

## **Harriton High Cross Country**

*"Fall holds no secrets as to how summer's spent."*

Hello Harriton Harriers!

I hope you and your family are doing well during these challenging times. The coaching staff looks forward to meeting up with everyone again in the future. This fall holds the potential to be a historic program for the Harriton boys' and girls' cross country teams. Our boys return three who ran near 17:00 and faster, several more in the 17s and a large amount of other runners under 20. Our girls team featured numerous inexperienced runners who competed at a high level and will be able to build on those experiences to show great improvement for this fall. However, a great fall does not begin when the races start and the school year begins. It doesn't even begin when pre-season begins in mid-August. Rather, it starts during the early days of summer. Enclosed you will find training programs for four different groups:

1. Those runners who enjoy running for fitness and to make friends. You are still expected to show up every day once the season starts with a positive attitude and to be dedicated to the continuous improvement of the team. This training schedule will focus on getting enough mileage in to build fitness, remain injury free and show up ready to continue improving.
2. This group is for runners who want to compete to the best of their own abilities, regardless of their talent level. It is for runners entering 10<sup>th</sup> grade or who have only run either just cross country or just track in the past.
3. This group is for runners who want to compete to the best of their abilities and have a significant amount of experience as a runner.
4. The fourth group is for incoming 9<sup>th</sup> graders or anyone who has not run in the past but want to compete at a high level.

We will send out plans monthly and would like runners to communicate with your coaches with what your weekly mileage looks like and how you are feeling via email or remind. You may use either the cross country 2019 thread or the 2020 outdoor track and field thread. When possible, run on soft surfaces.

In addition to running, you should work on building a more athletic overall body by incorporating the following:

Core Routine- Planks, side planks, R,L- begin with 2 x 30 seconds, build to sets of 60.

Runner's Touch, two sets of 8 per leg, Hot Salsa- 2 sets of 3 steps per leg.

Glute Bridges, 2 sets of 10, holding for 3 seconds

Wind shield wipers, 2 sets of 10

Twists, 2 sets of 10.

Do this routine 3-4 times a week.

Push-ups and pull-ups. Four sets of a challenging number can be done every day to every other day.

Body Weight Leg Routine

Squats- 2 sets of 15

One legged Squats, 2 sets of 10

Step-ups, 2 sets of 10

Single Leg Deadlift 2 sets of 8

2 x a week on days that you DO run. Let your day off be a day off.

## Plan for June

Group One should do 3-4 runs per week at a minimum. Start at 2-3 miles and be able to run 4-5 by the end of the month. Do striders one day a week.

Group Two June 1<sup>st</sup> Week- 5 runs, L of 6-7, one day easy with 4 x 10 second hill sprints after or midway. Take 2-3 minutes between, one "progressive" four miler where you start easy and slowly get quicker, two easy runs of 3-4 miles. Total Mileage at 20-23 Miles.

June 8<sup>th</sup> 5 runs, L of 6-8, add one hill sprint (5), progressive remains at 4, easy runs at 4-4.5. Total mileage at 23-25.

June 15<sup>th</sup> 6 runs, L of 7-8, 6 hill sprints, progressive at 5, one easy run of 3, 2 regular runs of 4-5.5. Total mileage near 30.

June 22<sup>nd</sup> 6 runs. Long at 8-9, no progressive this week, Hill sprints at 6 one more week, 4 regular runs of 4-5 miles. Total mileage a little under 30.

June 29<sup>th</sup> 6 runs, Long at 9-10. Progressive at 5, Hill sprints at 7, one easy day of 4, two regular runs of 5-6. Total Mileage @ 33-35.

Group 3 June 1<sup>st</sup> 5 runs, L of 7-8, one easy day of 4 x 10 hill second hill sprints, (see group two). Progressive 4 miles, two regular runs of 4-5 miles. Mileage at @ 25.

June 8<sup>th</sup> 6 runs, L @ 8-9, Hill sprints at 5, progressive up to 5, one easy run of 3, two regular runs of 5-5.5. Mileage @ 30ish.

June 15<sup>th</sup> 6 runs L @ 9-10, 6 hill sprints, progressive at 5, easy run at 3.5-4, 2 regular runs 5.5-6.5. Mileage @ 33-35

June 22<sup>nd</sup> 6 runs, L @ 9, no progressive, 6 hill sprints, easy at 4, regular runs at 5-6. Total mileage 32-33.

June 29<sup>th</sup> 6 runs, L @ 10, progressive at 6, hill sprints at 7, easy 4 miler, regular runs 6-7. Total Mileage 36-39.

Both Groups 2 and 3 can do 4-6 striders one day after the run.

Group 4- Non experienced runners. Start with 3 days a week. May take walk breaks at first. Try to go 20-30 minutes for week one.

Week 2 (June 8<sup>th</sup>) 4 days. May still walk if needed. 25-35 total minutes.

Week 3 (June 15<sup>th</sup>) May add 4 hill sprints of 4 x 10 seconds after one easy day. If walking within runs, work on lowering the number of walks and the amount of walking done. Try to get 5 days in.

Weeks 4 and 5 (June 22<sup>nd</sup> and June 29<sup>th</sup>)

5 days. One day is hopefully 40-45 minutes. Other days should be 25-30 minutes. Keep hill sprints at 4.