



## West Collierville Middle School Cross Country Summer 2021 Training Plan

Hello, West Dragons!

We are excited about another great Cross Country season with you! This \*Optional\* Summer At-Home Training Plan will help you get ready for the fall Cross Country season!

Please note a few things:

\*\*If your training plan says to run at an “Easy Pace”, you should run at a steady pace, like a jog. If you’re running with a partner, you should be able to talk comfortably with them. If your plan says to run at “Race Pace”, then you should run much faster, like you would in a race. The goal of summer training is to build your endurance. We will add speed work in the fall.

\*\*If your running shoes are at least a year old, you might want to invest in a decent, quality, new pair of running shoes (approximately \$70-\$110). Running stores like **Break Away Shoes** (<http://breakawaymemphis.com>), **Fleet Feet** (<https://fleetfeetsports.wordpress.com>), **New Balance** (<http://stores.newbalance.com/memphis/default.aspx>) have experienced staff that can help you find a good fit and a quality pair of running shoes. Please have proper shoes for fall practices.

\*\*You will need something to keep time with (a watch would be better for running than a phone.)

\*\*Please drink **PLENTY** of water. Check the heat index every day at the time you want to practice. A heat index of 104 is too hot. Don’t run!

\*\*Remember to log your miles on the Mileage Log (attached), including your distances, your times, and recording how often you did your workouts. You will turn this in to Coach Webber in August. There will be prizes!

\*\*Reach out with any questions, and have fun getting ready for Cross Country at WCMS!

Coach Webber ~ [swebber@colliervilleschools.org](mailto:swebber@colliervilleschools.org)

Coach Thrasher ~ [cthramer@colliervilleschools.org](mailto:cthramer@colliervilleschools.org)

## **SUGGESTED TRAINING SCHEDULE FOR SUMMER (WEEKS 1 – 10):**

### **WEEKS 1 and 2**

#### **Running 2 or 3 days a week:**

**Warm up:** Run at an Easy Pace for 5 minutes.

**Stretch:** Frankenstein, scoops, tail kicks, high knees, open the gate

**Practice:** Run at an Easy Pace for 5 minutes, Walk for 1 minute. Run at Race Pace for 5 minutes.

**Cool Down:** Run at an Easy Pace for 5 minutes. Repeat 1 time.

**Static stretch:** Calves, hamstrings, runners lunge, quads (See pictures below for how to do stretches)

#### **Conditioning 2 or 3 days a week - Perform 2 sets:**

30 second plank (x2)

10 push ups (x2)

Wall Sit for 30 seconds (x2)

### **WEEKS 3 and 4:**

#### **Running 3 or 4 Days a week:**

**Warm up:** Run at an Easy Pace for 5 minutes.

**Stretch:** Frankenstein, scoops, tail kicks, high knees, open the gate.

**Practice:** Run at an Easy Pace for 5 minutes, walk for 1 minute. Run at Race Pace for 7 minutes, Walk for 2 minutes, Run at Race Pace for 7 minutes.

**Cool Down:** Run at an Easy Pace for 5 minutes. Repeat 1 time.

**Static stretch:** Calves, hamstrings, runners lunge, quads (See pictures below for how to do stretches)

#### **Hill Work 1 Day this week:**

**Warm up:** Run at an Easy Pace for 5 minutes.

**Stretch:** Frankenstein, scoops, tail kicks, high knees, open the gate

**Practice:** Run at an Easy Pace for 10 minutes. FIND A HILL. Run up the Hill (repeat 7X) with a one-minute break in between.

**Cool Down:** Run at an Easy Pace for 10 minutes.

**Static stretch:** Calves, hamstrings, runners lunge, quads (See pictures below for how to do stretches)

#### **Conditioning 2 days this week -- Perform 2 sets:**

1 minute plank (x2)

15 push ups (x2)

Wall Sit for 1 minute (x2)

### **WEEKS 5 and 6**

#### **Running 3 or 4 Days a week:**

**Warm up:** Run at an Easy Pace for 5 minutes.

**Stretch:** Frankenstein, scoops, tail kicks, high knees, open the gate.

**Practice:** Run at an Easy Pace for 8 minutes, walk for 1 minute. Run at Race Pace for 8 minutes, Walk for 2 minutes, Run at Race Pace for 8 minutes.

**Cool Down:** Run at an Easy Pace for 5 minutes. Repeat 1 time.

**Static stretch:** Calves, hamstrings, runners lunge, quads (See pictures below for how to do stretches)

#### **Hill Work 1 Day this week:**

**Warm up:** Run at an Easy Pace for 5 minutes.

**Stretch:** Frankenstein, scoops, tail kicks, high knees, open the gate

**Practice:** Run at an Easy Pace for 10 minutes. FIND A HILL. Run up the Hill (Repeat 8X) with a one-minute break in between.

**Cool Down:** Run at an Easy Pace for 10 minutes.

**Static stretch:** Calves, hamstrings, runners lunge, quads (See pictures below for how to do stretches)

**Conditioning 2 days this week -- Perform 2 sets:**

1 minute plank (x2)

20 push ups (x2)

Wall Sit for 1 minute (x2)

**WEEKS 7 and 8:**

**Running 4 or 5 Days a week:**

**Warm up** at an Easy Pace for 5 minutes.

**Stretch:** Frankenstein, scoops, tail kicks, high knees, open the gate.

**Practice:** Run at an Easy Pace for 9 minutes, walk for 1 minute. Run at Race Pace for 9 minutes, Walk for 2 minutes, Run at Race Pace for 9 minutes.

**Cool Down:** Run at an Easy Pace for 5 minutes. Repeat 1 time.

**Static stretch:** Calves, hamstrings, runners lunge, quads (See pictures below for how to do stretches)

**Hill Work 1 Day this week:**

**Warm up:** Run at an Easy Pace for 5 minutes.

**Stretch:** Frankenstein, scoops, tail kicks, high knees, open the gate

**Practice:** Run at an Easy Pace for 10 minutes. FIND A HILL. Run up the Hill (Repeat 9X) with a one-minute break in between.

**Cool Down:** Run at an Easy Pace for 10 minutes.

**Static stretch:** Calves, hamstrings, runners lunge, quads (See pictures below for how to do stretches)

**Conditioning 2 days this week -- Perform 3 sets:**

1 minute plank (x3)

20 push ups (x3)

Wall Sit for 1 minute (x3)

**WEEKS 9 and 10:**

**Running 4 or 5 Days a week:**

**Warm up** at an Easy Pace for 5 minutes.

**Stretch:** Frankenstein, scoops, tail kicks, high knees, open the gate.

**Practice:** Run at an Easy Pace for 10 minutes, walk for 1 minute. Run at Race Pace for 10 minutes, Walk for 2 minutes, Run at Race Pace for 10 minutes.

**Cool Down:** Run at an Easy Pace for 5 minutes. Repeat 1 time.

**Static stretch:** Calves, hamstrings, runners lunge, quads (See pictures below for how to do stretches)

**Hill Work 1 Day this week:**

**Warm up:** Run at an Easy Pace for 5 minutes.

**Stretch:** Frankenstein, scoops, tail kicks, high knees, open the gate

**Practice:** Run at an Easy Pace for 10 minutes. FIND A HILL. Run up the Hill (Repeat 10X) with a one-minute break in between.

**Cool Down:** Run at an Easy Pace for 10 minutes.

**Static stretch:** Calves, hamstrings, runners lunge, quads (See pictures below for how to do stretches)

### Conditioning 3 days this week -- Perform 3 sets:

1 minute plank (x3)

20 push ups (x3)

Wall Sit for 1 minute (x3)

### Videos to watch

Running Form: <https://www.youtube.com/watch?v=-UCZ3nSXnEE>

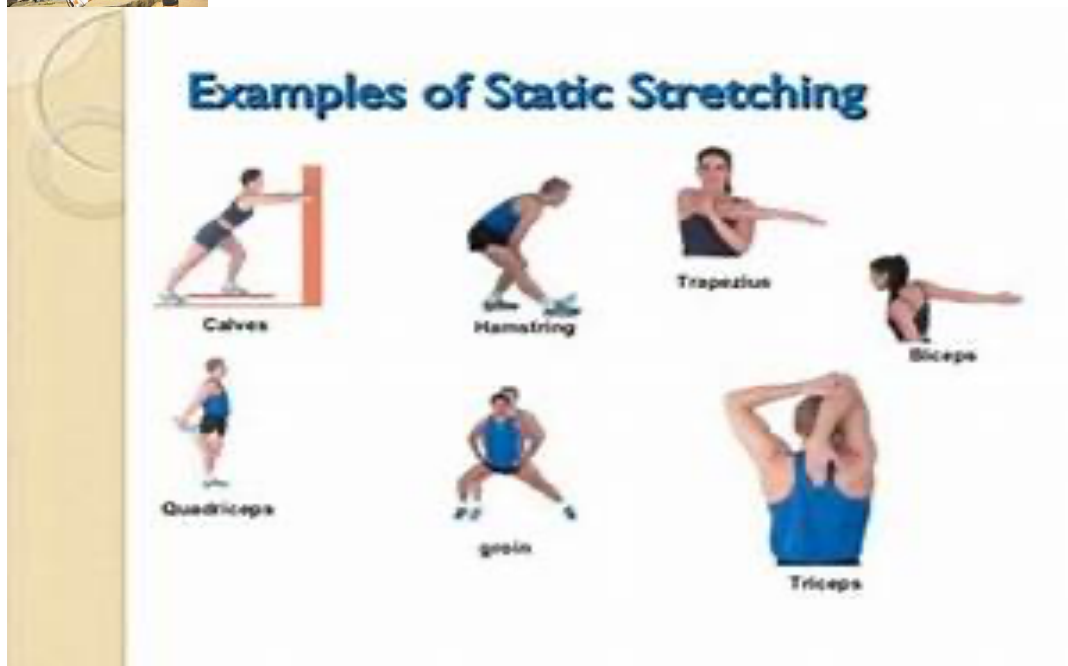
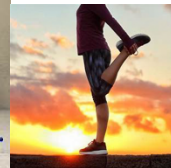
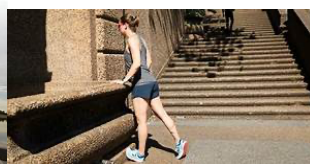
Essential Running Technique: <https://www.youtube.com/watch?v=3RlvKMxPMr0>

Proper Breathing: <https://www.youtube.com/watch?v=V-2szNtHea4>

Running Form Drill: Warm up stretch <https://www.youtube.com/watch?v=6H8WLfyavWk>

3 Running Exercises to get Faster: [https://www.youtube.com/watch?v=A8HC4rnQX\\_k](https://www.youtube.com/watch?v=A8HC4rnQX_k)

### Pictures for Static Stretches at end of practice:



# WCMS Cross Country Summer Mileage Log 2021

**Athlete Name** \_\_\_\_\_ **Entering Grade** \_\_\_\_\_

	<b>Mon</b> Mileage and Time:	<b>Tues</b> Mileage and Time:	<b>Wed</b> Mileage and Time:	<b>Thurs</b> Mileage and Time:	<b>Fri</b> Mileage and Time:	<b>Sat</b> Mileage and Time:	<b>Sun</b> Mileage and Time:	<b>Total Miles this week:</b>
<b>Week 1</b>								
<b>Week 2</b>								
<b>Week 3</b>								
<b>Week 4</b>								
<b>Week 5</b>								
<b>Week 6</b>								
<b>Week 7</b>								
<b>Week 8</b>								
<b>Week 9</b>								
<b>Week 10</b>								
<b>Grand Total of Miles Run this Summer:</b>								

I verify that my child has completed the above documented miles of running for this summer.

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_

