

## 2022 OKC Storm Cross Country Preseason Information and Running Schedule/Training Log

**PRACTICES:** Official practices begin on Monday, July 18. We will meet on Mondays, Tuesdays and Thursdays until the competitive season starts in mid-August. We will not have a Thursday practice in a week when a meet is on Friday or Thursday. We practice at Mitch Park in the vicinity of Pavilion #3. From Covell Road, turn north into Mitch Park on Marilyn Williams Dr. If coming from Santa Fe, turn east onto Kitefest Lane. At the stop sign where Kitefest Lane and Marilyn Williams Dr. intersect, go east (downhill) to the circle turnaround. There is parking there if parents plan to stay. Pavilion #3 is just up the hill on the left. From July 19 through August 11, we will meet from 6:30-8:00 p.m. Beginning on August 15, practices will move to Mondays, Tuesdays and some Thursdays from 4:30-6:00 p.m.

**PRESEASON:** The goal of preseason is to give athletes a chance to build endurance before official practices begin in mid-July to lessen the risk of overuse injuries, which occur when doing too much running in a short time when the body and legs aren't used to it. The running schedule will help athletes accomplish this goal. Morning or evening running is highly encouraged as well as **drinking plenty of fluids throughout the day.**

**PLEASE STRETCH AT LEAST 5 MINUTES AFTER EVERY RUN!!**

**PRESEASON GROUP TRAINING:** Starting June 7, I will meet athletes who wish to run as a group at 7:00 a.m. at Mitch Park on Tuesdays and Thursdays. PLEASE ARRIVE PROMPTLY! If I am unavailable, I will request a parent to be present. A group run will be canceled if only one athlete or no parent is available. As time allows, I also will work in some conditioning/cross training. We'll finish between 7:45 and 8:00.

**BEGINNING RUNNERS:** Your goal is to start easy to avoid leg injuries, and the sooner the better. Try running 3-4 times a week at first, with a goal of going a mile even if you have to walk part of the time. When you can run a mile without walking (between 1-2 weeks), increase the distance to 1.5 miles, walking as little as possible. When you are comfortable with that distance, add another half mile and/or an extra day of running each week. The goal for middle school runners is to be comfortable running at least 3 miles without stopping by the time official practices begin in mid-July. The goal for high school runners is to run at least 4-5 miles comfortably by the time official practices begin.

**Additional fitness training:** A strong core is essential for a runner, and this is a good time to get those abs in shape. Other cross training type exercises and stretches are encouraged, such as lunges and squats for building leg strength. I will post on our GroupMe exercises you can use. You should do these at least twice a week.

**SHIN PAIN:** If you begin to experience shin pain, it is **best** to stop running for a day or two or three to let any inflammation and stress pain calm down. Generally "running through the pain" doesn't work and you can develop shin splints, which can lead to stress fractures. **ICE YOUR SHINS** twice a day for about 10-15 minutes. A bag of crushed ice works, but I recommend this easy method: Fill a number of small Dixie cups 2/3 full with water and freeze. Every time you need to ice, pull one out and tear away the top 1/3 of the cup. Hold it upside down and apply the ice directly to your shins. It will drip, so keep a towel underneath your leg. Additionally, strengthen and stretch your lower leg muscles 2-3 times of

day by doing toe raises and heel drops. For toe raises, gently and slowly rise up on your toes and lower back down 10 times. Repeat the set three times. For heel drops, stand with your toes on the edge of a curb or stair step and gently and slowly lower your heels until you feel a stretch. Hold for 10 seconds and then return to neutral position. Repeat three times. Calf stretches are also helpful. There are several ways to do this. For now stand arms-length away from a wall with your feet flat. Bend your arms keeping your heels flat on the ground until you feel a stretch. Hold for 15 seconds and then relax. Repeat three times.

**CALF PAIN:** If you are new to running or increasing your mileage, it is not uncommon for your calves or Achilles tendons to start to ache. If this occurs, STRETCH THE CALVES before, during and after running. Be especially careful if you feel pain in your Achilles since this overuse injury is very slow to heal if you continue running without stretching or resting as necessary. Stretch the calf by doing heel drops and calf stretches (see above). Toe raises will help strengthen the lower leg muscles. You also can ice after each run. If the pain is severe, STOP RUNNING!

### **Running Schedule/Training Log**

The following schedule is intended for athletes who are coming off the track season or who have been and/or are able to run at least several times a week already. The times listed are intended to be minimum times, but you may need to adjust to less time if you find running the required amount too taxing at first. If you are used to running longer distances, please feel free to do so with a goal of increasing your mileage each week by about 10%. Make a note each day of how far you run and then adjust each week accordingly. Also make a note of the time it took you to do each run. The better shape you are in, the more likely your pace will naturally increase.

### **Chart Terminology:**

**Easy Run:** about 55-65% effort; you should be capable of holding a conversation during the entire run.

**Long Runs:** easy run pace but a longer distance. It is critical that one run a week be a longer run to build endurance.

**Strides:** 10 second light, quick runs with 60 second recovery between each one

**Tempo Run:** The first and last 10% of your overall scheduled running time is an easy run. Build to a faster pace that you can maintain for the remaining 80% of your overall running time. The up-tempo pace will be at about 75% effort; you should be able to hold short conversations during this kind of run.

**Fartlek:** The first 10% of your total scheduled running time is an easy run. Then alternate quicker running paces and distances with jogging in between for the next 75% of your total running time. The rest of your running time will be easy running to cool down. As an example for the middle segment, you would run a short distance at a quicker pace (85% effort), jog a short distance, then run a longer distance at a moderate pace (75-80% effort) followed by a longer jog. You may choose to run by distance (example: 100 yards, 300 yards, ½ mile, mile, etc.) or for time (example: 30 seconds, 1 minute, 3 minutes, 8 minutes, etc.).

## RUNNING SCHEDULE/TRAINING LOG

SEE NOTE ABOVE FOR BEGINNING RUNNERS

MANDATORY -- 5-10 Minutes of Stretching after every run!

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Mileage Goal
<b>May 29- June 4</b>			10-15 min easy run Stretch	10-15 min easy run Stretch	Rest Ab work and cross training	20 min long run Stretch	10-15 min easy run Stretch	7-10 miles
<b>June 5- June 11</b>	Rest	10-15 min easy run Stretch	10-15 min easy tun Stretch	Rest Ab work and cross training	15-20 min easy run	Rest Ab work and cross training	20-25 min long run Stretch	8-11 miles
<b>June 12- June 18</b>	Rest	15-20 min easy run 6x Strides	15-20 min easy run	Rest Ab work and cross training	20 min easy run 6x Strides	Rest Ab work and cross training	25-30 min long run	10-12 miles
<b>June 19- June 25</b>	Rest	20-25 min easy run 6x Strides	25 min Tempo run	Rest Ab work and cross training	25 min easy run	25 min easy run 6x Strides	30-35 min long run	11-14 miles
<b>June 26- July 2</b>	Rest	25 min tempo run 6x Strides	25-30 min easy run	Rest Ab work and cross training	30 min Fartlek	25-30 min easy run 6x Strides	35-40 min long run	12-15 miles
<b>July 3- July 9</b>	Rest	30-35 min tempo run 6x Strides	30 min easy run	Rest Ab work and cross training	35 min Fartlek	30 min easy run	40 min long run	14-17 miles
<b>July 10- July 16</b>	Rest	30-35 min tempo run	30-35 min easy run 6x Strides	Rest Ab work and cross training	35 min Fartlek	35 min easy run	40-45 min long run	15-19 miles
<b>July 17- July 23</b>	Rest	<b>Practice</b>	<b>Practice</b>	30 min easy run	35 min Fartlek	Rest or 30 easy run	40-45 min long run	17-20 miles
<b>July 24- July 30</b>	Rest	<b>Practice</b>	<b>Practice</b>	35 min easy run	<b>Practice</b>	Rest or 30 minute easy run	45-50 min long run	18-20 miles