

## MVXC25 Athlete-Lead Summer Running

### Week Nine Suggestions: August 4

*This would be a good week to go get new shoes for a new season! Get some friends and head to Running Revolution or another specialty running shoe store, and ask for a Monta Vista Cross Country team discount.*

Day	Approx Miles			Suggested Run (you can change!)	Other
	New	35	45		
Mon	5	6	6	Let's do another week of hill-strength training. Head to Linda Vista the usual way—out Byrne, Stevens Creek, bike path. Then drill at the park. Just like last week, run the hills, <b>accelerate and run hard for 8 seconds</b> . Just 8 seconds! Not all the way to the top, just an 8 second burst. Run this hard. 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! Everyone can head straight back to school I want this to be a lowish mileage week.	Start with some shin splint pre-hab...channel your inner Anika B and do a bunch of hard heel walks! Then 10 minutes of core, rotating people to pick a core exercise.
Tues	4	5	5	I'd like this to be pretty easy...head out to Varian Park and then do something easy and fun after drills. This is meant to be a shake out day only.	Core, with some extra lateral abs, like bananas and side plank with leg lifts and elbow to knee touch.
Weds	7	7	7	Let's show the new kids what the Watermelon Run will be. Jog out to Stevens Canyon and drill. Then go to the start of the Watermelon Run is, and stop there to explain the route to all the new people. Then, run the route at conversational pace together in small groups, including the section up the hill to the crazy orchard/disc golf area (if there are any disc golfers up there early, say "good morning" and "have a good game!"). Talk to the new kids about strategy for running—and for eating watermelon—and tell them about the team bonding circle you do afterwards. Then head back to school.	In your core today, add some stuff for hamstrings, including bridges on your back (bring your heels close to your butt) and slow, controlled reverse lunges.

Thur	3	4	5	Game day, last one of the summer! Head over to Jollyman park! Let's still try to log a total of 3 to 6 miles today.	Core!
Fri	4	4	4	Runners choice! This is the last run of athlete lead summer running so have fun! Low mileage is good, just make this a shake out.	
Sat	?	?	?	First day of practice! Long-ish run.	
Sun				Something active is great!	
Total	23+	26+	27+		