

2020 OKC Storm Cross Country Preseason Information and Running Schedule/Training Log

The goal of preseason running is to give the athlete a chance to build enough endurance before official practices begin in mid-July to avoid (as much as possible) overuse injuries, which occur when doing too much running in a short time when the body and legs aren't used to it. It also will be hot and practices are intense, so preseason running helps the athlete build heat tolerance. 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!!**

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. I will post exercises you can use. You should do these 2-3 times 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 might 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 you try this easy method: Fill a number of Dixie cups 2/3 full with water and freeze. Every time you need to ice, pull one out and tear down 1/3 of the cup's top edge so that you can hold it upside down and apply the ice directly to your shins. It will drip so unless you're outside, 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 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 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. One way is to 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 10 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 ache. If this occurs, **STRETCH THE CALVES OFTEN** before, during and after running. Be especially careful if you feel pain in the Achilles because this overuse injury is very slow to heal if you continue running without stretching or resting if necessary. Stretch the calf by doing heel drops and calf stretches (see above). Toe raises will help strengthen the lower leg muscles. .

Running Schedule and Training Log

The Running 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 to 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%. Use the schedule as a training log. Make 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. Keeping track of your time will allow you to try increasing your pace over time.

BEGINNING RUNNERS: Your goal is to start easy to avoid leg injuries. 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. Once you can run a mile without walking, increase the distance to 1.5 miles even if you have to walk a bit. When you are comfortable with that distance, try adding another half mile and/or an extra day of running each week. Gradually increase distance and/or days as you progress. You can track your progress on the training log.