

## **JMM Girls Cross Country – 2020 Summer Training**

### **Introduction:**

Intelligent and consistent summer training is the foundation necessary for a successful fall cross country season. Careful and gradual increases in mileage and intensity over the summer are the keys for your success. For the most part, summer training is about building a foundation and a strong base, so we can gain fitness and minimize lower leg injuries while preparing your body for the daily demands of the season. The goal of summer running is to increase overall fitness and feel stronger as each week goes by.

### **Mileage and Activity:**

To the average JMM Cross Country athlete – 30-40 miles per week of activity sounds like a lot. However, with the combination of cross training, (biking, swimming, elliptical), this can be achieved with little risk for injury IF smart and gradual increases occur. Even if someone is brand new to the program or has been inactive for a long time, gradual increases in duration and intensity can get you to where you need to be. For example, from June 1<sup>st</sup> (first day of summer running), until the State Meet (last week in October), there are 22 weeks. If one simply added two miles per week of activity from the first week of summer running, an athlete's mileage could theoretically go from 2 to 40 miles in 20 weeks: 2,4,6,8,10,12,14,16,18,20,22,24,26,28,30,32,34,36,38,40...certainly doable IF you get going right away in June. Obviously, it would be nice to start in June with mileage in the 15-20 mile range and allow for an even slower, more consistent increase, and allow for some back down weeks during the season as intensity and races are added.

Problems can occur if the base summer foundation isn't established, and an athlete walks onto the team with no preparation. Walking in to five days of practice and a meet each week could be trouble IF you don't prepare.

Student-athletes will follow one of three attached plans. Gold, silver, or green. Plans are grouped based on experience, level of commitment and history of injuries. A student-athlete will run or complete activity to equal miles per week. "Activity" is equal to cross training for 12 minutes which will equate to 1 mile of running. So, if one runs 30 miles over five runs and bikes for one hour (60 minutes / 12 minutes/mile = 5 miles) twice that week that would be a 40 mile week.

The "**gold**" program is for the most dedicated, most experienced veterans, generally varsity and JV1 athletes with a minimal history of injuries, who prefer to challenge themselves daily. This group will max out at 40+ miles per week of activity (depending on the individual) during the season. Those in this group will need to begin summer running on June 1<sup>st</sup> and already be able to run 15-20 miles the first week.

The "**silver**" program is for dedicated veterans and first year athletes who are ready to accept a challenge, but may have a few scheduling conflicts over the summer months, may have a history of injuries, or just prefer a little lower overall mileage goal. Those in this group will max out at 35 miles per week in the season, need to begin summer running on June 1<sup>st</sup> and be able to run 10-15 miles the first week. Experienced incoming freshman can begin at this level if you desire.

The "**green/beginner**" program is for incoming freshman with no experience, veterans who are just beginning their running after a long layoff (no spring sport), those with a lower summer commitment level, or may be injury prone. Those in this group need to begin summer running on June 1<sup>st</sup>, but will not have to log any miles previously over the spring. This group will max out at 30 miles per week of activity.

### **Motivation**

Remind yourself daily that your summer training is the foundation for everything you will do this year. Find ways to stay motivated and connected with your teammates. Everyone has a different schedule for the summer, due to travel, or job commitments, but REMEMBER, the CC SEASON WILL NOT WAIT FOR

YOU! You need to find a consistent schedule that works for you that includes running or activity on most days, and a strength/flexibility routine. Get out of bed, grab your music and go, run alone, plan a run with smaller groups (when allowable) with similar schedules, JUST FIND A WAY TO BE ACTIVE.