

MVXC25 Athlete-Lead Summer Running

Week Eight Suggestions: July 28

Day	Approx Miles			Suggested Run (you can change!)	Other
	New	35	45		
Mon	5	6	7	<p>I want to mix in some short and hard hill repeats at Linda Vista after our last couple weeks up Fire Trail. Warm up to Linda Vista out Byrne to Stevens Creek Blvd, then turn left and left again to run the bike path through Blackberry Farm to Linda Vista. Then drill at the park. Now I want to do something a bit different...jog into the starting point and when you cross the bump there (it's a water bar) accelerate and run hard for 8 seconds. Just 8 seconds! Not all the way to the top, just an 8 second burst. Run this hard...think about lifting your knees. Walk a short bit, then jog the loop round the park and do this again, 4 to 8 times. This is a specific strength training drill for runners and is good for your running form. If you run 6 of these, you will have roughly 4 miles at this point, and if new runners head straight back to school you will be at roughly 5 miles—that is great for today! More experienced runners can run a couple more loops and come back to school or add on by heading out Regnart to Bubb or the RR tracks and end up with 6 or 7 miles for the day.</p>	<p>Lots of lateral abs today—side plank with an elbow to knee touch, bananas, and starfish ☺</p>
Tues	4	5	6	<p>I'm thinking Varian Park and the dinosaur, then go out the back side of the park and wind around to Foothill. People who want six or so turn right on Foothill and run the Homestead loop, if you want less mileage turn left on Foothill and head back to school on McClellan.</p>	<p>Core! with some extra shin splint pre-hab.</p>
Weds	5	5	7	<p>Head out to Monta Vista Park and drill. Come back to school on the Palm Ave route through McClellan Ranch. It is OK to pick up the pace a tiny bit from last time you were here (have you been logging your results?). If you have been running and are feeling strong and this is not you are getting to know this route, go ahead and run this at an easy tempo pace for you (Johns Hopkins would call this an upper-aerobic pace, Greg McMillan would call this a steady state pace). Don't run this at a flat-out tempo, I want you to be done and just finish not put your hands on your knees or anything too stressful.</p>	<p>Lots of legs in your core today—runner's touch, lunges, try other things!</p>

				<p>It's just a bit faster than conversational pace. First year runners or people who don't want to jump in quite as hard can run this at the same pace but make this a two mile tempo; when you get to the top of the climb on Stevens Creek Blvd the turn on Orange, that is two miles, you can slow down there (see if you can go from tempo pace to a jog without completely coming to a walk, if you do this your heartrate will not decrease as rapidly and you will get some additional physiological and psychological benefits). If you are one of the first ones back to school, after you are done, run backwards on the route and say "good job!" to the other runners behind you. 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. Relax, this is not a race! Strides today.</p>	
Thur	3	4	6	<p>Do you want another game day? Head over to Jollyman park! Let's still try to log a total of 3 to 6 miles today.</p>	<p>Core! You know you go easy on Friday so do some extra today.</p>
Fri	4	5	5	<p>I'm trying to think of something new for you so this could be runner's choice but...here is an idea. Run down McClellan Road to De Anza college; cut through the college and cross Stevens Creek and find a place in Memorial Park to do your drills. There are usually nice dogs to pet in that park. Run six strides on the grass. Then head back to school any way you want. Yay!</p>	
Sat	8	9	11	<p>Horse, Horse-Garros, or REI...you pick! If there are any runners who are doing one of these runs for the first time, guide them...don't leave anyone completely alone. This is summer, base running...you can sacrifice a little bit of your run to help your comrades!</p>	
Sun				<p>Something active is great!</p>	
Total	29	34	42		

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 more!
- Figure out a fun bonding activity for next week for you and your friends and teammates.