



Who doesn't enjoy a nice summer run?! Let's get ready for the fall cross-country season!

OHS will be holding a summer running camp for all 6th-8th grade girls, Mon. - Thurs. Only:

Session #1 (June 12 - 29) No camp on Monday, June 19, 2023

Session #2 (July 10 - 27) No camp the week of July 3 - July 5 (Monday - Thursday)

Both sessions are 7:00 - 9:00 AM

\$50 per session

More information can be found on the OHS website:

<https://s3.amazonaws.com/pubtemp/live/content/oswego/documents/20230322105904.pdf>

Summer Running Suggestions:

This is a 12-week program designed to elevate your mileage slowly and build your fitness so you will be prepared for the fall cross-country season. The workouts are recommendations and can be adjusted to suit your individual needs.

TR cross-country coaches make the following suggestions with this plan:

- Keep a running journal (log your mileage and workouts).
- Consider some type of timer to monitor your times (you may wish to use an app that tracks your times and distance but that is optional)
- Attempt to avoid running on paved or concrete surfaces. Our current course is on grass.
- Follow our team's motto from last year, "Better Than Yesterday."

Review the suggested plan.

Remember, "Hustle and Heart, Set Us Apart."

Run!

Repeat.

Harder, more important workouts are emphasized with CAPITALS (Mondays, Wednesdays, Fridays, and Saturdays). The 40 to 45-minute easy runs between those harder days are for recovery; so don't push the pace at all on those days because you don't want to burn out. If you have to take a day off, make it one of these recovery days, not a harder day, if at all possible.

Easy: Recovery pace, not ridiculously slow; “talking” jog pace

Easy/Moderate: Relaxed, picking it up to a little faster than easy pace

Moderate: The pace you go when you are on a “regular run;” It’s not hard, just a decent enjoyable effort

Long: You will do one long run of a 30-minute + every week (usually Saturday). These runs are done at a relaxed pace, no faster than moderate effort. The long runs will make you strong, both physically and mentally.

Tempo: About 15 seconds slower than the one-mile pace. These runs are to be done on a flat course and the same pace be maintained throughout. Tempo workouts are the most important tool for improving your fitness and endurance. Also known as “Anaerobic Threshold Pace,” this run will raise the heart rate at which fatigue sets in. Basically, you can go harder for longer. This key workout is on Wednesdays.

Warm Up/Cool Down

Your standard warm-up for every run, including races, will be 5 to 15 minutes of easy pace. Follow the run with a quick series of dynamic stretches of major muscles and anything that needs it. For harder workouts, the warm-up and cool-down might be longer (20 minutes) and are not included in workout time. For easy runs, your warm-up and cool-down may be included in your total 45-minute run time, but make sure you stretch after 10-15 minutes and follow up with cool-down stretches. Strides and stretching after runs help prevent injury, so approach it as seriously as any other part of a workout. Stretch well after every training session.

XT: means “cross-training.” Examples of cross-training include but are not limited to, swimming, water running for 20-30 minutes (this is one of the best!!!), strength training upper body, core stability exercises, hiking, rollerblading, yoga, rock climbing, or any activity or sport that adds some zest to your workout week and breaks the boredom of your routine, yet targets an area that you have not been able to develop in your regular workouts. On XT days, avoid activities that can fatigue the calf muscles: stair machines, rowing machines, spinning, or leg strengthening exercises. These activities should be done on running days. (Source: Cross Country Running—J. Galloway, 2011).

Fartlek: Swedish for “speed play,” these workouts are for building your ability to vary pace when you need to. Putting on surges to break the competition as well as being able to respond to their attacks is an important part of racing. These workouts consist of timed bursts of near-race pace with about equal amounts of easy recovery running in between.

Hills: These workouts build strength and you will need it with the courses you race. Usually, hill work is done at close to race pace and is a fairly short, concentrated effort. They improve your agility (ability to change directions quickly), toughness (make those hills your best friend), and overall strength.

Repeats/Race Pace: These are run at the pace you have most recently run a 2-mile race or the pace you plan to run in the next one.

*All these paces can be adjusted with (+) or (-) to notate a middle range effort.

June 11 - June 30 ~ 3 weeks

Run 30 to 45 minutes easily, as you feel, 3 to 4 days a week. **Do not** exceed tempo (anaerobic threshold) pace. Rest between run days or do some cross-training (XT). Use this time to build your aerobic fitness base (remember, the better you build your base, the higher your potential). Run on dirt and/or grass and with a friend as often as possible. Walk whenever you feel winded. No huffing and puffing during the base-building phase. No sprinting. If you are breathing heavily at any point, slow down and take more walk breaks. Rapid breathing at the end of the run means that the pace needs to be reduced, from the beginning to the next run. After your run, log it, either in an app or on paper. Include the distance and/or time you ran, terrain, time of day and/or temperature, and how you felt about the run, noting anything uncomfortable or what felt good about it.

Keep in mind you have a lot of running ahead of you, so go easy and enjoy it!

July 1 - September 3 ~ 9 weeks

Hill Training:

Up Hill Running: Go up a hill smooth and steady. Don't charge up it. Only lean into the hill slightly. Don't hunch over. Crest the top of the hill and pick up the pace.

Down Hill Running: Go down a hill quickly, but in control. Don't run on your heels. Keep your chest upright. Don't lean too far forward. At the bottom of the hill, stay on your toes and use that forward momentum as long as you can.

Week #1 - 4 Days (July 2-8)

Mon - 40 to 50 mins easy conversational pace a.k.a. "talking" jog

Wed - 3 to 4 miles with 6 hills or so, moderate

Fri - 45 mins easy

Sat - LONG, 55 mins+, nice and easy "talking" jog

Week #2 - 5 Days (July 9-15)

Mon - 40 to 45 mins easy - easy/moderate

Wed - TEMPO RUN - 20 mins @ 30 sec/mile slower than race pace.

Long warm up & cool down.

Thurs - 40 to 45 mins easy + core strengthening exercises

Fri - 40 mins moderate with hills

Sat - LONG, 55 to 60 mins relaxed

Week #3 - 6 Days (July 16-22)

Mon - FARTLEK - Timed hard efforts mixed with slower recovery of similar time.

4 mins on (hard), 8 off (easy) x 4

Tues - 45 mins easy + core strengthening exercises

Wed - TEMPO RUN - 20 mins @ 30 sec/mile slower than the race pace.

Long warm up & cool down.

Thurs - 40 to 45 mins easy + core strengthening exercises

Fri - HILLS - 6 race pace +, 2 mile warm up and cool down

Sat - LONG, 60 mins relaxed

Week #4 - 6 Days (July 23-29)

Mon - FARTLEK, 5 min on, 5 min off x 4 sets

Tues - 40 mins easy + core strengthening exercises

Wed - TEMPO RUN - 20 mins @ 30 sec/mile slower than race pace.

Long warm up & cool down.

Thurs - 40 mins moderate pace + core strengthening exercises

Fri - HILLS - 6 race pace, continuous loops. Concentrate on form, technique, and cresting.

Sat - LONG, 60 mins relaxed + core

Week #5 - 6 Days (July 30-August 5)

Mon - FARTLEK, 1 min on, 1 min off x 15 sets. End with 2 min off, 3 min on.

Tues - 40+ mins easy + core strengthening exercises

Wed - 20 min TEMPO RUN w/ Long warm up & cool down.

Thurs - 40 to 45 mins easy/moderate pace + core

Fri - HILLS, 20 min warm up / cool down, then 6 to 8 x 200m OR 4 to 6 x 400m depending on the incline.

Sat - LONG, 65 to 70 mins easy/moderate as you feel + core

Week #6 - 6 Days (August 6-12)

Mon - FARTLEK, 3 min on, 3 min off / 1 min on, 1 min off x 5 sets, then 10 min on, 10 min off (60 minutes total)

Tues - 40 to 45 mins easy/moderate + core strengthening exercises

Wed - 3-mile TEMPO RUN, 2-mile cool down.

Thurs - 40 to 45 mins moderate + core strengthening exercises

Fri - REPEATS 3 x 1 mile, pushing hills OR 10 to 12 hill loops, continuous; long warm-up/down

Sat - LONG, 70 mins moderate on rolling trails

Week #7 - 6 Days (August 13-19)

Mon - FARTLEK, (33 minutes total) 3 min hard, 3 mins moderate

Tues - 40 to 45 mins easy + core strengthening exercises

Wed - 22 min TEMPO RUN, 10 x 100m strides on grass

Thurs - 40 mins easy + core strengthening exercises

Fri - HILLS, 8 to 10 continuous hill loops OR 6 to 8 loops of 204 stairs.

Finish with 6 mins moderate +

Sat - LONG, 60 to 70 mins easy as you feel + core

Week #8 - 6 Days (August 20-26)

Mon - REPEATS, 3 or 4 x mile at race pace on dirt course.

Tues - 45 mins easy + core strengthening exercises

Wed - 22 min TEMPO RUN w/ long warm up & cool down.

Thurs - 45 mins easy/moderate pace + core

Fri - HILLS, 20 min warm up / cool down, then 6 to 8 long hills

Sat - LONG, 75 to 80 mins easy, relaxed + core

Week #9 - 6 Days (August 27- September 2)

Mon - REPEATS, 3 or 4 x miles at race pace

Tues - 45 mins easy + core strengthening exercises

Wed - 22 min TEMPO RUN w/ Long warm up & cool down.

Thurs - 40 mins easy/moderate pace + core

Fri - FARTLEK, (33 minutes total) 3 min hard, 3 mins moderate

Sat - LONG, 75 to 80 mins easy, relaxed + core

