

Summer Training for Junior High Cross Country Candidates

This guide is to direct you on approximately what and how much to run throughout the summer. It is a guide only. It need not be followed rigorously. It is not intended to make you a "STAR" but it will enable you to handle the first few team practices in August without feeling utterly exhausted and wondering what you are doing out for THE MOST SUCCESSFUL fall sports team at Centerville and Landisville Middle School!

You should do what is contained in this schedule as a MINIMUM so you can be successful. If you feel capable, do a little more than what is listed here. But, a word of caution. Do not increase your running time (or distance) too drastically in a short period of time. This could lead to injury. It is better to run a moderate amount each day and **BE CONSISTENT** than to run a lot one day, then not run (perhaps because of soreness or pain) the next day or two. The **KEY** is to **BE CONSISTENT**. Run as indicated on the schedule. Don't try to progress too much faster. If you feel you can do more, try some alternative form of exercise - like biking or swimming.

Make sure you do plenty of stretching (20 to 30 minutes a day, especially for the backs of the legs and lower back) either before, but preferably after, you run. This will greatly reduce the chance of injuries. Also do some strengthening exercises (push-up, pull-ups, sit-ups, etc.). If you have access to weights or a weight machine (Nautilus, Universal, etc.) use it, 3 days a week. The extra strength will help tremendously. Also, ride your bike, swim, and do other physical activities as a normal part of your day. The supplemental activity will benefit your total fitness.

Make sure you have GOOD running shoes. Don't substitute old tennis shoes, skateboarding shoes, or old basketball shoes for good, well-padded running shoes. Good shoes help prevent injuries. The Inside Track at the Lancaster Shopping Center is an excellent store for running shoes of all budgets, and the sales staff will be able to answer any questions you may have regarding proper shoes, etc.

Run safely - single file, facing traffic. Try to run with someone else on the team. It makes the time and miles pass more quickly and with less effort.

Have a successful and productive summer. If you have any questions, don't hesitate to call Coach Haldeman at 285-0371. Hopefully we will see you at the first practice in August!

Yours in running,
Coach Haldeman and Coach Groft

The weeks listed below begin with Monday and extend through Sunday.

<u>Week of:</u>	<u>Workout</u>
June 7 & 14	Run 10 to 15 minutes every other day at a pace you can handle. Start out at a pace that you think feels a little slow. Then try to at least maintain it. Vary the course you run from day to day. Toward the end of the week (Friday, Saturday, or Sunday) include some small hills in your run.
June 21	Run 15 to 20 minutes every other day. Same instructions as above.
June 28	Run 20 to 25 minutes every other day. Same instructions as above.
July 5	Run 15 to 20 minutes for two consecutive days then take one day off.
July 12	Run 20 to 25 minutes for two consecutive days and then take a day off.
July 19	Run 20 to 25 minutes 5 days of the week.
July 26	Run for 30 minutes on one day and take the next day off. Run 20-25 minutes for 3 of the 5 other days.
August 2, 9, 16	Run for 35-40 minutes on one day and take the next day off. Run for 20-25 minutes for 3 of the 5 other days.
August 23	Practice starts at 3:00P.M. at Landisville Middle School. Meet at the cafeteria lobby, dressed and ready to run.