can come back by Bubb, RR tracks or Stelling. Optional: Six short hill repeats to the stairs.	Core circuit like Monday.
Thur	0	6	7	This can be a rest day for new runners. Homestead loop would be a good choice for the vets who are running today. <small>If today is a zero run day for you, and you have big goals, you could bike or swim or hike...maybe ask Coach Sam or Coach Smith to come and open up the stationary bikes this evening???</small>	Core. Maybe games on the field after—the people taking the day off running could come join at 8 or 9!
Fri	4	4	6	An idea could be to run to McClellan Ranch, drill, then either Phar Lap or Ria's Run (Memorial Park and back to school).	Core. Teach downward facing dog
Sat	4	8	10	Head out the RR tracks. New runners can go to De Anza and back or part way up Prospect and turn around. Veteran runners can run Up and Over + Seven Springs. Maybe a pot luck breakfast after the run.	Try to set a good example by fast finishing ...negative split!
Sun				Anyone who took an off day during the week could plan an adventure run today! Or a breakfast run! If you already ran six days this week, some cross training—a bike ride, stationary biking, swimming, water running, a big hike—would be terrific.	
Total	20	32	42		

****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! And reach out to coach to run ideas by him, too!***

Notes for week one:

- Coach loves getting photos from the team!!!
- Show lots of support and love for any new members of the team!
 - Take some time to talk to new teammates and introduce them around.
 - Get new runners' email addresses and phone numbers so you can text them.
 - Get them hooked into your FB group and group text and tell them about mvrunning.com.
 - Encourage new people to get new shoes; you could organize an afternoon or an evening where a group goes to Run Rev, goes shoe shopping together and then you get pizza or burritos together! Blue Line Pizza is down the street from Run Rev, so is Aqui. You could also do an evening run on the Los Gatos Creek Trail in your new shoes, ask at the Rev and the people who work there can tell you about runs along the creek all the way to Los Gato.
 - Contact all the incoming freshman you can. Also reach out to athletes in your own class who compete in other sports and invite them to get in shape over the summer with summer running.
- 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 your run faster than you started (negative split) is a good habit.**

MVXC23 Athlete-Lead Summer Running

Week Two Suggestions: June 19

Day	Approx Miles			Suggested Run (you can change!)*	Other
	New	35	45		
Mon	4	6	8	Matadors. New runners can still come straight back or run a little further than they did last week. 45s can run a few laps before taking off to Matadors, and they can add on by coming back by the golf course through Linda Vista. Run strides today. (You can run the strides on the dirt at Matadors, use the slight upgrade when you are coming back from the dam face and do your repeat strides up the hill, then continue your run. Your running should feel dialed in after the strides. The slight uphill will help your form and the dirt surface should feel good).	Core, shin splint pre-hab
Tues	5	6	7	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> , show the new runners this route—they need to learn this route. Overachievers with big plans for the 2023 XC season can run the three miles at Steady State Pace*. Relax, this is not a race!	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	8	This can be a rest day for new runners. This could be a Homestead Loop day for everyone else.	Game day!
Fri	5	5	6	Good day for the Memorial Park run (Ria's Run). Drill at McClellan Ranch, then loop Memorial Park and back down Stelling; back to school on McClellan Road or Rainbow depending upon mileage you need. Strides.	Core, shin pre-hab
Sat	5	9	11	Long run...Matadors for new runners, Horse or Horse-Garrods for the people looking for more...with a longer option of going out on Prospect and coming back on the railroad tracks. Or 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	35	45		

**These runs are only suggestions! If leaders want to do something different...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 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 a tiny bit quicker than conversational pace. Be conscious of what this pace feels like so you can slide into this pace easily. Strides after is always a good idea.

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! Try not to let people give up after a few runs...running gets easier!
- Track down every Kennedy kid who ran cross and invite them to join! If we have Kennedy runners that are joining you, take care of them, get them shirts, and ask them to bring their friends!
- 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?***

MVXC23 Athlete-Lead Summer Running

Week 1-2 Footnotes/Suggestions

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).

Anika Bhandarkar, Coach Tyler, and Coach Irina all can help you learn what you can do to try to prevent shin splits. So do the other coaches. ASK US and we will do our best to help you—but if you don't ask, it is hard to help you! Do everything you can to make yourself bulletproof!

Core: You know so many 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.
6. **Plank:** Plank is one of the best core exercises we can do! Finish every core workout with plank and you will feel strong.
 - a. **Base Plank Series:** 1 minute front, 30 seconds right side, 30 seconds left side. Increase to 1-45-45!
 - b. **Plank Variations:**
 - i. Front plank with alternating leg raises
 - ii. Side plank with leg raises
 - iii. Side plank with elbow-to-knee touch

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!

Core Series: If you need some ideas for core workouts, here are some examples. For each, start with one set per series—you can increase to two sets as you get stronger. Do each exercise for 60 seconds, switching sides halfway if needed. You can do two of these in a day (three if you are super ambitious!).

1. Leg Series (if you have weights, you can hold weights—or filled water bottles).
 - a. Squats
 - b. Forward lunge
 - c. Calf raises
 - d. Backward lunge
 - e. Runner's touch
 - f. Walking lunge
2. Glute Focus
 - a. Fire hydrants
 - b. Donkey kicks
 - c. Side leg raise (5 neutral, 5 in, 5 out)
 - d. Starfish
 - e. Clams
3. Abs
 - a. Bicycles
 - b. Rockets
 - c. V-Ups
 - d. Superman
 - e. Climb-the-rope
 - f. Cake mixer
4. "True Core"
 - a. Plank
 - b. Side Plank
 - c. Push ups
 - d. Bird Dog
 - e. Mountain climbers

Stretching: More of this in future weeks, 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.