

TFS Summer Cross Country Running
Coach Neal 706-968-9879 cell or beachampion@yahoo.com

5-31-10

There are 11 weeks to the summer. Start where you can and add time/mileage each week. Make sure to do body weight exercises and abs/low back exercises.

Hard – periods of breathing hard. Can be interspersed with easy or walking. Can be intervals or fartlek such as 1’ hard/1’ easy

Medium – barely able to carry on a conversation. Threshold runs. Any faster would become hard.

Easy – can talk while running

Long – minimum of 30’. Try to get to 60’ continuous

Body Weight – push ups, sit ups, dips, pull ups, squats, step ups, lunges, single leg hops, DL hops

Abs/Low Back – crunches, twists, stab abs, overhead abs = fwd/bk, sides, twist, circles, leg raises/circles/sides

Jump Rope – Use an old water hose. Start at a number and increase or start at 1 min and increase.

Stretch daily: hams, quads, groin, calves, achilles, low back, hip flexors

Ice anything that bothers you for 20 min (ice bag) or 10min (ice water bucket)

Summer Log: Write in your mileage or minutes run each day

Wk	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<i>Hard</i>	<i>Easy</i>	<i>Medium</i>	<i>Hard</i>	<i>Easy</i>	<i>Long</i>
	BW/Abs/Lb	Jump Rope	BW/Abs/Lb	Jump Rope	BW/Abs/Lb	
1						
2						
3						
4 June 21						
5 June 28						
6 July 5						
7 July 12						
8 July 19						
9 July 26						
10 Aug 2						
11 Aug 9						

What is critical is that you workout six days per week. Every good team across the state and throughout Region 8A is running. Are you?