

2021 OKC Storm Cross Country Preseason Information and Running Schedule/Training Log

PRACTICES: Official practices begin on Monday, July 19. We will meet on Mondays, Tuesdays and Thursdays until We meet 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. Cross the foot bridge, and Pavilion #3 is just up the hill on the left. From July 19 through August 12, we will meet from 6:30-8:00 p.m. Beginning on August 16, practices will move to Mondays and Tuesdays from 4:30-6:00 p.m.

PRESEASON: 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!!**

PRESEASON GROUP TRAINING: If there is enough interest, starting June 8 I will meet any athlete who wants to run as a group at 7:00 a.m. at Mitch Park on Tuesdays and Thursdays. After running, I will hold a conditioning/cross training session as well. Total time will be about 45 minutes. I would consider starting at 6:30 a.m. if that helps parents.

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 become comfortable with that distance, try adding another half mile and/or an extra day of running each week. Goal for middle school runners is to be comfortable running 2-3 miles without stopping by the time official practices begin in mid-July. The goal for beginning high school runners is to run 3-4 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 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 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 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 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. 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 as necessary. Stretch the calf by doing heel drops and calf stretches (see above). Toe raises will help strengthen the lower leg muscles.

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%. To do this, 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.

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: 10-15 second light, quick runs with 60 second recovery between each one

Tempo Run: start off as an easy run for about 10% of your overall scheduled running time, build to a faster pace that you can maintain for about 75% of your overall running time at about 75% effort, followed by easy running for about 15% of your running time. You should be able to hold short conversations during this kind of run.

Fartlek: start off as an easy run for about 10% of your total scheduled running time, then alternate quicker running paces and distances with jogging in between. This segment should be 75% of your total run time. End with easy running to cool down for about 15% of your total running time. As an example for your middle segment of running, run a short distance at a quicker pace (80-85% effort), jog for a short distance, then run a longer distance at a moderate pace (70-80% effort). You can choose to run set distances (example: 100 yards, 300 yards, ½ mile, mile, etc.) or for set times (example: 30 seconds, 1 minute, 3 minutes, 8 minutes, etc.).

TRAINING LOG

SEE NOTE ABOVE FOR BEGINNING RUNNERS.

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

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Mileage Goal
June 1- June 5			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
June 6- June 12	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
June 13- June 19	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
June 20- June 26	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
June 27- July 3	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
July 4- July 10	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
July 11- July 17	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
July 18- July 24	Rest	Practice	Practice	30 min easy run	35 min Fartlek	Rest or 30 easy run	40-45 min long run	17-20 miles
July 25- July 31	Rest	Practice	Practice	35 min easy run	Practice	Rest or 30 minute easy run	45-50 min long run	18-20 miles