

Jamestown Weekly Training Guide – Preseason Week 1

All runners start with, Lunge matrix (4), Leg Swings (8) and Myrtle Exercises (Links below)

Do Core X 2-3 times a week (only takes 5 minutes)

Run with a buddy, drink plenty of fluids, run in shaded areas and not in the heat. Preseason week 1 guide below. Go Eagles. Make it your best summer ever!

June 11th – August 4th – Preseason training period.

Each athlete should try to reach this goal:

Beginners should run an average of 10-20 miles per week x 7 = 70-140 miles

Intermediate should run an average of 20-30 miles per week x 7 = 140-210 miles

Advanced should run an average of 25-50 miles per week x 7 = 200 – 500 miles

Cross Country Foundation Building Phase

Needs to be 6-8 weeks minimum, 10-12 weeks is even better.

This program is designed to build a solid running foundation hitting all the key areas of training while being progressive and helping to avoid injuries.

The basic weekly plan is 5 days of running each week with the 2 other days devoted to Strength and Mobility (SAM). The plan allows for flexibility to accommodate family plans, vacations, work, etc. For freshmen and sophomore runners just starting out, only run 4 days per week with 2 days SAM.

Running Days Each running day includes full warmup and cool down.

Full Warmup: half mile easy, leg swings, Ebbets Foot Drills, Lunge Matrix, Plyometric Drills, 100 Up.

Cool Down: Strides, Myrtle Drill, Rope Routine.

Running Schedule: One Long Run (60-75 minutes), Three Aerobic Pace Run days (AR) of varying lengths, One day building Strength/Stamina/Running Efficiency (SSRE).

Aerobic Pace Run (AR) is run at a Perceived Effort level of 2-3 on scale of 1-10, or Heart Rate of below (180 minus your age) if you have a heart rate monitor.

Strength/Stamina/Running Efficiency (SSRE) workout would be hill repeats/Fartlek/3 minute repeats at Perceived Effort of 5-6 on a scale of 1-10 or a heart rate of 170-180.

Strength and Mobility (SAM) Days

Each SAM day starts with Leg Swings and Lunge Matrix. Then do at least two of the following: Core X, Bear Crawl/Crab Walk, Circuit Drills. Finish with Myrtle Drill and Rope Routine

Weekly Training Guide – Week 1

	Rookie - Brand new to running	(One year experience+) Intermediate	Two years or more and ready for more mileage Advanced
Monday, June 10	4 x 4 min run with 2 minutes walks in between	20 min run	40-60 min easy run - 4 strides
Tuesday, June 11 Pick ups in middle of run	20 min run – with strides at end	35-40 minutes -with 4 1 minute pick ups in the middle (fartlek)	45-50 min (middle 4 x3 minutes run at a faster pace what you feel like you could run for 30 minutes without stopping)
Wednesday, June 12	off	Easy run or Cross Train 30-40min	Easy run or Cross Train 30-45 min run
Thursday, June 13 Long stride focus Touch of speed	20 min run With 4 Easy strides	35 min easy- (Do 6 -75 meter strides with walk back in between-full rest)	45 min easy run - (Do 6 - 75 meter strides with walk back in between full rest)
Friday, June 14th	Bike or Swim	30 min easy with 4-5 30 second picks up during easy run	40 min easy run

Saturday, June 15th Long run focus	30 minute run	35-40 min push second half of run	50-60 min aerobic push -Push second half of run
Sunday, June 16th	OFF	OFF	OFF

Videos below and additional info:

Click on Links to watch a video on exercises!

Lunge matrix

Leg Swing

Myrtl Exercises

Core X Workout

Fartlek, a Swedish term that means "speed play," is a form of interval or speed training that can be effective in improving your running speed and endurance. **Fartlek** running involves varying your pace throughout your run, alternating between fast segments and slow jogs.

"**Stride outs**" are simply short fast bursts of running at a fast, but not all out pace. They are primarily designed to help improve your form and efficiency, but have the added benefit of actively stretching out your running muscles by taking them through a wider range of motion

than you will do in most of your running at your easy aerobic pace. These should be done near the end of a couple of your easy run days.

Tempo: Why tempo runs work. By increasing your Lactate Threshold, or the point at which the body fatigues at a certain pace. During tempo runs, lactate and hydrogen ions—byproducts of metabolism—are released into the muscles. The ions make the muscles acidic, eventually leading to fatigue.

Long Run: When you **run long**, you increase enzymes in your muscle cells and grow capillaries, which are the small vessels that surround the cells. These **important** changes allow more oxygen to be delivered to working muscles. You also strengthen your muscles, tendons and ligaments.

Sources: Runners World and other internet sources. (For terms above)