

Bear Creek Group A - Summer Training Schedule

Are you ready for 2023 cross country? Bear Creek is coming off an outstanding track season and we want to continue it forward into cross. We have set a high bar for success. We return a large number of runners, and I am expecting good things for this fall. Summer training will be extremely important. **For the team to get better, each individual will need to make their own effort to get better.**

Summer Training MWF practices will start at 9:00. The sites will vary. Here are the abbreviations.

RedW – Redmond Watershed BC – Bear Creek FM – Farrel McWhirter Farm Park

MM – Marymoor Park in Lot by Dog Park/Dog Wash

They are not required, but attendance is important to the team. It is much easier to run with others than by yourself. Summer running is also an important time to create team unity. Be creative. Find someone that can give you a ride. Be willing to give a teammate a ride. **It helps everyone when you are training with your teammates.**

If you hope to reach your potential in the fall, then you need to train during the summer. The season is only ten weeks. That is too short to start your running on the first day of practice. Follow the given training schedule. Take your training seriously. **Seriously train during the summer and it will make your season healthy and successful.**

Be sure to stretch every day before and after runs. This will lessen your chances of injury and increase your flexibility. After every run, do our “usual” sets. Start with something manageable, then lengthen the duration. It is important that you are strong in the arms and abdomen to help your legs out when you are tired. Maybe add in some basic running drills. Stretching will keep you healthy. Sets will make you stronger and make you a better runner. You might check that you have a good pair of shoes. **There is more to running than just running.**

Before Running : Stretch 5 – 10 mins

**Post Running : Alternate Sets of pushups, crunches, toepops, planks, etc...
Stretch 5 – 10 mins.**

June 12th to June 18th
Wed - 5 miles
Sat - 5 miles
Mon - 4 miles
Thur - 3 miles
Sun - Day off
Tues - 3 miles
Fri - 4 miles, 4 – 100m strides
24 miles for week

June 19th to June 25th
Wed - 5 miles, 4 hill repeats @ RedW
Fri - 5 miles @ FM
Mon - 5 miles
Sat - 3 miles
Tues - 3 miles
Thur - 4 miles
Sun - 3 miles 30 miles for week

June 26th to July 2nd
Wed - 4 miles @ BC
Sat - Carnation Run for the Pies – Race it if you are in the area
Mon - 6 miles, 4 – 100m strides @ RedW
Thur - 4 miles
Fri - 3 miles @ BC
Sun - Day off
Tues - 4 miles
28 miles for week

Coach ben will be gone the month of July at Clear Lake White Pass Cross Country Camp

July 3rd to July 9th
Wed - 7 miles @ MM
Fri - 2 miles, Hard 2 mins / Easy 3 mins (3 times), 1 ½ miles (5 miles) @ RedW
Sat - 5 miles
Mon - 4 miles, 4 hill repeats @ RedW
Thur - 6 miles
Sun - 4 miles
Tues - 4 miles
35 miles for week

July 10th to July 16th Mon - 7 miles, 4-100m strides @ RedW Tues - 4 miles Wed - 5 miles @ FM
 Thur - 4 miles Fri - 2 miles, Hard 2 mins / Easy 3 mins (3 times), 1 ½ miles (5 miles) @ RedW
 Sat - 5 miles Sun – Day off 30 miles for week

A few athletes from the team will be gone at Cross Country Camp this week.

July 17th to July 23rd Mon - 8 miles @ MM Tues – 5 miles Wed - 6 miles, 4 hill repeats @ RedW
 Thur - 5 miles Fri - 2 miles, Hard 2 mins / Easy 3 mins (4 times) , 1 ½ miles (5 ½ miles) @ BC
 Sat. 4 ½ miles Sun. 5 miles 39 miles for week

July 24th to July 30th Mon - 7 miles @ RedW Tues - 4 ½ miles Wed - 6 miles, 4-100m strides @ RedW
 Thur – 4 miles Fri – 5 miles @ FM Sat – 5 miles Sun. Day off
 37 miles for week

Coach Ben/Murphy is not allowed to attend August practices until the first day of practice. These will be entirely captain run until the first day of practice.

July 31st to Aug 6th Mon - 9 miles @ MM Tues - 5 miles Wed – 6 miles, 4 hill repeats @ RedW
 Thur – 5 miles Fri - 2 miles, Hard 2 mins / Easy 3 mins (4 times) , 1 ½ miles (5 ½ miles) @ BC
 Sat - 5 ½ miles Sun - 5 miles 41 miles for week

Aug 7th to Aug 13th Mon - 8 miles, 4-100m strides @ MM Tues - 4 miles
 Wed - 5 miles @ FM Thur - 4 miles
 Fri – 2 miles, Hard 2 mins / Easy 3 mins (4 times), 1 ½ miles (5 ½ miles) @ BC
 Sat. 5 ½ miles Sun. Day off 37 miles for week

Aug 14th to Aug 20th Mon - 10 miles, 4-100m strides @ RedW Tues - 5 miles
 Wed - 2 miles, Hard 3 mins / Easy 3 ½ mins (3 times), 1 ½ miles (5 ½ miles) @ RedW Thur – 5 miles
 Fri - 6 miles @ FM Sat. 6 miles Sun. Day off 41 miles for week

Fall Practices By Thursday, Aug. 3, you should have turned in all Athletic Paperwork. Be sure to get your appointment for your physical early. The doctors will be booked early, so be prepared to extra time to get a physical. You must be cleared through Bear Creek to be eligible. We HIGHLY recommend you getting a full serum ferritin test during your physical.

The first day of practice will be at Redmond High School August 21 at 12:01 a.m. for the Midnight Mile. For that first week, practices start times and sites are still undecided. More info will come when we are closer to the date. They will either start at 3:50 on days with office hours or 3:20 on Wednesday. Saturday Practice (Optional but highly recommended will be at 9:00 am.

Questions? Email me at bbenson@tbcs.org. For those that are new to the program, I would appreciate it if you would send me an email so I can add your email address to my distribution list.

Have a good summer. I hope to see you at some of the summer practices.

Coach Ben