

## CROSS COUNTRY SUMMER TRAINING PLAN 2023

### RETURNING ATHLETES

WE WILL MEET TWO DAYS A WEEK AFTER SCHOOL LETS OUT. THE WEEKLY PLANS TELL YOU WHEN AND WHERE. PRACTICE WILL ONLY BE CANCELLED IF THERE IS THUNDER AND LIGHTNING WITHIN A HALF AN HOUR OF THE START TIME. WE RUN IN THE RAIN. IF PRACTICE WERE TO BE CANCELLED OR MOVED, I WOULD LET YOU KNOW THROUGH A REMIND MESSAGE. IT IS HIGHLY RECOMMENDED THAT YOU ATTEND, AND IN FACT THERE ARE INCENTIVES FOR ATTENDANCE. IF YOU DO NOT ALREADY HAVE A RUNNING BUDDY, YOU SHOULD FIND ONE TODAY, AND MAKE SURE YOU HAVE EACH OTHER'S CONTACT INFORMATION. I WORK IN THE SUMMER, AND AM COMMITTING MY TIME TO THIS TRAINING, SO I WOULD APPRECIATE THE SAME FROM MY TEAM. REMEMBER, I DO NOT HAVE ANY 5K RACES COMING UP, BUT YOU DO.

From the day your season ended or will end, take a week off completely. I realize that the vast majority of you will not adhere to this plan exactly (I am an optimist, but let's be real). Do not be all or nothing though. In other words, do not look at the schedule and decide that you are not going to do the workout exactly, and instead do nothing. Do SOMETHING. Something is always better than nothing, even if it's just a 25 minute run. Do something. Having said this, the athletes that have adhered to this plan have seen great results, and have had injury free seasons.

Remember: If you are a returnee, and you are not running, it will show when the season starts, and it will be a painful start for you. My practices will be designed FOR an athlete that has adhered to this Summer schedule for my returnees, not AROUND those that didn't. Obviously new athletes are eased into the process.

If you are in the Williamsburg area, contact me, and if I am available, and have not already run, I will try to run with you.

Email: [nvalenti@ycsd.york.va.us](mailto:nvalenti@ycsd.york.va.us)

**If you are brand new to the sport**, you are welcome to attend the summer sessions that we get together, provided that you have a sports physical on file dated after May 1<sup>st</sup> 2023. You will probably run an alternative run, however. Most of this packet probably reads like a foreign language to you, as it should. Your goal should be to get to where you are running more days than not on your own, or on the days that we meet. By July 31<sup>st</sup> (the first official day of the season), you should be at a point where you can run a half an hour without stopping, and you will be fine. Here again, you must have a sports physical on file, dated after May 1<sup>st</sup> 2023.

### **OTHER STUFF:**

**HILLS:** Run hills as often as you can, if you can. The kids in Charlottesville, Blacksburg and Northern Virginia have the advantage of encountering hills everyday while doing maintenance training. In a race, they don't have to think about breathing and biomechanics when attacking a hill, because it is routine behavior. This is one reason I am so proud we beat these teams, seeing as we don't have the benefit of hills on a daily basis. Almost every run I do, even some of the workouts, are on the WISC trail, and at Freedom Park.

**ROADS:** Stay off of them as often as you can, if you can. We are aiming for a November peak, and we want to preserve our legs. Less than 25% of my running is on roads, when I run on my own. Do your best, if you can.

**RACES:** Don't do them. Don't do 5ks, 10ks, Spartan Races, time trials, etc. Racing now has nothing to do with our overall plan.

**FORM DRILLS:** These are optional. We are building a base. If you are antsy, do them a couple of times a week. Remember, they have nothing to do with mileage. Weeks 1, 4, and 7 already have these included

**STRIDES:** You should be doing these 3 times a week. You have flexibility, so do them whenever. I would space them out, and not do back to back days. These do count toward mileage. They should be between 120 and 200 meters, and not exceed 800 meters in total distance. In other words,  $4 \times 200 = 800$ ,  $6 \times 120 = 720$ ,  $5 \times 150 = 750$ . Never more than 800 meters total. Weeks 1, 4 and 7 already have these included.

## **CROSS COUNTRY SUMMER 2023**

**Week 1: June 5<sup>th</sup> - June 11<sup>th</sup>**

**Thursday: LSD**

35 minute long run, stretch 10 in

2x400 with equal active rest, core, stretch

**Friday: Reverse pyramid 800s over hills @ Grafton 2:30 pm – 4pm**

Warm up, stretch

4x800 (2 and 3, slower)

Example: 2:30, 2:38, 2:38, 2:30 (5 minutes rest)

Cool down, stretch

**Saturday: Maintenance**

Warm up, stretch

20 minutes

6x120, form drills, stretch

**Sunday: rest**

Week 2: June 12<sup>th</sup> – June 18<sup>th</sup>

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**This is purely a mileage week.**

**36 miles total (Monday through Saturday)  
Maintenance mileage is to be done at what  
you consider your current, honest,  
maintenance pace at this moment.**

**Wednesday, we will meet @ Newport News  
Park 9-10:30 @ the Bike Trail entrance.**

**Friday, we will meet @ the Noland Trail 9-  
10:30 @ the Mariner's Museum Parking Lot.**

There is no need for cool downs, because we are dealing with maintenance runs, but you stretch after you run. Everything counts towards mileage. Warm-ups count. Strides count. The run itself counts. If you choose to do form drills, they have nothing to do with mileage.

**CORE and STRENGTH:** You should be doing this 3 times a week. You have flexibility, so do it whenever. I would space them out, and not do back to back days.

Week 3: June 19-June 25

Monday:

Warm-up, injury prevention

25 minute tempo run

Cool down, injury prevention

Tuesday: @ Newport News Park 9-10:30 (bike trail entrance)

Warm-up, injury prevention

5x3 minutes hard with equal walk

Cool down, injury prevention

Wednesday:

Warm-up, injury prevention

25 minute maintenance run

Thursday: @ WISC Trail 9-11:30 food and fun after (park by baseball fields)

Warm-up, injury prevention

25 minute fartlek

Cool down, injury prevention

Friday:

Warm-up, injury prevention

25 minute maintenance run

Saturday:

40 minute long run

Injury prevention

Sunday:

Off

**CORE and STRENGTH:** You should be doing this 3 times a week. You have flexibility, so do it whenever. I would space them out, and not do back to back days.

## Week 4: June 26-July 2

**Monday: reverse ladder @ Grafton 9am – 10:30am**

Warm up, stretch

400, 800, 1200, 1200, 1200 (800 pace, 1600 pace, 3200 pace, 3200 pace, 3200 pace, 5 minutes rest)

Cool down, stretch (5)

**Tuesday: maintenance**

Warm up, stretch

25 minute maintenance

3x300 walk between, core, stretch

**Wednesday: tempo run**

Warm up, stretch

25 minute tempo run

Cool down, stretch

**Thursday: LSD**

50 minute long run (stretch 10 in)

Strides with pushups and dips, stretch

**Friday: Indian Run @ the WISC by the grass soccer fields 9am – 10:30am**

Warm-up, stretch

25 minute Indian Run

Cool down, stretch

**Saturday: maintenance**

Warm up, stretch

25 minute maintenance

3x300 walk between, core, stretch

**Sunday: Rest**

## Week 5: July 3-July 9

This is purely a mileage week. This is the Dead Period, so we cannot meet.

**39 miles total (Monday through Saturday)  
Maintenance mileage is to be done at what  
you consider your current, honest,  
maintenance pace at this moment.**

There is no need for cool downs, because we are dealing with maintenance runs, but you stretch after you run. Everything counts towards mileage. Warm-ups count. Strides count. The run itself counts. If you choose to do form drills, they have nothing to do with mileage.

**CORE and STRENGTH:** You should be doing this 3 times a week. You have flexibility, so do it whenever. I would space them out, and not do back to back days.

Week 6: July 10-July 16

Monday:

Warm-up, injury prevention

30 minute tempo run

Cool down, injury prevention

Tuesday: @ Newport News Park 9-10:30 (bike trail entrance)

Warm-up, injury prevention

8x3 minutes hard with equal walk

Cool down, injury prevention

Wednesday:

Warm-up, injury prevention

30 minute maintenance run

Thursday: @ Battlefields 9-10:30 (park @ Visitor's Center)

Warm-up, injury prevention

30 minute fartlek (2 minutes on, 3 off)

Cool down, injury prevention

Friday:

Warm-up, injury prevention

30 minute maintenance run

Saturday:

45 minute long run

Injury prevention

Sunday: off

Off

**CORE and STRENGTH:** You should be doing this 3 times a week. You have flexibility, so do it whenever. I would space them out, and not do back to back days.



Week 7: July - 17<sup>th</sup> – July 23

**Monday: 1600 @ Noland Trail (museum parking lot) 9am – 10:30 am**

Warm up, stretch

3x1600 @ 3200 effort with 10 minutes rest

Cool down, stretch

**Tuesday: maintenance**

Warm up, stretch

25 minute maintenance,

5x150 active rest, core, stretch

**Wednesday: fartlek**

Warm up, stretch

25 minute fartlek (3 off, 3 on)

Cool down, stretch

**Thursday: LSD**

50 minute long run (stretch 10 min. in)

4x200, core, stretch

**Friday:**

**45 minutes over hills @ the WISC by the baseball fields (food and fun after) 9am – 11:30 am**

Warm up, stretch

45 minute run

Cool down, stretch

**Saturday: Maintenance**

Warm up, stretch

25 minute maintenance,

6 x 120 active rest, stretch

**Sunday: Rest**

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## **Week 8: July 24- July 30**

**This is purely a mileage week.**

**42 miles total (Monday through Saturday)  
Maintenance mileage is to be done at what  
you consider your current, honest,  
maintenance pace at this moment.**

**Monday, we will meet @ Newport News Park  
9-10:30 @ the Bike Trail entrance.**

**Friday, we will meet @ the Noland Trail 9-  
10:30 @ the Mariner's Museum Parking Lot**

There is no need for cool downs, because we are dealing with maintenance runs, but you stretch after you run. Everything counts towards mileage. Warm-ups count. Strides count. The run itself counts. If you choose to do form drills, they have nothing to do with mileage.

**CORE and STRENGTH:** You should be doing this 3 times a week. You have flexibility, so do it whenever. I would space them out, and not do back to back days.

**Summer Incentive Plan: FOR RETURNING  
ATHLETES ONLY**

**This Incentive Plan is subject to change, in the case that there are alterations to the start date of the season. Coach Valenti would update changes. This is an incentive plan, so there are no excused absences, because these practices are voluntary. The only exception is if an athlete is attending running camp, and that is why said athlete missed practice.**

There is currently a total of 12 Summer practices, not including the 1 before school lets out.

Any runner that attends all 12 Summer practices is exempt from the time trial, because I already know your fitness level.

Any runner that attends a minimum of 10 Summer practices will only be responsible for a one mile time trial.

Any runner that attends a minimum of 8 Summer practices will only be responsible for a two mile time trial

## CROSS COUNTRY INCENTIVE PLAN 2023

As a performance incentive, Coach Valenti will take any athlete(s) that hit(s) the following times to the prestigious East Bay South Cross Country Championships in North Carolina this post-season. Coach Valenti will cover the lodging. This is not done through the high school, and is at the expense of the coach himself. Other expenses will be covered by the athletes (food, entry, etc.). The races are awesome, and the top ten finishers of the championship race move on to Foot Locker Nationals. Depending on the strength of the team, we can consider the option of the Nike Regional Cross Championships as an option. In that case, this incentive plan is not in effect.

The following times are based purely on math and black and white personal records. This in no way shows Coach Valenti's opinion of where I think you will end up this season relative to other athletes. If you have a question about the math used, just ask. I tried to make it fair, and used a simple formula.

Any eighth grader that runs: 18:36 (male), 21:06 (female)

Any ninth grader that runs 17:03 (male), 19:33 (female)

Any tenth grader that runs 16:16 (male), 18:46 (female)

Any 11<sup>th</sup> grader that runs 15:53 (male), 18:23 (female)

Any 12<sup>th</sup> grader that runs 15:41 (male), 18:11 (female)

The following athletes are established returning runners, and as such have individual incentive goals. See Coach Valenti about your incentive goal.

Katelyn Campbell  
Moana Jackson  
Abigail Loe  
Brooke Riddle  
Lindsey Glass  
Natalie Clymer

Connor Linehan  
Andy Chambers  
Keenai Whiting  
Isaac Jenks  
John Cloud  
Ty Schasse  
Tyler Brohimer  
Evan Argabright  
Marshall Eldred  
Davis Mapp

## Grafton 5k Time Trial (Tryouts)

Practice begins at 7:30 on Monday, July 31st. We will meet by the asphalt basketball courts in the back of the school. The time trial will be on Tuesday, August 1st (the second day of tryouts). If any returning athlete is not available for the time trial on August 1st, they CANNOT participate on the cross country team, unless already discussed with the coaching staff. Practice is daily (Monday through Friday). There are some Saturday practices too (by invite only). You need a physical dated after May 1, 2023 to practice and tryout. You need water, a watch, and a towel. This goes for summer practices as well (for the returnees).

Required times: male time, then female time

Anyone brand new to the sport: 31:00 (10 min. miles), 33:30 (10:48 miles)

Returning 9<sup>th</sup> grader: 26:21 (8:30 min. miles), 28:51 (9:18 miles)

Returning 10<sup>th</sup> grader: 24:01 (7:45 miles), 26:31 (8:23 miles)

Returning 11<sup>th</sup> grader: 22:51 (7:22 miles), 25:21 (8:10 miles)

Returning 12<sup>th</sup> grader: 22:16 (7:11 min. miles), 24:46 (7:59 miles)

