



MVXC 2024

Pre Season Meeting

Let's think about
the end of the
2024 Season



Competing in
your last race of
2024



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2024



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2024







The first few days of practice



The first few days of practice



The first few days
of practice



The first few days of practice







Now..think about your
summer running.

Get in touch with our future self—the one who will be racing in the championships in November. You can make decisions today and this summer to help the future version of us.





70
years old



By getting in touch with our
future selves, we can make
better decisions today.
(Summer running, retirement saving.)

Based on research by Hal Hershfield.



Pick a target weekly average:

Vary like a “ladder”; increase by 2-3 miles every week for three or four weeks, drop back 6-8, and work up again

Give yourself some grace

Plan for vacations

Guidelines (but you be you):

Boys: 2nd summer, 35-40ish;
3rd summer, 45-50ish; 4th
summer, 50-55ish

Girls: 2nd summer, 30-35ish;
3rd summer, 35-40ish; 4th
summer, 40-45ish

New runners: Work up to
running 5 days per week, 30-
60 minutes per day

Summer Running

Example for a sophomore girl who ran cross and track, healthy, motivated

1. 30

Possible additional goals:

2. 32

Core 15 minutes, 4 days per week

3. 34

Roll out 3 days per week

4. 36

Hike with friends at least once a week

5. 32

Bicycle ride or swim or water run with friends 2

6. 34

days per week

7. 36

Play a pick up soccer or basketball or ?

8. 38

9. 34

I want to try an
experiment; you will
have homework

1. Develop your plan by Sunday
2. Make it simple and achievable
3. Email the plan to me
(coachflatow@gmail.com)
4. Include your
physical/street/snail mail
address



Some 2024 Highlights

1. First practice August 9
2. Watermelon Run August 22
3. Lagoon Valley August 31
4. Mt. SAC October 25
5. SCVAL November 5



Mt. SAC, Friday October 25

1. Yes, plan on going!
2. All athletes, any pace, that have been working hard
3. Race is Friday, so will miss school Thursday and Friday
4. Back Saturday night (I have some ideas for fun things to do on Saturday on the way home...stay tuned



