

2018 CROSS COUNTRY SUMMER TRAINING

Dear Prospective Cross Country Runners,

Hello. I hope you are ready for summer. Though classes will not be in session, there is still hard work that must be done! In order to set yourself up for success, it is important that you **RUN THIS SUMMER**. To help you prepare for our practices and races this fall, I have created two training schedules for you. The **“A”** Schedule is for seasoned runners, preferably runners that have competed in cross country before or come from another sport with good aerobic conditioning (soccer, lacrosse, basketball). The **“B”** Schedule is for new runners or runners who have not been running or exercising consistently. *Please do not attempt to follow the “A” Schedule if you are not ready as it may result in injury!*

I will be available throughout the summer attending all practices in June, July, and August. You may email me @ (Zachary.triplett@kenton.kyschools.us) with any questions you have during your training.

Again, have your parents email me!!!! This is critical so as to keep you updated throughout the summer and so you can receive camp information when ready!!

MR. TRIP's TIPS FOR SUMMER RUNNING:

1. Run early in the a.m. or late in the evening to avoid summer heat. Wear reflective clothing when running so that you are visible to motorists.
2. Wear sun block if outside in sunlight for more than 15 minutes.
3. Drink water whenever possible and try to carry it with you when exercising outside.
4. Eat something small about 30-40 minutes before you run (toast, granola bar, bagel).
5. Avoid dairy or meat products before a run.
6. Try to find a shady place to run if possible, and preferably one that does not share a main road with traffic.
7. Shed the iPod. You cannot wear one when we train in the fall, so get used to it. Plus, it is safer!
8. Warm up. Warm down. It is important to give yourself 5-10 minutes to jog slowly to warm up and 5-10 minutes to warm down after each run. Stretch often.
9. Run with a buddy! It is fun and safer than running by yourself!

TERMINOLOGY you should know when reading the schedules:

- a. **“easy” run:** running slow enough to carry on a conversation comfortably 60-70% effort
- b. **“moderate” run:** conversation is hard; cannot speak a sentence in one breath comfortably. 75-85% effort
- c. **“hard” run:** conversation is impossible. 85-90% effort
- d. **fartlek:** a series of “on” and “off” segments of running hard:easy; this form of running helps build lactate threshold so we can push harder in races and recover faster.
- e. **tempo run:** a run at slightly faster than moderate pace for a scheduled amount of time.
- f. **race pace:** you should be maxed out on effort and running at top speed. This will help us gauge where you stand in your fitness level.
- g. **w/u & w/d:** warm up and warm down; this should include light stretching for both segments.
- h. **Cross-train:** Actively do something other than running; such as biking, swimming, canoeing, rock climbing, hiking, etc.

TEAM EXPECTATIONS:

- All runners must be in good academic standing to compete. (70% or higher in all classes)
- Always run with a partner when out on the roads practicing!! Always!!
- **All runners are to make every scheduled practice and meet.** IF you cannot attend, you must notify Mr. Triplet prior to the scheduled event. Do not expect to run Varsity races if you do not attend practices.
- All runners are to be ready, to be respectful, and to be responsible for themselves, their teammates and their surroundings. You are responsible for your actions!
- All runners are to be ready for the start of practice, once school ends, at 2:55 pm with proper clothing and footwear. We will meet by the concession stand @ the Track once school starts.
- Challenge yourself. Set goals and work hard to meet them.
- Have fun!

*The Dead Period is June 25th - July 9th.

** If it is Thundering & Lightning Practice will be cancelled. Check the shutterfly team page for updates.

*** Finish each run/workout with 8-10 strides, core workouts (attached), & stretches

June 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 A: "easy" run 30 mins B: OFF or "easy" recovery run	2 A: "easy" run 35 mins B: 15 mins <i>Cross-Train</i>
3 A: "easy" run 25-30 B: 15 mins	4 A: 10 min wu/wd, Fartlek 1:1 (1 min "on" and 1 min "off") - x 5 B: 10 min wu/wd, Fartlek 30:30 (30 sec "on" and 30 sec "off") - x 5-7	5 OFF <i>Cross-Train</i>	6 A: easy run 35 mins + 5 HILLS B: 7-12 mins + 5 HILLS	7 A: "easy" run 40 mins B: 20 mins <i>Cross-Train</i>	8 A: 10 min wu/wd, 10 mins Tempo B: Tempo run 3-4 mins	9 OFF <i>Cross-Train</i>
10 A: "easy" run 30 mins B: 18 mins	11 A: "easy" run 40 mins B: 20 mins President's Park @ 8 a.m.	12 OFF or "easy" recovery run <i>Cross-Train</i>	13 A: "easy" run 35 mins + 6 HILLS B: 10-15 mins + 6 HILLS Middleton-Mills Park @ 8 a.m.	14 A: "easy" run 45 mins <i>Cross-Train</i> B: 25 mins <i>Cross-Train</i>	15 A: 10 min wu/wd, 12 mins tempo B: Tempo run 5-6 mins Scott High @ 8 a.m.	16 OFF or "easy" recovery run <i>Cross-Train</i>
17 A: "easy" run 35 mins B: 20-25 mins	18 A: 10 min wu/wd, Fartlek 1:1 (1 min "on" and 1 min "off") - x 7 B: 10 min wu/wd, Fartlek 30:30 (30 sec "on" and 30 sec "off") - x 14 President's Park @ 8 a.m.	19 OFF or "easy" recovery run <i>Cross-Train</i>	20 A: Easy 15 min run, 50-100m hill workout x6, 15 minute cool down B: 14-17 mins + 6 HILLS Middleton-Mills Park @ 8 a.m.	21 A: "easy" run 35 mins B: 25-30 mins	22 A: 10 min wu/wd, 15 mins tempo B: Tempo run 6-7 mins Scott High @ 8 a.m.	23 A: "easy" run 40 mins B: 25-30 mins <i>Cross-Train</i>
24 A: OFF B: OFF <i>Cross-Train</i>	25 A: 10 min w/u, 7 mins @ race pace hard effort, 20 min w/d B: Fartlek 1:1 (1 min "on" and 1 min "off") - x 5	26 A: "easy" run 30-40 mins B: OFF or "easy" recovery run <i>Cross-Train</i>	27 A: "easy" run 45 mins + 7 HILLS B: 17-20 mins + 7 HILLS DEAD PERIOD	28 A: "easy" run 35-40 mins B: OFF or "easy" recovery run <i>Cross-Train</i>	29 A: 10 min wu/wd, 12 mins tempo B: Tempo run 5-6 mins	30 A: "easy" run 45 mins B: 25-30 mins <i>Cross-Train</i>

* Scott High Practices will meet @ concession stand @ Track

** President's Park Practices will meet at the main shelter (with bathrooms/concessions) that is located in between the baseball fields and play ground.

*** Middleton-Mills Park Practices will meet at Shelterhouse 2 by basketball courts

**** Devou Park Practices will meet at the Charles Volpenhein Shelter (Map Attached)

July 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 A: "easy" run 35-45 mins B: OFF or 25 mins	2 A: "easy" recovery run (45 mins) B: OFF or "easy" recovery run of 15-25 minutes <i>Cross-Train</i>	3 A: Easy 15 min run, 50-100m hill workout x6, 15 minute cool down B: 20 mins + 6 HILLS	4 Find a 4th of July Race to run ☺ DEAD PERIOD	5 A: "easy" run 35-40 mins B: "easy" 20-25 min recovery run <i>Cross-Train</i>	6 A: 10 min wu/wd, Fartlek 2:2 (2 min "on" and 2 min "off") x 8 B: 10 min wu/wd, Fartlek 1:1 (1 min "on" and 1 min "off") - x 8	7 A: OFF B: OFF <i>Cross-Train</i>
8 A: "easy" run 35-45 mins B: 20 mins	9 A: 10 min wu/wd, 15 mins tempo B: Tempo run 6-7 mins	10 A: "easy" run 30-40 mins B: OFF or "easy" recovery run <i>Cross-Train</i> Devou Park @ 8 a.m.	11 A: Easy 15 min run, 50-100m hill workout x6, 15 minute cool down B: 20 mins + 6 HILLS Middleton-Mills Park @ 8 a.m.	12 A: "easy" run 35-40 mins B: "easy" 20-25 min recovery run <i>Cross-Train</i> Scott High @ 8 a.m.	13 A: "easy" run 35 mins B: 25-30 mins President's Park @ 8 a.m.	14 A: "easy" run 70+ mins B: 40 mins <i>Cross-Train</i>
15 A: OFF B: OFF <i>Cross-Train</i>	16 SCOTT & Woodland XC CAMP 8-11 a.m. @ Scott H.S.	17 SCOTT & Woodland XC CAMP 8-11 a.m. @ Devou Park	18 SCOTT & Woodland XC CAMP 8-11 a.m. @ Middleton-Mills Park	19 SCOTT & Woodland XC CAMP 8-11 a.m. @ President's Park	20 SCOTT & Woodland XC CAMP 8-11 a.m. @ Scott H.S. Set Individual/Team Goals!	21 A: "easy" run 70+ mins B: 40 mins <i>Cross-Train</i>
22 A: OFF B: OFF <i>Cross-Train</i> Tentative Alumni/Team Race @ 9 a.m.	23 A/B: 2 Mile Time Trial Scott High @ 8 a.m.	24 A: "easy" recovery run (40-50 mins) B: "easy" recovery run of 20-30 minutes Devou Park @ 8 a.m.	25 A: "easy" run 35 mins + 8 HILLS B: 25-35 mins + 8 HILLS Middleton Mills Park @ 8 a.m.	26 A: "easy" run 35-45 mins B: 30 mins Scott High @ 8 a.m.	27 A/B: 10-15 min w/u, 1.5 Mile Race Pace (Time Trial, 10 min w/d President's Park @ 8 a.m.	28 A: "easy" run 55-60 mins B: 40 mins <i>Cross-Train</i>
29 A: OFF B: OFF <i>Cross-Train</i>	30 A: "easy" recovery run (40-50 mins) B: "easy" recovery run of 20-30 minutes No Organized Practice	31 A: "easy" recovery run (40-50 mins) B: "easy" recovery run of 20-30 minutes No Organized Practice				

* Scott High Practices will meet @ concession stand @ Track

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*** Middleton-Mills Park Practices will meet at Shelterhouse 2 by basketball courts

****Devou Park Practices will meet at the Charles Volpenhein Shelter (Map Attached)

August 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 A: "easy" run 30-40 mins B: OFF or "easy" recovery run <i>Cross-Train</i>	3 A: 10-15 min wu/wd, 20 mins tempo B: 10-15 min wu/wd Tempo run 10-12 mins	4 A: "easy" run 40-45 mins B: 25 mins <i>Cross-Train</i>
			No Organized Practice	No Organized Practice	No Organized Practice	
5 A: OFF B: OFF <i>Cross-Train</i>	6 A: "easy" recovery run (55 mins) B: OFF or "easy" recovery run of 45 minutes President;s Park @ 8 a.m.	7 A/B: 10-15 min w/u, 2 Mile Race Pace, 10 min w/d Devou Park @ 8 a.m.	8 A: "easy" recovery run (45 mins) B: "easy" recovery run of 25-30 minutes Scott High @ 3 p.m.	9 A: Easy 15 min run, 50-100m hill workout x6, 15 minute cool down B: 20 mins + 6 HILLS Scott High @ 3 p.m.	10 A: "easy" 35-40 mins B: "easy" recovery run of 15-25 minutes President;s Park @ 8 a.m.	11 A: "easy" run 45-50 mins B: 30 mins <i>Cross-Train</i>
12 A: OFF B: OFF <i>Cross-Train</i>	13 A: 10 min wu/wd, Fartlek 2:2 (2 min "on" and 2 min "off") x 10 B: 10 min wu/wd, Fartlek 1:1 (1 min "on" and 1 min "off") - x 10- 12 Scott High @ 3 p.m.	14 A: "easy" recovery run (50 mins) B: OFF or "easy" recovery run of 20-25 minutes No Organized Practice	15 <i>STUDENTS FIRST DAY OF SCHOOL</i> Practice after school 3- 5pm. Meet @ concession stand by Track @ 3pm	16	17	18
19	20 **PRE-SEASON PARENT/TEAM MEETING @ Scott @ 5 p.m.					

* Scott High Practices will meet @ concession stand @ Track

** President's Park Practices will meet at the main shelter (with bathrooms/concessions) that is located in between the baseball fields and play ground.

*** Middleton-Mills Park Practices will meet at Shelterhouse 2 by basketball courts

****Devou Park Practices will meet at the Charles Volpenhein Shelter (Map Attached)

Consistent effort during the summer will pay off with fast times in the fall!

Again, this schedule is just a guide and is subject to change. I usually give a more detailed workout plan in July. You know your body; you know what it can and cannot do. Do not push yourself to injury! All I ask is if you have questions ask!



When we meet at Devou Park, please meet at Charles Volpenhein Pavilion. ☺



Scott & WOODLAND XC
CAMP

July 17th - July 21st



What: Be a part of Scott & Woodland's Cross Country Camp. All Incoming 6th-12th Scott & Woodland XC athletes are welcome!

When: July 16th - July 20th (Camp will begin at 8 a.m. and end at 11 a.m. each day)

Activities: Running, Swimming, strength & Conditioning, ultimate Frisbee, scavenger hunt, capture the flag, exercise drills, etc...

What to bring: Running clothes & Shoes, Swimsuit & Towel, water bottle

cost: \$20 per athlete

Contact: Zach Triplett (SHS XC Coach)

Email: Zachary.triplett@kenton.kyschools.us



JOIN



now

Scott & WOODLAND

Information/group Page

What: Be a part of Scott & Woodland's Cross Country Shutterfly page. Go to <https://scotthighschoolcrosscountry.shutterfly.com/>

to join.

Keep up to date on practices & cancellations, meets, bus times, volunteer sheets, team photos, + other important information for this season! 😊

Remember to send me your parents email so I can send them an invite to the Scott/Woodland XC Page.

