



# 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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# 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.







**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: 2<sup>nd</sup> summer, 35-40ish;  
3<sup>rd</sup> summer, 45-50ish; 4<sup>th</sup>  
summer, 50-55ish

Girls: 2<sup>nd</sup> summer, 30-35ish;  
3<sup>rd</sup> summer, 35-40ish; 4<sup>th</sup>  
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](mailto: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



