



THAYER ACADEMY CROSS COUNTRY PRESEASON TRAINING INFORMATION

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**BEFORE YOU BEGIN, PLEASE COMPLETE [THIS GOOGLE FORM](#) SO WE CAN
GET TO KNOW YOU BETTER**

When is the cross country season won and lost? June, July, and August!

Make no mistake: you'll have the greatest success and improvement, and have the best chance of avoiding injury, by carefully and intelligently getting yourself into racing shape by September 1st. You will certainly benefit from your summer efforts, and your team will have greater success—guaranteed. As a team, our clearly stated goal and expectation is to train, as directed, over the summer. Motivate yourself—parental nudges, runs with friends, captains' practices, regular communication with coach and team, etc. Whatever it takes. Challenge yourself to make the jump from the runner you were last year to the runner you'd truly like to be this year. It really is all about hard work and dedication.

Few sports reward hard work and self-discipline more than XC!

In this packet, you will see three training programs that focus on building a strength and conditioning base for 5K racing (a high percentage of which is aerobic). These purposely simple programs are suitable for most runners, but they can be customized to fit your schedule, experience, or fitness level. In meetings with each of you, we can discuss individualized approaches or variations.

Communication: This summer, keep a training record of all of your workouts and races (see attached training plans). The captains and coaches will contact you about your training. Meet their deadlines. Doing so will provide us with the structure and communication needed to successfully motivate and support each other. The captains will be in touch about team training.

It's a fact: The most successful, most improved, and most healthy cross country runners log the majority of their mileage during the summer. You can be one of these runners if, and only if, you take control of your summer training.

Return to school prepared for serious training in our very short season.

No excuses.

Your primary goal in your summer training is to begin building a base of STRENGTH, ENDURANCE, AND TOUGHNESS. Gradually increasing mileage over the summer is key. Because we do so much training—hill and speed work, in particular--in the fall, if your body is used to regular workouts, you will be less injury prone, recover faster between runs and, in general, have more fun. By running during the summer, you will surprise yourself with how successful you can be on race days.

Focus your training on BUILDING A MILEAGE BASE. The best way to do this is by doing increasingly LONG RUNS in June and July, interspersed with shorter, occasionally faster ones as you head into August. To begin introducing speed as the summer cycle progresses, add fartlek runs (July) or a tempo run (August) in which you run the middle part of your longer runs at an increased tempo—at 10K race pace, for example. A lot of runners like to keep track of the exact mileage they run and the pace at which they run it. Others keep track of the total time that they run and a general indication of how they feel while running. The coaches prefer that you include both and a very brief description of each workout. No matter which method you use, maintaining a TRAINING LOG is an important way to chart your progress and to keep track of your overall fitness. By the end of the summer, you should be able to comfortably run five or more miles (veterans: as many as eight miles or more).

After a period of active rest following spring sports and exams, start your summer program on the Monday following graduation.

“Running embodies the work ethic. There is no hiding in cross country.”

--Michael Brady, Head XC Coach (retired), Princeton University

*The Thayer Fitness Center will be open Tuesday, Wednesday and Thursday mornings beginning on June 9th from 7am - 9am, and again from 11am - 1pm, beginning on Monday June 29th, please see specific dates and times noted on Announcement Page for more information if you would like to work with a strength & conditioning coach at Thayer. **Note the fitness center will not be open from 7am - 9am the weeks of July 5 & August 2. The fitness center hours of 11am - 1pm will not be available the weeks of July 13 and August 17.***

Here are a few more tips:

Again, this is all variable per runner, but good, basic info follows.

Start easy and early. Purchase a pair of good running shoes. Try on several until you find some that feel right.

Distances: Set Goals: Experienced runners: Try 15-20 miles per week at first. Build to 40-45 by summer's end. New runners: start with 10-15 miles per week and build to 30-35. Typically, you'll do a long run on the weekend. The long run should be about 20 to 25% of your weekly total. That means that if you run for about 30 minutes per day for 5 days, your long run should last about 40 to 50 minutes. Aim for consistency.

Keep track of your weekly progress on a chart like the one in this packet. Add up the total weekly mileage or time spent running. You should see a confidence-building upward trend from week to week over the course of the summer. Keeping notes is a great way to formalize your training. It can help you to be more aware of yourself as a runner. You'll be less likely to simply go for a jog (although this is certainly OK at times) and more likely to train with your goals in mind. When you return in the fall, you will show us your training notes when we meet to discuss your goals for the season. What to include?

How far did you go? Were there different parts to your workout (hills, beach running, cross training, etc.)?

What was your pace? How did you feel? Did you stretch enough? Should you try the same workout a week from

today—to compare—or should you alter it for some reason? Better to train with a friend? Etc. . . .

If you haven't been running in the spring, you should start off running no more than 20 minutes a day (that's 2 to 2 1/2 miles) for the first week. Increase your weekly mileage no more than 10% each week. Don't overdo it. By August, intersperse HARD runs (longer distance, tempo, hill repeats, fartlek) with RECOVERY runs on alternating days.

Avoid injury at all costs. Be careful not to overdo speed work or other workouts that will be too much too soon. Do what you can do to avoid getting hurt. Try not to do all of your running on pavement (less wear and tear on your body--plus, you'll get your body more accustomed to the surfaces (particularly grass and trails) on which many of our races take place.

Stretching/R & R: Warm up thoroughly pre-run.

[Do Coach Jay Johnson's lunge matrix before each run:](#)

General Strength and Mobility/Core Workouts: Value these as much as you value running! Get in the rhythm of doing ten to twenty minutes of core strength building or circuit training several days per week. Use the general strength or Wheaton abs lists or your own combo of push-ups,

pull-ups, lunges, planks, etc. Or, even better, use Coach Jay Johnson's 8-week general-strength progression: Study the videos here: ON [RUNNERS WORLD](#)

Stretch regularly--particularly after you run. If your body is telling you to take a day off, do so. Coach Pelletier: "If I've gone far on Sunday and am not feeling great on Monday, I might cross train (swim, walk, or go for a bike ride)--or even take the day off." Weight training is good, too.

Keep it fun! Find a running partner -- motivate each other. If your legs are sore, go for a bike ride. Look for road races in your area. They can give you short-term goals that keep you focused on your training. They can also lead to injury. Enter races only if you are ready. It might be wise to wait until mid-July or later before you race.

Hydration: Drink plenty of fluids all day, especially in the summer and as you increase your mileage. Eat well.

Summer Reading: There are many books on running (movies, too). Here are a few possibilities:

Life at These Speeds, by Jeremy Jackson

Once a Runner, by John L. Parker

Running with The Buffaloes: A Season Inside with Mark Wetmore, Adam Goucher & the U Colorado XC Team, by Chris Lear

Born to Run, Christopher McDougall

Subscribe to *Runner's World*. Check out *RW* online.

Thayer Academy Cross Country

Ten Basic Principles of Summer Training

1. Keep it simple and fun.
2. Set goals and work hard to meet them.
3. Build a base of strength and conditioning.
4. Volume: Increase from the previous summer. Just do it—no excuses!
--Make "the jump" to make next season the best it can be.
5. Run almost every day. Doubles are OK. Hot and humid? No excuses; get out early or late to beat the heat.
6. Run some of your miles fairly hard.
7. Fartlek: (Swedish for "speed play"): e.g., 1 minute at XC RP, 1 min. steady; 2 min. pick-up, 2 min. steady, etc.

8. Avoid injury through overtraining or insufficient warming up/stretching.
9. General Strength & Mobility / Core Workouts
--Value these as much as you value running!
10. Special category: Something personal to work on.
--e.g., hills, last-mile speed and energy, core work, surging, losing five pounds, reading for 30 minutes a day, etc.

Summer Training Goals

If you set and then meet smart, attainable goals, you are much more likely to stay healthy, uninjured, and positive and you will much, much run faster in the fall. Guaranteed. Coach will follow up on goals.

Examples of goals. Make your own!

1. Try a new sport, have fun by running with teammates at least once per week, vary my workouts, contribute to my team,
2. To set a PR at Homecoming. I need to be ready for this race!
3. To lose five pounds through steady summer training and smart, healthy nutrition.
4. To run in one road race each month: e.g., June 5K, July 5 miler, August 10K
5. To get myself in good shape before the season begins.
6. To gradually increase each week's long run (by up to 10%)
7. To gradually increase my total mileage — ~10% per week — so that I can run (race!) a 10K road race in Aug.
8. To log 300 miles by September 1st—an average of 4 miles per day for 75 days . . . or 400? . . . or 500? . . .
9. To dedicate myself to summer training and improve on last year's ISL and NE finishes.
10. To dedicate myself to thorough summer training in order to best help my team in the fall.

*Now bid me run,
And I will strive with things impossible;
Yea, get the better of them.*

William Shakespeare (Julius Caesar, II.i)

A few more perspectives . . .

Distance Running Workout Guidelines and Philosophy (1996)

Thayer Academy Coach Harold B. Hatch

GUIDELINES: Workouts must be designed for specificity, intensity, and variety.

TRAINING STAGE	OBJECTIVES	WORKOUTS
BASE	To increase skeletal strength and to build the capillary bed	Twice weekly long slow runs 60' - 90' for 10K racing Recovery workouts
ENDURANCE	To develop the capacity to store more energy and to develop an efficient pace	Same as above, plus one fartlek 30' workout
STRENGTH	To produce a more efficient engine	One long run 60' - 90', w/ 1-minute pickups every 12' One tempo run 20' One hill workout (6-8 @ 400 meters) or Mile repeats (3 @ 80% max.)
SPEED	To increase oxygen consumption and to tolerate lactic acid build-up.	One long run 60' - 90', with one-minute pickups every 12' Choice of any two: fartlek; repeat 400's; repeat 200's; hill repeats (150 meters); pyramids
PEAKING	To develop the final energy source	In this stage the mileage is reduced at least one third. One or two workouts of 8-12 (100 meter) strides @ 95% max. with full recovery

NOTE: There are many variations of workouts, especially for the more experienced runner.

Interval Training--Four Ingredients:

1. Distance
2. Number of reps.
3. Pace
4. Recovery

Recovery time is the key. Very little recovery is used in the endurance and strength stages, but full recovery between reps.

TA COACH KAT WHITTEN'S GUIDE TO CROSS COUNTRY SCORING

Dual Meets -- Low Score Wins. Sum of top 5 places on each team constitutes team score. 1-5 places. 6 and 7 "displace" opponents to a higher total. Each person, passed or being passed, represents a reversal of two points in the scoring.

Magic Number is 27. You cannot lose with ≤ 27 points.

Perfect	TA	= 1 2 3 4 5 (6) (7)	=15
	Opponent	= 8 9 10 11 12 (13) (14)	=50

Automatic	TA	= 1 2 3 11 12 (13) (14)	=29
	Opponent	= 4 5 6 7 8 (9) (10)	=30

Tie	TA	= 2 4 5 6 11 (12) (13)	=28
	Opponent	= 1 3 4 10 11 (12) (13)	=28

Displacement	TA	= 2 5 6 7 8 (9) (11)	=28
	Opponent	= 1 3 4 10 11 (12) (13)	=29

Championships	TA	= 2 7 11 17 25 (34) (53)	=62
	Opp.	= 5 8 21 24 25 (33) (42)	=83
	Opp. B	= 1 4 10 12 36 (37) (39)	=63
	Etc.		

WEBSITES

There are hundreds of websites devoted to running. Do a search and see what you find--see what runners are talking about. Here are a few sites to get you started:

Coolrunning: A good source of information--even old race results for Running in the USA
<http://www.coolrunning.com/>

Runner's World Magazine
<http://www.runnersworld.com/>
excellent links here

Flotrack.org

LetsRun.com: The Home of Distance Running and Track and Field

YE OLDE HARRIERS: A HISTORY OF CROSS COUNTRY

As a competitive sport, cross-country running began in England with a game called "hare and hounds" or "the paper chase" in the early 19th century. In this game, a runner or group of runners laid a trail by dropping pieces of paper or other markers while following a random course, and a second set of runners then set out in pursuit, trying to follow the paper trail. The first formal competition was the Crick Run, first held at Rugby School in 1837. Many other public schools soon established similar events, followed by Oxford and Cambridge Universities. Although hare and hounds continued to be popular at schools, in important competitions the game became a cross-country race along a course laid out in advance over open country.

The English national cross-country championship was established in 1876. Two years later, William C. Vosburgh of New York introduced the sport to the United States. In 1887, the National Cross-Country Association was founded, and the association held its first championship event. The Amateur Athletic Association began conducting the national championship in 1880. Also in 1880, cross-country running was introduced at Harvard as an autumn training event for track and field distance runners, and other colleges quickly followed Harvard's example. City College of New York, Cornell University, and the University of Pennsylvania took part in the first intercollegiate meet in 1890. The sport became especially popular at Cornell, which took the lead in organizing the Intercollegiate Cross-Country Association in 1898.

International cross-country racing also began in 1898 with competition between England and France. An annual championship meet involving England, Ireland, Scotland and Wales started in 1903 and became a true international event in 1907, when France sent a team to compete. Other European countries followed during the 1920s. Cross-country was on the Olympic program in 1912, 1920, and 1924, but it was dropped after that because it was considered unsuitable for summer competition. The International Amateur Athletic Federation

(IAAF), which governs track and field worldwide, took over jurisdiction of cross-country in 1962, establishing rules for both men and women. The first women's world championship meet was held in 1967, a year after the AAU established a national championship for women.

The annual NCAA cross-country championship grew out of a meet inaugurated by the Central Intercollegiate Conference (CIC) in 1926. During the 1930s, so many schools began entering teams that the NCAA took it over as a national championship event in 1938. Although most cross-country competitors also run distance events in track and field, the two are separate sports. The cross-country season is still in the fall and events are run through open country, often over rather rude trails, not on roads or tracks (although major races often begin and end on a track inside a stadium). There is no standardized cross-country distance. IAAF rules specify minimums for international competition of 12,000 meters (about 7.5 miles) for men and 2,000 to 5,000 meters (about 1.25 to 3 miles) for women. Since distances and difficulty vary, world records are not kept for the event.

Team competition is very important in cross-country. Teams are made up of five to nine runners and the order of finish is determined by adding up the places in which team members finish - that is, 1 point is awarded for a first-place, 2 points for second, and so on. The team with the lowest score wins.

Thayer Academy Cross Country

Preseason Goals

1. This Season:

2. High School:

3. Life/General:

Answer these as well as you can. Please, be specific:

1. If you are a returning runner, which workouts have yielded the best results for you?
If you are a new runner, explain which types of workouts you think would be best for you.

2. If there is a workout or approach that you'd like the team to consider, write it here:

3. Questions? Comments?

*Training starts on the Monday after graduation — See mileage goals listed for each day

***June:** relaxed, moderate efforts, low intensity, keep it fun, build confidence, make the commitment

***July:** increasing mileage, add tempos, add a race, include hills in long runs

***August:** race as conditioning benchmark; 4-6xhills@45 secs; 1x/week:10-20x200m/full recovery OR 1 hour@5min easy, 5 hard

* See packet for notes on core, cross training, warm-ups, stretching, etc.

*Modify according to discussion with the coach, road race schedule, family schedule, etc.

*Personal goal: e.g., build to 50 push-ups and 150 sit-ups every day

Another Way to Look at Summer Training (especially for August when you're in great shape)
--modified from our summer program--

DAY	PURPOSE	WARM-UP	REPS.	INTERVAL	TEMPO	RECOVERY
SUN	Aerobic Conditioning	10 min. jog Gen W/U	N/A add 5 min./wk	45-60 min. (very easy)	60-65% MHR Until 80 min. pace)	6-8 strides

Note: Very easy, conversational pace. Run during the coolest part of the day; drink plenty of fluids.

DAY	PURPOSE	WARM-UP	REPS.	INTERVAL	TEMPO	RECOVERY
MON:	Recovery Run Strength Conditioning	N/A	N/A	30-40min.	60% MHR (very easy pace)	8-10 strides Light stretches

Note: General Strength circuit. Or push-ups, sit-ups, lunges, pull-ups, hamstring curls, shoulder presses, calf raises, etc.

DAY	PURPOSE	WARM-UP	REPS.	INTERVAL	TEMPO	RECOVERY
TUES:	Aerobic	12 min. jog	2-3	2000m	75-80% MHR	4-5 min.

Note: run these comfortably hard. Save best for last rep. Feel like you could do one more.

DAY	PURPOSE	WARM-UP	REPS.	INTERVAL	TEMPO	RECOVERY
WED:	Recovery Run Strength Conditioning	N/A	N/A	30-45 min.	60% MHR (very easy pace)	8-10 strides Light stretches

Note: General Strength circuit. Or push-ups, sit-ups, lunges, pull-ups, hamstring curls, shoulder presses, calf raises, etc.

DAY	PURPOSE	WARM-UP	REPS.	INTERVAL	TEMPO	RECOVERY
TH:	Anaerobic Conditioning	12 min. jog stretch Gen W/U	1	16-20 min. (add 2 min. Every 3rd wk.	75-80%MHR ~5 mile race pace	12 min. jog --stretch

Note: Tempo Run: Run under control, at a pace just before breathing gets labored. Do not confuse with a max-effort interval session.

DAY	PURPOSE	WARM-UP	REPS.	INTERVAL	TEMPO	RECOVERY
FRI:	Recovery Run (Day off if Sat. race)	N/A	N/A	20-30 min.	60%MHR (very easy pace)	8-10 strides stretch

Note: Easy recovery run or day off if racing tomorrow.

DAY	PURPOSE	WARM-UP	REPS.	INTERVAL	TEMPO	RECOVERY
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SAT:	Race Day if race	stretch Gen W/U 12 min. Jog	N/A	15-30 min?? 95%MHR (all-out 5K effort)	Good 8-10 min. cool down and stretch form/strides
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DAY	PURPOSE	WARM-UP	REPS.	INTERVAL	TEMPO	RECOVERY
SAT:	Recovery Run (or day off)	N/A	N/A	20-30 min.	60%MHR (very easy pace)	8-10 strides light stretch

Note: Take days off once a week or so. Not more than 5 days off per month—especially in August!