

MVXC23 Athlete-Lead Summer Running

Week Five Suggestions: July 10

Day	Approx Miles			Suggested Run (you can change!)	Other
	New	35	45		
Mon	5	6	8	Time to move 'Tempo Tuesday' to Monday...more like the team normal. Start the week with a little quality in our run. 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 2023 XC season can run the three miles at Steady State Pace*. Let's get six strides on the track afterwards (you can run in-and-outs—that's stride the straights, jog the curves—if you need an extra mile). (If you want to go someplace else to do this run, that's fine. I know this route can be repetitive but it's such a good route, safe with very few busy streets to cross.)	For runners that need a little more mileage, you can get your strides in at the same time by running laps around the track, jogging the curves and striding the straights. Do core with extra lateral abs.
Tues	4	6	6	Warm up to Linda Vista and drill. After drills, some short hill repeats. If this is your first time, run 3x15 second (these are meant to be <u>short</u>) hill repeats, then three flat strides on the grass. If you have been doing hills for a couple weeks, run the same number as last week or add one more. New runners, straight back to school—or maybe you are ready to add on and go back on Bubb. Veterans run to Regnart then either RR tracks, Stelling or Stelling + Memorial depending on mileage.	Core!!! The core I'd like to see?—side plank with elbow to knee touch, done right! Be stable...
Weds	4	6	7	I'm thinking jog out the railroad tracks, drill at Rainbow, then come back on Stelling for the new runners, while more advanced runners could add on...for example, come back towards school on McClellan Road, but then right on Byrne, cut through to the McClellan Ranch trail to the golf course and the cutoff to Linda Vista, and back to school. Or anything, be creative in your add-on! If you are ambitious, you could even run Up and Over! U&O is really not that hard a run for veterans. Hills are your friends!	Core, and some extra shin-splint prehab—15m of heel walks B4 and after core and more if you want!
Thurs	6	7	9	Matadors Point run, runners that need more	Core...and

				<p>miles can run back using the golf course cutoff to Linda Vista Park and then to school. I would also like to challenge you to add 5 long repeat strides/light hill repeats...on the way back from Matadors, after you come down the steep hill from the dam, as you start back on the dirt road there is a gentle climb back up. Turn these into some long uphill, gentle strides. Recover back down and then repeat. These should feel really good. Overachievers can also add on a mile on the way back to school by taking the golf course cut off to Linda Vista.</p>	<p>let's focus on legs (runner's touch, reverse lunges, squats, mule kicks...)</p>
Fri	3	4	4	<p>Warm up on the track, drill, then you can get the easy mileage you need on the school grounds or near by...Phar Lap, maybe. Strides are optional but a nice idea today!</p>	<p>Core.</p>
Sat	6	9	12	<p>Long run day...Up and Over, or Up and Over + Seven Springs (we don't run Seven Springs enough...if you want a little more run Seven clockwise (that's Julia's Way, it's a little longer and the views are super)). There might be runners that are still new and not quite ready for Up and Over, so it is OK turn around at Prospect and come back to school—but if anyone is up for the first time running up and over, help guide and support them! I like coming back by following Regnart to Bubba to McClellan, picking it up and stretching out my stride or even doing strides on that nice downhill.</p>	<p>Strides after or on the way back, and let's do some extra calf stretch.</p>
Sun				<p>Would be great to do something active! Bike ride together, get together and water run, swim, go to the beach, or the shoe store, then go have pizza...plan some fun and active things!</p>	
Total	28	35	46		

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Week Six Suggestions: July 17

Day	Approx Miles			Suggested Run (you can change!)	Other
	New	35	45		
Mon	5	5	7	Tempo Tuesday is going to be on Monday again this week (I'm planning ahead to a tougher than usual Wednesday for some of the new kids). 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 2023 XC season can run the three miles at Steady State Pace*. Let's get six strides on the track afterwards (you can run in-and-outs—that's stride the straights, jog the curves—if you need an extra mile).	Finish with some strides, on the field and in your socks might feel good. Lateral abs are always good—coach loves side plank with an elbow to knee touch, and starfish 😊
Tues	4	6	8	Today ends up being a bunch of odd mileage requirements today...I'm going to suggest you run to the McClellan green space and drill, then head to Stevens Creek Blvd. New runners can do Phar Lap, experienced runners out to Memorial Park and back on Stelling, cutting off at different places in order to get the mileage we are looking for.	People will be getting back at different times, so you can get in smaller groups and do core together.
Weds	5	6	7	OK it's been now week six...let's try taking the new runners up Fire Trail! Take them slowly up Fire Trail, regroup at the top, and run together to Mat's Hill. Take the new runners on a jog around our hill repeat loop, then run a few short hill repeats (not the full hill, and you can walk back for recovery—don't do a full loop). New runners can return directly to MV.	Lots of legs in your core today—runner's touch, lunges, try other things!
Thur	6	6	8	Run to the McClellan green space, drill, then run Homestead Loop at conversational pace. Have a nice relaxing run!	Core...with some extra shin splint pre-hab.
Fri	3	5	6	Runner's Choice! An idea could be to jog to Jollyman Park, drill, then move on to get whatever mileage you need. Finish with six good strides—focus on form!!!	Core.
Sat	8	10	12	Long run/endurance today! Head to Stevens Canyon for drills. Matadors Point plus golf course cut off/Linda Vista return for first year runners, Horse or Horse + something for more advanced	Core with your group when you get back to track.

				runners (Horse + Garrods, or Horse and head out Prospect and back on RR tracks).	
Sun				Something active is great! See above.	
Total	31	38	48		

Notes:

- How is your conversational pace feeling? Is your 'easy/conversational' pace faster than it used to be? Are you finding it a good habit to run your last mile or two a little faster than the first half of your run? Hopefully you are feeling faster and more conscious of your pace. Push yourself a **tiny** bit!
- Figure out a fun bonding activity for next week for you and your friends and teammates.
- If you want to organize a group to run at Rancho or someplace else new one day, that is a good idea. Be inclusive! Coach knows some adventurous runs, just shoot him and email and he can give you some good ideas for new runs.
- School starts in a month!—the incoming freshmen are probably nervous a bit. You upperclassmen are at the top of the food chain! Talk to the incoming kids, see if they have questions -- not only about school, let the freshmen know you will be there to watch out for them at lunch and open periods; let them know being on the XC team is cool! Go track down kids that started and then later stopped coming to practice—and also see if we can get a few more freshman and first timer runners!

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Notes for June/July 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 2027 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!
 - Starting high school is always scary! 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 who 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.