



DR. JOAQUÍN GARCÍA

HIGH SCHOOL



CROSS COUNTRY

The key to team success in Cross County is **summer training** (*trials of miles!*). The main goal in the summer is to **safely accumulate** as much mileage as possible in order to increase your aerobic fitness. This will have us ready for the fall season. Summer is by far the easiest and best time to transition into Cross Country. We must be dedicated in the summer to give ourselves an opportunity to be successful when the season comes.

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Coach Callahan's e-mail: ryan.callahan@palmbeachschools.org

Feel free to email with any questions or concerns. I look forward to seeing everyone in the fall.

More information on the team is available on our Google Classroom page.

Google Classroom Code: j3fvpsj

Remind - text @dgxc25 to #81010

Team Summer Goals:

- **Consistency** is the key to being successful in running. I define consistent running as 5 – 6 days a week of running.
- **Returning Runners:** See summer workout schedule. Need to be consistent and ready for the tryout opportunities.
- **New Runners:** See new runners schedule and follow up to 5 days a week. We want to work up to the 6 days of running a week before we start the season.
- **Tryout(s):** We will have a 2 time trials, dates are TBD (To Be Determined)
 - **Standards:**

	1600m	3200m
BOYS –	9:00	18:00
GIRLS –	10:00	20:00

- **Run with Teammates / Friends:** It will make the team better if we are all working together. Make a date to run with a teammate/teammates over the summer. Pick different locations and times. Mid-day runs should be avoided. Early morning runs or dusk runs, NOT in the middle of the day during the hottest times of the day.
- ▮ **Veterans: One long run each week is required! (*this is a 6 – 12 mile run*):** Needs to be about 25% - 30% of the week's total mileage.
- ▮ **Outwork our competition:** The hardest working team tends to be the better team, year in and year out. We need to be the hardest working team, if we plan on achieving our goals for the upcoming season.

IMPORTANT:

***** MUST HAVE ATHLETIC PACKET COMPLETED ON AKTIVATE BY 1st DAY OF TRYOUTS. *****

***** NO PACKET ON AKTIVATE = NO PRACTICE!!! *****

Summer Mileage Goals (TRIALS OF MILES!): 12-week summer (May 19 - August 10th)

Summer workout calendar for returning runners: **EXPERIENCED RUNNERS (2-3 YEARS)**



<u>WEEK:</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
1 - (May 19-25)	3-4 miles	1-circuit 3-4 miles	4-5 miles	2-circuit 3-4 miles	4-5 miles	5-7 miles	OFF DAY
2 - (May 26-June 1)	3-4 miles	1-circuit 3-4 miles	4-5 miles	2-circuit 3-4 miles	4-5 miles	5-7 miles	OFF DAY
3 - (June 2-8)	3-5 miles	1-circuit 3-4 miles	4-5 miles	2-circuit 3-4 miles	4-5 miles	5-7 miles	OFF DAY
4 - (June 9-15)	3-5 miles	1-circuit 3-5 miles	5-6 miles	2-circuit 3-5 miles	4-5 miles / cross training = bike/swim/etc.	5-7 miles	OFF DAY
5 - (June 16-22)	3-5 miles	1-circuit 3-5 miles	5-6 miles	2-circuit 3-5 miles	4-5 miles/ cross training = bike/swim/etc.	6-8 miles	OFF DAY
6 - (June 23-June 29)	3-5 miles	1-circuit 3-5 miles	12 x 400m (2:00) @ 8:00 pace w/ 1:00 recovery pace	2-circuit 3-5 miles	4-5 miles/ cross training = bike/swim/etc.	6-8 miles	OFF DAY
7 - June 30- July 6)	4-6 miles	1-circuit 4-6 miles	8 x 600m (3:00) @ 8:00 pace w/ 3:00 recovery pace	2-circuit 4-6 miles	4-6 miles/ cross training = bike/swim/etc.	6-8 miles	OFF DAY
8 - (July 7-13)	4-6 miles	1-circuit 5-6 miles	5 x 1,000m (5:00) @ 8:00 pace w/ 3:00 recovery pace	2-circuit 5-6 miles	5-6 miles/ cross training = bike/swim/etc.	8-10 miles	OFF DAY
9 - (July 14-20)	4-6 miles	1-circuit 5-7 miles	4 x 1,200m (6:00) @ 8:00 pace w/ 3:00 recovery pace	2-circuit 5-7 miles	4-6 miles/ cross training = bike/swim/etc.	8-10 miles	OFF DAY
10 - July 21-27)	4-6 miles	1-circuit 5-7 miles	6 x 1 mile @ 8:00 pace w/ 3:00 recovery pace	2-circuit 5-7 miles	4-6 miles/ cross training = bike/swim/etc.	8-12 miles	OFF DAY
11 - July 28-Aug. 3)	6-8 miles	1-circuit 5-7 miles	6-8 miles	2-circuit 5-7 miles	4-6 miles/ cross training = bike/swim/etc.	8-12 miles	OFF DAY
12 - August 4-10)	6-8 miles	1-circuit 5-7 miles	6-8 miles	2-circuit 5-7 miles	4-6 miles/ cross training = bike/swim/etc.	8-12 miles	OFF DAY

Summer workout calendar for new runners: **NEW RUNNERS (1st YEAR)**



WEEK:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 - (May 19-25)	3-4 miles	1-circuit 3-4 miles	3-4 miles	2-circuit 3-4 miles	3-4 miles	3-4 miles	OFF DAY
2 - (May 26-June 1)	3-4 miles	1-circuit 3-4 miles	3-4 miles	2-circuit 3-4 miles	3-4 miles	3-4 miles	OFF DAY
3 - (June 2-8)	3-4 miles	1-circuit 3-4 miles	3-4 miles	2-circuit 3-4 miles	3-4 miles	4-5 miles	OFF DAY
4 - (June 9-15)	3-5 miles	1-circuit 3-5 miles	3-5 miles	2-circuit 3-5 miles	4-5 miles / cross training = bike/swim/etc.	4-5 miles	OFF DAY
5 - (June 16-22)	3-5 miles	1-circuit 3-5 miles	3-5 miles	2-circuit 3-5 miles	4-5 miles/ cross training = bike/swim/etc.	4-6 miles	OFF DAY
6 - (June 23-June 29)	4-5 miles	1-circuit 3-5 miles	8 x 400m (2:00) @ 8:00 pace w/ 1:00 recovery pace	2-circuit 3-5 miles	4-5 miles/ cross training = bike/swim/etc.	4-6 miles	OFF DAY
7 - June 30- July 6)	4-6 miles	1-circuit 4-5 miles	4 x 600m (3:00) @ 8:00 pace w/ 3:00 recovery pace	2-circuit 4-5 miles	4-5 miles/ cross training = bike/swim/etc.	5-6 miles	OFF DAY
8 - (July 7-13)	4-6 miles	1-circuit 4-5 miles	5 x 1,000m (5:00) @ 8:00 pace w/ 3:00 recovery pace	2-circuit 4-5 miles	4-5 miles/ cross training = bike/swim/etc.	6-8 miles	OFF DAY
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11 - July 28-Aug. 3)	6 miles	1-circuit 5-6 miles	5-6 miles	1-circuit 5-6 miles	4-6 miles/ cross training = bike/swim/etc.	6-10 miles	OFF DAY
12 - August 4-10)	6 miles	1-circuit 5-6 miles	6 miles	1-circuit 5-6 miles	4-6 miles/ cross training = bike/swim/etc.	8-10 miles	OFF DAY



Cross Country

CIRCUITS - BULLDOGS - 1:00 each w/ :30 rest

DAY 1:

1. Prisoners squats
2. V-ups
3. Walking push-ups
4. Forward lunges
5. Leg lifts
6. Rotational push-ups
7. S/L toe touch
8. Push-ups
9. Squat jumps
10. Windshield wipers
11. Spiderman push-ups
12. Plank
13. Side plank(s)

DAY 2:

1. Running sit-ups
2. Plank push-ups
3. Running squat jumps
4. Killer sit-ups (10 each)
5. Rotational push-ups
6. Lateral lunges
7. V-ups
8. Walking push-ups
9. S/L toe touch
10. Leg kicks – straight leg
11. Push-ups
12. Plank
13. Side plank(s)

DYNAMIC STRETCHES: (10-15m)

- Knee hugs w/ twist
- Ankle grabs
- High knee jog
- Butt kick jog
- A-Skip
- B-Skip
- C-Skip
- D-Skip
- Backwards running
- Straight leg kick
- Lateral lunges
- High Knee Karaoke (R/L)
- Ankling —> High Knees w/ arm action (building up throughout)
- Lateral skips (R/L)
- Best stretch ever
- Skip with arm rotation

Strength Training for Runners

4 Day Split: 2 – 3 Sets with 10 – 12 Reps for Each Exercise

- **Monday** – Upper Body
 - **Tuesday** – Lower Body
 - **Wednesday** – Off
 - **Thursday** – Upper Body
 - **Friday** – Lower Body
 - **Sat. & Sun. Rest**
- (Core exercises are done during both upper and lower days)

Lower Body Exercises:

- Squats or Leg Press
- Calf Raise
- Leg Curl
- Lunges
- Straight Leg Deadlift

Upper Body Exercises:

- Chest Press
- Dumbbell Rows
- Shoulder Shrugs
- Bicep Curls
- Tricep Extension

Core Exercise:

- Superman
- Hip-ups
- Sit-ups or Crunches (Sit-up Board)

Why Weight Train If I'm a Runner?

There are three good reasons why those who consider themselves distance runners obtain a sizable level of general strength in both the legs as well as the upper body.

1. A longer run, or a more difficult run, can be managed easier with sufficient strength throughout the body.
2. Greater muscular strength decreases the risk of joint injury or overuse strain by minimizing stress of the bones, ligaments, tendons, or cartilage.
3. A progressive resistance exercise program helps strengthen these connective tissues, making the entire support system more durable.

Studies have recently shown that a strength training program of at least six weeks can significantly reduce or completely relieve kneecap pain or “runner's knee.” Strength training can also reduce the recurrence of many other common injuries, including hip or lower back pain. With the addition of weight training to a runner's workout, when injuries occur they are often less severe.

Important Tips

1. Work the muscles throughout their full range of movement so that strength gains occur in the full range of motion.
2. Allow adequate time between training sessions for recovery and physiological adaptation to occur.
3. Challenge your muscles! You must place greater than normal demands on the existing musculature for desired increases in strength to occur.

Lower Body Exercises:

Leg Press / Squat



The leg press when performed properly will strengthen most of the major muscles of the legs. Concentrate on proper form by placing your feet shoulder-width apart, toes pointing straight forward, and knees in alignment over your toes. When lowering the weight, keep your head and chest up (during the squat), and keep a tight stomach and lower back (engage the core throughout). When extending the weight back to the starting position, ***do NOT forcefully lock out the knees.***

Calf Raise



This exercise can be done in a number of ways. Standing on a step, or using some sort of platform and a dumbbell as shown above, are just a couple. Lower your heel until fully extended on the way down, and then slowly raise your heel up by pushing off of your big toe.

Leg Curl



Place your ankles behind the roller pads. Raise the roller pad by fully flexing your legs, while keeping your hips pressed firmly against the pad in which you're lying upon. There are handles under the pad for you to grasp with your hands.

Dumbbell Lunge



Stand with one leg in front of you and one leg behind you. While holding a dumbbell in each hand, slowly sink your hips straight down towards the ground and keep your head and chest up with good posture. Make sure you don't lean forward placing pressure upon the front knee. Raise your body back to the starting position when your lower knee reaches a few inches above the floor.

Straight Leg DeadLift



Stand tall with a dumbbell in each hand. Lower the weights as if you are going to touch your toes with them while keeping legs straight, but **do NOT lock out your knees!** You should feel a good stretch in your hamstrings. Go down to about the middle of your shins and then raise your upper body back to a standing tall position.

Upper Body Exercises:

Dumbbell Bench Press



Lying flat on a bench, evenly lower the dumbbells to a point slightly above your chest. Then slowly press the dumbbells straight up in a controlled lift.

Dumbbell Row



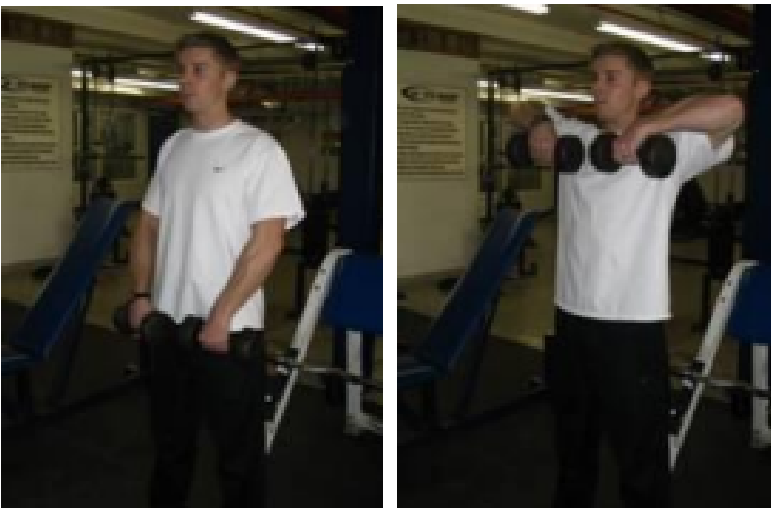
Holding a dumbbell in each hand, bend forward at the hips while keeping your back straight. Pull the dumbbells up to the torso level squeezing your shoulder blades together and then slowly lower the dumbbells back down.

Shrug



This exercise can be done with dumbbells, a straight bar, a cable, or on a machine as shown. Start by relaxing your shoulders as much as possible. Then raise your shoulders up as high as possible while keeping your arms straight. Imagine trying to pinch your ears with your shoulders. There is no need to roll your shoulders forward or backwards.

Dumbbell Upright Row



Standing tall with a dumbbell in each hand, raise the dumbbells by pulling up with your shoulders. Keep your elbows out and the dumbbells close to your torso. Pull the dumbbells as high as your collar bones, and then lower the weight back to the starting position.

Dumbbell Bicep Curl

Stand up or sit on a bench with a dumbbell in each hand. With your palms facing forward curl the dumbbells at the same time or one arm at a time, you choose. Keep your elbows stationary against your side. ***Do not sway your upper body to assist with the curl.*** Then lower the dumbbells slowly to the starting position.

Triceps Extension (Rope)

Stand with your feet shoulders-width apart and your knees slightly bent. Your upper body should be parallel with the extended cable, so bend forward at the hips slightly. Keeping your elbows stationary against your side, extend your arms to a straight position. Return your arms back to the starting position but do not let your elbows move away from your sides.

Core Exercises:

Superman

While lying flat on your stomach, raise one arm up towards the ceiling and at the same time raise the opposite leg towards the ceiling. Alternate each arm and leg as if you're swimming in a pool. This exercise will strengthen the core from the upper back to the lower back.

Hip-Ups / Bridge

With your feet over your hips, slowly raise your feet in the air using your abdominal muscles. Try not to use momentum to lift your feet up. Also don't let your feet get over your face, your hips will roll off the mat without the use of your abs (this takes the purpose out of the exercise).

Sit-ups or Crunches

With your feet stationary, crunch your torso towards your knees as with a full sit-up, or raise your torso towards the ceiling if doing a crunch. The full sit-up will strengthen the hip flexors in addition to the abdominals (strong hip flexors are very important to those who run).

NEW RUNNERS (12 Week Training Plan)

WEEK:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Easy + dynamics 2 miles	Easy run 1-circuit 1-2 miles	REST DAY	Easy run 1-circuit 1-2 miles	REST DAY	Easy + dynamics 3-4 miles	OFF DAY
2	Easy + dynamics 2 miles	Easy run 1-circuit 1-2 miles	REST DAY	Easy run 1-circuit 1-2 miles	REST DAY	Easy + dynamics 3-4 miles	OFF DAY
3	Easy + dynamics 2 miles	Easy run 2 X circuit 1-2 miles	REST DAY	Easy run 2 X circuit 1-2 miles	REST DAY	Easy + dynamics 3-4 miles	OFF DAY
4	Easy + dynamics 3 miles	Easy run 1-circuit 2-3 miles	REST DAY	Easy run 1-circuit 2-3 miles	REST DAY	Easy + dynamics 3-4 miles	OFF DAY
5	Easy + dynamics 3 miles	Easy run 2 X circuit 2-3 miles	REST DAY	Easy run 2 X circuit 2-3 miles	REST DAY	Easy + dynamics 3-4 miles	OFF DAY
6	Easy + dynamics 4-5 miles	Easy run 2 X circuit 2-3 miles	REST DAY	Easy run 2 X circuit 2-3 miles	Rest Day OR cross training (active)	Easy + dynamics 3-4 miles	OFF DAY
7	Easy + dynamics 4-5 miles	Easy run 2 X circuit 2-3 miles	REST DAY	Easy run 2 X circuit 2-3 miles	Rest Day OR cross training (active)	Easy + dynamics 3-4 miles	OFF DAY
8	Easy + dynamics 5 miles	Easy run 2 X circuit 3-4 miles	REST DAY	Easy run 2 X circuit 3-4 miles	Rest Day OR cross training (active)	Easy + dynamics 5 miles	OFF DAY
9	Easy + dynamics 5 miles	Easy run 2 X circuit 3-4 miles	REST DAY	Easy run 2 X circuit 3-4 miles	Rest Day OR cross training (active)	Easy + dynamics 5 miles	OFF DAY
10	Easy + dynamics 5 miles	Easy run 2 X circuit 3-4 miles	REST DAY	Easy run 2 X circuit 3-4 miles	Rest Day OR cross training (active)	Easy + dynamics 5 miles	OFF DAY
11	Easy + dynamics 5-6 miles	Easy run 2 X circuit 3-4 miles	REST DAY	Easy run 2 X circuit 3-4 miles	Rest Day OR cross training (active)	Easy + dynamics 5-6 miles	OFF DAY
12	Easy + dynamics 5-6 miles	Easy run 2 X circuit 3-4 miles	REST DAY	Easy run 2 X circuit 3-4 miles	Rest Day OR cross training (active)	Easy + dynamics 5-6 miles	OFF DAY