2024
Chattahoochee HS

XC

Summer training program

Defending Boys State Champions
Girls' 4th Place in State

22 Hours

May Monster training 2024
May 6th - May 26th

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6th	7th	8th	9th	10th	11th	12th
3-4 miles	OFF	4-5 miles	4-5 miles	OFF	6-7 miles	4 miles
13th	14th	15th	16th	17th	18th	19th
4-5 miles	OFF	5-6 miles	4-5 miles	OFF	8 miles	4 miles
20th	21st	22nd	23rd	24th	25th	26th
5-6 miles	OFF	6-7 miles	5-6 miles	OFF	10 miles	4 miles

Returning runners can add mileage by doing 2 runs on Mondays and Thursdays. Add a 5 miler on those days to build up a solid base.

New runners use the lower numbers for your mileage and take an extra day off to start for the first 2 weeks, then add that day back the next week.

These are base miles to get ready for summer training. Do these miles based on how you feel.

At some point during at least 3 runs during the week you should pick up your pace.
You can also do some of these runs as build-ups. Start slowly and then as you warm up pick up the pace. That is the way you want to race in the Fall.
You can also do an out-and-back run and try to come back faster than you went out.
Feel free to text or call with any questions or concerns. I am here for you whether we are together or not.

Coach Morris
678 458 4495
Morris1@fultonschools.org
22 Hours Tough

2024 Cougar Summer XC Training
June 3rd -August 4th 2024

June 3rd - 1st day of official summer practice. The weekly schedule will be as follows:
- **Mondays 3:00 PM** will be at Webb Bridge Park. Team practice. Coach led.
- **Tuesdays 8:00 AM** will be at the CHS track. Team practice. Coach led.
- **Tuesdays 5:00 PM** starts at Cambridge subdivision clubhouse. Senior leaders led.
- **Wednesdays 8:00 AM** starts in front of Crunch Fitness (near Egg Harbor Café). Coach led.
- **Thursdays** OFF or cross train.
- **Fridays 8:00 AM** will be at Rock Mill Park. Senior leaders led.
- **Saturdays** will be at the various locations listed (attached). Coach led

June 3rd– June 29th

	Mon	Tue	Wed	Thursday	Fri	Sat	Sun
AM	3-4 Easy	3-5 Strength	4-5 Speed	Off	3-5 moderate Senior Leader	8-14 easy	5-7 or off
PM	4-6 Tempo	4-5 Moderate Sr. Leader	Off	OFF	3-5 easy or Sr Leader	OFF	

July 1st -July 7th Dead Week. No official practice due to GHSA rules.

July 8th– July 28th

	Mon	Tue	Wed	Thursday	Fri	Sat	Sun
AM	4-6 Easy	4-6 Strength Plyos	4-6 Speed Hills	Off	4-5 moderate Senior Leader	8-14 easy	5-7 easy
PM	5-7 Tempo	4-6 Moderate Sr Leader	Off	Off	4-6 Easy Sr Leader	OFF	OFF

Jul 29th	5-7 moderate
July 30th	4-6 Moderate
July 31st	OFF
Aug 1st	5-7 Moderate
Aug 2nd	OFF
Aug 3rd	4-6 Tempo
Aug 4th	8-12 Cut Down
August 5th	1st day of official Try outs. 3:50 PM at the track. 22 hours tough all summer.

Winning isn't everything but working towards it is. Let's go to work.
Coach Morris 678-458-4495
morris1@fultonschools.org

2024 Summer Long Run Schedule

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June 8   YMCA Greenway   7:30 AM

June 15   Union Hill Greenway (Skate Park)   7:30 AM
                1590 Little Pike Trail, Alpharetta 30005

June 22   Bethelview Rd Trail head Big Creek   7:30 AM
                5120 Bethelview Rd Cumming , Ga 30040

June 29   Kennesaw Mt. (Cheatum Hill trailhead)   8:00 AM

July   6   Dead Week

July 13   YMCA Greenway   7:30 AM

July 20   Halcyon Trail head Big Creek   7:30 AM
                6265 Cortland Walk, Alpharetta 30005

July 27   Union Hill Greenway   7:30 AM
                5256 Union Hill RD

August 3   Alumni Run (Chattahoochee Track)   8:00 AM
                Followed by breakfast at Alumni Pavilio.

Kennesaw MT run meet at Chattahoochee at 7:00 AM and car pool to Cheatum Hill trailhead parking lot.

All runs we will meet at the site of the run at the time listed.

Summer reward program 2024

If you work 100% this summer, you will be rewarded in many ways.
- You will be in great shape and ready to start the season.
- You will be rewarded by knowing that you are a great teammate and have done your best to help your team when the season starts in the fall.
- You will also be rewarded with a 100% Summer T-shirt that will only be given out to the people that follow the 100% plan this summer. The shirts will be one-of-a-kind and when you wear them you will know that you earned it and your teammates will know they can count on you. The following is the only way you can earn the 100% Summer T-shirt:
  o Track your runs in our Strava club. This should include how much you ran that day and anything else that you think I need to know. Our Strava club is: Chattahoochee HS XC. The club is private to just Chattahoochee members. You put in your running information each day and you can see how the whole team is doing and monitor your progress.
  o I will check your progress by Sunday of each week. This will begin with the week ending Sunday June 9, 2024 and end Sunday July 28, 2024.
  o Even if you are at practice with the team, you must still put your information into Strava.
  o You do not need to be at the team practice to get credit for your summer training. However, if you are in town, you are expected to be at summer practice with the team.
  o Your weekly mileage needs to be at least 25 miles a week or more to be considered for the summer reward.
  o This is on the honor system. I trust what you say and what you put in Strava.

At the end of the summer, we will have a summer auction of cool running gear and vintage Chattahoochee gear. The way this works is that I will track your miles through Strava and each mile will be given a dollar value that can be used to purchase the gear at the Coach's breakfast at the end of the summer. The more miles you have, the more you can bid on at the auction.

Good luck this summer getting ready for the upcoming season.

Remember   100% summer. No regrets in the Fall.

Coach Morris
morris1@fultonschools.org
678 458 4495

RankOne

https://fultoncountyschools.rankone.com/New/NewInstructionsPage.aspx

The parent and student need to submit or update several forms and request to join the 2024-2025 cross-country team. It is the policy of Fulton County Schools that all of these have to be processed and approved before the athlete can participate in any practices, including summer practices, so please complete this as soon as possible. Thanks!