

Welcome to TFS XC 2022!

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 TO BEGIN OFFICIAL PRACTICE AND SHOULD BE INCLUDED WITH YOUR MAGNUS ACCOUNT.** Those who have had a ferritin test in the past should also have that test again. Contact [lauren.brown@tallulahfalls.org](mailto:lauren.brown@tallulahfalls.org) AND [scott.neal@tallulahfalls.org](mailto:scott.neal@tallulahfalls.org) if you want to get your ferritin iron tested this summer.

**OFFICIAL PRACTICE STARTS MONDAY, AUGUST 8** for both MS and HS, BUT HS will have unofficial practices the week of Aug 1. The Upper School Sports Fitness Center (weight room) is open Mon thru Fri 7-8:30AM each week (except GHSA dead weeks). Contact Coach D [dianna.neal@tallulahfalls.org](mailto:dianna.neal@tallulahfalls.org) if you want her to help you!

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

**LOG/RECORD YOUR MILES &/OR MINUTES!**

Choose one of the programs to train this summer.

**RECORD WHAT YOU DO EACH WEEK!**

**GIRLS SEND TO MIRANDA** ([miranda.chapacastellanos@tallulahfalls.org](mailto:miranda.chapacastellanos@tallulahfalls.org) )

**BOYS TO TIMOTHY** [TIMOTHY.BECK@TALLULAHFALLS.ORG](mailto:TIMOTHY.BECK@TALLULAHFALLS.ORG)

- 1. Run, run more, change speeds & terrain, learn paces, XC at its basic.**
- 2. Follow the 4-6 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 4-5 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) OR Tempo or Threshold - 80-90% max HR - 10-15' ez then 20 min threshold/steady pace + 10-15' ez + strides  
Or 1 Day - Fartlek (random change of running pace throughout the run) for 30-45 min  
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

# June-August 2022 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	30 GHSA Dead Week all week; this means you are ON YOUR OWN					
Wk 2  J U N E	6					
Wk 3  J U N E	13					
Wk 4  J U N E	20					
Wk 5 J U N E LY	27					
Wk 6  J U N E	4 <b><i>GHSA Dead Week - <u>OYO “On Your Own”</u> NO Coach Athlete Contact <u>ALL WEEK</u></i></b>					

Week 7  J U L Y	11					
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Week 8  J U L Y	18					
Week 9  J U L Y	25					
Week 10  J U L Y	Aug 1					
Week 11	8 <b>SCHOOL'S IN!!</b> <b>Practice</b> <b>4:15-6:15 Daily</b> <b>Meet at WR today</b> <b>Practice times</b> <b>based on whether</b> <b>we travel to a trail</b> <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, HOs = 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...