

Welcome to TFS XC 2020!

Summer training is the time to enhance the foundational pillars of the season; EVERY good XC program uses this time to increase aerobic mileage, get stronger, more mobile, and to prepare for the upcoming season. It's also a time for you to invest in your personal and our team goals.

REMINDER: UPDATED PHYSICAL, CONCUSSION FORM, AND SUDDEN CARDIAC INFO SHEET ARE REQUIRED AFTER JULY 27 AND SHOULD BE INCLUDED WITH YOUR MAGNUS ACCOUNT. Those who have had a ferritin test in the past should also have that test again.

STAY HYDRATED! DRINK THROUGHOUT THE DAY! ACCLIMATIZE TO THE HEAT + HUMIDITY!

LOG/RECORD YOUR MILES &/OR MINUTES!

Choose one of the two programs to train this summer. **RECORD WHAT YOU DO EACH WEEK!** GIRLS SEND TO LUCY, BOYS TO COLLIN.

- 1. Run, run more, change speeds & terrain, learn paces, XC at its basic.**
- 2. Follow the 6 Day plan (record what you do!)**
- 3. MS or those less experienced in distance running can add a cross training day (hike, bike, swim, run in water, etc.) in place of a recovery day and/or can reduce to 5 days if necessary.**

6 Day Plan

1 Day - Hills: 15-20' WU run + 6-10 long hills w/ jog/walk dn OR a run w/ multiple hills w/n a run

Or 1 Day - FitCore or circuit (intervals mixed with body wght exercises) for 30-45 min

1 Day - Tempo or Threshold - 80-90% max HR - 10-15' ez then 20 min threshold/steady pace + 10-15' ez + strides

Or 1 Day - Fartlek (Swedish term for speed play or change in speed throughout the run)

1 Day - Long run = 45-60 min even if you have to walk. This can also be a long hike with elevated HR

2-3 Days - EZ (easy run or longer stationary biking, rowing, hiking, running in water, swimming, etc.

Some of you should add an extra workout or two per week if you are able and want a challenge.

Within the week: 2-3 Days / Wk = Plyos and Strength (see bottom of sheet) PLUS finish at least 3 workouts with 4-8 x 60-100m or 10-15 seconds fast with good, naturally longer strides.

DAILY AFTER RUNS: Stretch/Roll/Mobility, Nutrition, Hydrate

Check in with someone daily. Send Coach Neal an update each week of what and how you are doing.

Coach Scott Neal

scott.neal@tallulahfalls.org

706-968-9879

Team Leader Lucy Alexander

lucia.alexander@tallulahfalls.org

Team Leader Collin Kelly

collin.kelly@tallulahfalls.org

June-August 2020 Summer Calendar Plan **SEND WHAT YOU DID TO A TEAM LEADER EACH WEEK!**

RECORD WHAT YOU DO IN ANY MANNER YOU WISH (MILES OR MINUTES; MAKE ANY RELEVANT NOTES)

	Mon	Tues	Wed	Thurs	Fri	Sat
Wk 1 J U N E	1					
Wk 2 J U N E	8					
Wk 3 J U N E	15					
Wk 4 J U N E	22					
Wk 5 J U N E	<i>29</i> <u>GHS</u>A Dead Week - <u>OYO</u> “<u>On Your Own</u>” <u>NO Coach Athlete Contact</u> <u>ALL WEEK</u>					

Week 6 J U L Y	6					
Week 7 J U L Y	13					

Week 8 J U L Y	20					
Week 9 J U L Y	27					Practice can officially start per GHSA
Week 10	Aug 3					10 OYO - Long 40-60' TFS REGISTRATION
Week 12	10 SCHOOL'S IN!! Practice 4:15-6:15 Daily Meet at WR today <i>Shortline Trail 5kTT</i>					

Mobility = before &/or after = 1-2 sets of 3-5 or 5-10 of at least 2-3 of the mobility exercises DAILY
(LS = leg swings, RO = rollovers L-R-B, Inv = inverts (vertical ft to sky), KU = knee up/hold, R/IC = Iron cross on stomach and on back, HO = hurdle walk overs, HO(s) = HO sideways, HO(s) = both, HO/U = hurdle over and unders,

Flexibility - After the run
10-15" each: stretch achilles, calves, hams, quads, hip flexors, low back, groin, shoulders x 10-15 sec each. Also, focus on one stretch additionally each day and hold that stretch for 2 minutes. Yes, 2 minutes.

Plyos 2x/wk=30->50+ total foot contacts of Single Leg/Double Leg hops, skips (B/up out under, Horizontal, Distance, Rhythm), bounds, &/or stair jumps

STRENGTH = either 20->40 reps of body weight exercises or their variations (squats, lunges, step ups, push ups, pull ups, dips, ab twists, v-ups, plank, superman. These can be incorporated into intervals (FitCore)
Or a strength/power routine (1-2 days/wk bench/sqt/dead lift/leg press, 1-2 days power (cleans, snatch, vertimax)

DAILY Recovery = foam roll, stick massage, ball massage, stretch, ice, nutrition...