

Welcome to TFS XC 2024! The theme for '24 is **BYE - Best Year Ever!** One foundational component to have our best year ever is discipline. Discipline is doing what needs to be done to accomplish a goal no matter what you feel like at that moment. Our external goal is to bring home a state trophy! Our process goals remain the same...To develop **GREAT** character, competence (fitness, strategy, mental fortitude), and competitiveness; to host **GREAT** events; and to create a Season of Significance.

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.

The following forms are REQUIRED for participation in any sport for 2024-25. Please fill these out and upload to your TFS Magnus Health account in FACTS/Renweb.

GIAA Physical Exam Form

<https://giaasports.org/wp-content/uploads/2022/05/GIAA-Preparticipation-Physical-History-and-Evaluation-Form-Fillable-2022.pdf>

Student/Parent Concussion Awareness Form

<https://giaasports.org/wp-content/uploads/2022/05/GIAA-Concussion-Awareness-Form.pdf>

Student/Parent Sudden Cardiac Arrest Form

<https://giaasports.org/wp-content/uploads/2022/05/GIAA-Sudden-Cardiac-Arrest-Awareness-Form.pdf>

Student/Parent Heat Policy Form

<https://giaasports.org/wp-content/uploads/2022/09/GIAA-Heat-Policy-Awareness-Form.pdf>

OFFICIAL HS PRACTICE STARTS MONDAY, July 29!!!

For those out of town or unable to attend in person practices, you are required to communicate with me AND do your workouts!

Official MS practice starts Mon Aug 12; HOWEVER, you are welcome to join HS any time!

The Upper School Sports Fitness Center (weight room) is open Mon thru Fri 8-9:30AM each week except May 27-June 2 and July 1-7. Contact Coach D dianna.neal@tallulahfalls.org if you want her to help you!

Choose one of the programs to train this summer.

RECORD WHAT YOU DO EACH WEEK!

GIRLS SEND TO CARSYN.GRIFFIS@TALLULAHFALLS.ORG

BOYS SEND TO 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. Anyone 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

Coach Neal

scott.neal@tallulahfalls.org

706-968-9879 cell

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

LOG/RECORD YOUR MILES &/OR MINUTES!

May 22 -August 6, 2023 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 May 27						
Wk 2 J U N E 3						
Wk 3 J U N E 10						
Wk 4 J U N E 17						
Wk 5 J U N E 24						
Wk 7	<i>July 1-7</i> <i>Dead Week - OYO "On Your Own" NO Coach Athlete Contact ALL WEEK</i>					

Week 8 J U L Y 8						
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Week 9 J U L Y 15						
Week 10 J U L Y 22						
Week 11 J U L Y 29	GIAA OFFICIAL XC Practice Starts					
Week 12 A U G 5						
A U G 12	SCHOOL'S IN!! Practice 4:00-6:00 Daily Meet at WR today Practice times based on whether we travel to a trail <i>Shortline Trail 5kTT</i>	Big Peach Running Company Mobile Shoe Night 3:00-6:30 at TFS Natatorium Parent Meeting 5:30-6:30 Natatorium				

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

Choose 5 areas to stretch daily for minimum of 1 minute each: achilles/soleus, calves, hams, quads, hip flexors, low back, groin.

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

STRENGTH = TFS Sports Fitness Center is open Mon thru Fri 8-9:30AM all summer except July 1-7. Contact Coach D at dianna.neal@tallulahfalls.org or me if you need help. If OYO, either 20->40 reps of bodyweight 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...