

Patriots MS/HS XC Summer Conditioning Information

All Middle and High School students are expected to participate in independent summer conditioning at home prior to the first official practice. We recommend you print this 4 page document and keep it convenient as you will reference it often.

Important Upcoming Dates:

- May 26th -Summer Condition Begins.
- July 1st – Registration opens on website (below)
- July 8, 11, 15, 18, 25: HS Group Runs, check website for details
- July 12th – Scenic City Scorchers; certified 2 mile road race, register independently
- July 22nd – Mandatory Parent/Athlete meeting, Location/time TBD; check website for updates
- July 29th – First Official practice, 6-7:30pm at Greenway Farms

Resources

- Team website: <https://www.csthea.org/cross-country--boys--girls.html>
- Contact info for questions or if you need assistance: runpatriotsms@gmail.com
- Andrew Scharff's phone number- 423-243-8698
- Robin Scharff's phone number- 423-243-8697

Workout Terminology and Definitions

- **Easy Run:** comfortable pace that you can hold a conversation through/conversational pace
- **Moderate Run:** Slightly more effort than a long run. Not "fast" just a tick up from easy
- **Tempo Run:** 20-25 seconds per mile slower than what you feel your current racing pace would be. Should feel tougher (think of shifting those bike gears up a couple notches). Make sure 15-20% of workout time/distance should be devoted to your warmup and 15-20% of your time/distance is cooldown.
- **Fartlek "speed play":** alternate between easy slow pace and faster pace. Approximately 2-3 to 1 time ratio of easy to hard. For example: 3 minutes easy , 1 minute hard or 5 minutes easy, 2.5 min hard.
- **Long Run:** comfortable pace like an easy run but ensure you can hold for a longer distance.
- **Hill repeats:** always start with easy warmup. Repeats should be on a hill that requires at least 20 seconds to ascend. Push at hard effort. Rest 60-90 seconds between each repeat.
- **Drills:** For those new to these start with... high knees, butt kicks, side shuffles, grass cutters and karaoke. Should be for a distance of 20-30 yards. Rest between. Video of drills: <https://youtu.be/6H8WLFyavWk>
- **Strides:** 20-30 second "sprints/surges" at 85-95% effort. Done on smooth flat surface
- **Core exercises:** This is a HUGE focus for us this summer. 10 minute recommended video: <https://youtu.be/lxVLxxqUseA>

SUMMER BASE BUILDING MILEAGE CHART

Groups

	A	B	C	D	E	F	G	H	I	J
1	48	42	36	30	24	18	15	12	10	8
2	50	46.2	39.5	33	26.5	19.75	16.5	13.25	10.5	8.5
3	55	50.82	43.5	33	26.5	19.75	16.5	13.25	10.5	8.5
4	60.5	50.82	43.5	36.25	29	21.75	18	14.5	11.5	10
5	55	55.88	47.75	36.25	29	21.75	18	14.5	11.5	10
6	66.5	55.88	47.75	39.75	32	24	20	16	12.75	11
7	73	61.5	52.5	39.75	32	24	20	16	12.75	11
8	73	61.5	52.5	43.75	35.25	26.5	22	17.5	14	12.25
9	66.5	67.6	57.75	43.75	35.25	26.5	22	17.5	14	12.25
10	75	67.6	57.75	48	38.75	29	24.25	19	15.5	14
11	80	70	60	48	38.75	29	24.25	19	15.5	14
12	72	70	60	50	40	30	25	20	17	15.5

General Group Guide

Advanced HS	A-B	
Midrange HS	C-D	
Beginner HS	E-F	G-H

Advanced MS	F
Midrange MS	G-H
Beginner MS	I-J

Phases

How to determine your letter group:

1. Determine the longest distance you can comfortably run in workout
2. Determine the HS or MS group that is 4x that total distance in the "Phase 1 row"

Example... If you are a High School Runner that can run 4 miles your total target mileage would be 4 miles x 4= 16. You would start in group G with hope of moving up to Group F

How to use the chart each week:

1. Find your weekly mileage total by using your group letter and the current training *phase* which is found on the monthly schedule document
2. When coach includes a % for workout on the schedule, multiply that Phase mileage x the % to determine that days workout distance (feel free to round up or down to closest mile)

Example: Group E, Phase 5 would have total mileage of 29. A workout that is 18% would be $18\% \times 29 = 5.22$ (round to 5) miles.

July 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
PHASE 5 Rest	1 15% easy run Stretch	2 15% easy run 6x 100 strides 2 min rest	3 18% Middle 1/3 of run at faster tempo pace	4 15% easy run Stretch/Core	5 12% moderate run with 4-6 100 meter surges within Stretch/Core	6 22% long run 6x100 strides Stretch
7 PHASE 6 Rest	8 18% easy run Core Exercises	9 Team Fitting Night@ Fast Break & group run Or 15% moderate run	10 15% easy run 6x100 strides	11 Group run @ Greenway Farms (optional) • 1-2 mi. warmup (WU) • 8-10x45 second hills, 2 min rest • 1-3 mile cooldown	12 15% easy run Stretch/Core	13 Scenic City Scorchers Or 22% long run, 6x100 strides
14 PHASE 7 Rest	15 Group run @ Greenway Farms (optional) • 1-2 mile WU • HS 3-4 x 1 mile repeats @5k pace. 4 min jogging rest between • MS 2-3 x 1 mile repeats @ 2 mile pace. Equal jogging rest between • 1-2 mile CD	16 18% easy run 6x100 strides	17 15% easy run 6x100 strides	18 Group run @ Greenway Farms (optional) • 1-2 mile WU • HS 2-4 x 1 mile repeats @ 5k pace 4 min jogging rest between • MS 4-5x800m at 2 mile race effort, equal rest b/t • 1-2 mile CD • 2x30 lunges, 2x20 burpees, 50 squats, 30 step ups	19 15% easy run Stretch/Core	20 22% long run 6x100 strides Stretch

TIPS

Find a Rhythm

If you can't make all the workouts try to be as consistent as possible.

If the workouts are simply too much at your current conditioning then adjust them down. Its more important to run daily

GROUP RUNS

Until our first official practice these are considered optional but are GREAT opportunities to get a vibe of how a team practice works and run with your teammates

Hydration

Drink TONS of water, adding some electrolytes in there through the week as well.

Continued...July 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
PHASE 8 21 Rest	22 15% easy run Team Meeting @ Greenway Farms	23 1-2 mile WU and drills HS 30 minute tempo MS 20 min tempo ALL- 2x30 lunges, 2x20 burpees, 50 squats, 30 step ups 1-2 mile CD	24 18% easy run 6x100 strides	25 Group run @ Greenway Farms (optional) 1-2 mile WU and drills 8-10x60 sec hills 1-2 mile CD	26 15% Easy Run Core Exercises	27 22% long run 6x100 strides Stretch
PHASE 7 28 Rest	29 1st Official Team Practice (6:00@ Greenway Farms)	30 15% easy run stretch	31 15% easy run 6x100 strides			

TIPS

HEAT

Don't hide from the heat every day. Mix up some easier runs in the hotter part of day to let your body adapt to it.

ENCOURAGEMENT

As we begin the season build a routine of encouraging your teammates. Our words to each other (ALL teammates) should be ones that encourage, welcome and challenge each other. So go encourage someone today!

Recording Runs

Find a way to record your workouts. Whether just using a journal or using an app like Strava it's a GREAT tool for us to use through the season.