

2024 OKC Storm Cross Country Preseason Information & Running Schedule

PRACTICES: Official practices begin on Monday, July 15. 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. Until mid-August, our practice time will be from 6:30-8:00 p.m. Beginning August 12, practices will move to 4:30-6:00 p.m. on Mondays, Tuesdays and Thursdays. Most practices will be at Mitch Park in Edmond (off Covell between Santa Fe and Kelly), but we will occasionally meet at other locations where we can get in more hill work. Practice updates will be posted on our team GroupMe.

PRESEASON: The goal of preseason is to give athletes a chance to build endurance and conditioning 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 6, athletes who wish to work out as a group will meet at Oklahoma Christian University (just east of Memorial Road Church of Christ) from **6:30 – 8:30 a.m.** on Tuesdays and Fridays. PLEASE ARRIVE IN TIME TO START RUNNING AT 6:30! The group run will be followed by a conditioning session led by Coach Kendall Richardson, a certified personal trainer and avid runner. The focus will be on core strength, hip mobility, upper and lower body flexibility and overall strength. To assist Coach Richardson in his preparation, athletes must confirm their attendance the day before each workout through a poll posted on our GroupMe. The 6-week program cost is a flat rate fee of \$30 for the first athlete in a family, and \$50 for two or more. Our morning schedule will adjust when the regular season starts, but there will still be a conditioning component through July.

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, flexibility, and strength are essential for a runner. If you can't attend the pre-season group training, please use the posted **8-Week Off-Season Conditioning Program** to improve your strength and conditioning. Other cross training can be implemented as well, such as bicycling and using ellipticals.

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 a 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. Stand arms-length away from a wall with your feet flat. Bend your arms keeping your heels flat on the

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ground until you feel a stretch. Hold for 15 seconds and then relax. Repeat three times. If you bend your knee, you will feel a stretch more towards your ankle. Do both stretches!

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!**

SUMMER RUNNING SCHEDULE

The following schedule is intended for athletes who are coming off the track season and are lowering their mileage to rest, or those who have been and/or are able to run at least several times a week already and several miles at a time. 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%.

ACCOUNTABILITY: We use the **Strava app** (find our group “OKC Storm”) to help you keep track of your mileage, and to help me monitor your running. You can manually enter your information if you don’t have a compatible watch. 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
May 26 - June 1	Rest	15-20 min easy run Ab work	15-20 min easy run	Rest Ab work and cross training	15-20 min easy run	Rest Ab work and cross training	20-25 min long run	10-15 mi
June 2 - June 8	Rest	15-20 min easy run Ab work	15-20 min easy run	Rest Ab work and cross training	15-20 min easy run	Rest Ab work and cross training	20-25 min long run	10-15 mi
June 9 - June 15	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	12-17 mi
June 16 - June 22	Rest	20-25 min easy run 6x Strides	20 min tempo run	Rest Ab work and cross training	20 min easy run	20-25 min easy run 6x Strides	30 min long run	14-18 mi
June 23 - June 29	Rest	25 min tempo run 6x Strides	25-30 min easy run	Rest Ab work and cross training	30min Fartlek	25-30 min easy run	30-40 min long run	15-20 mi
June 30 - July 6	Rest	30 min tempo run 6x Strides	30-35 min easy run	Rest Ab work and cross training	35 min Fartlek	30-35 min easy run	40-45 min long run	17-23 mi
July 7 - July 13	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	19-25 mi
July 14 – July 20	Rest	Practice	Practice	30 min easy run	Practice	30 min easy run	40-45 min long run	20-27 mi
July 21 – July 27	Rest	Practice	Practice	35 min easy run	Practice	30 min easy run	45-50 min long run	20-30 mi