

Welcome to Centaurus Cross Country!

www.CentaurusXC.org

Coach D's email: devin.rourke@bvsd.org

CXC Summer Training Program 2019

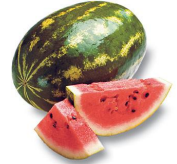
Daily training from June 10th until Aug. 10th.

Cost: \$25

There will be a coach present at every weekday practice.
Please pay using the "[Donate](#)" link on the **top left corner of the team webpage**.
Please comment "student name, summer running"

The 3 most important words in Cross Country: June, July & August

- Meet and hang out with your teammates
- Build fitness for the upcoming season
- Eat watermelon! Play frisbee!
- Take part in volunteering opportunities, which also help raise funds for our team
- Most importantly, **Have fun!**



What to Bring

Running Shoes, Water Bottle with your name on it, and bug spray when we meet at the buggy spots

At every summer run, there are always 4 roughly-defined groups:

Group 1: Varsity Boys, Alumni

Group 2: Varsity or JV Boys, Varsity Girls

Group 3: JV or Open Boys, Varsity or JV Girls

Group 4: Open or New Girls, JV or Open or New Boys; New runners; Returning from injury

All abilities are welcome!! New Runners, Incoming Freshmen are encouraged to come meet the team!



2019 Schedule

MON	8am	Davidson Mesa TH (meet on Harper Lake side)	Steady run, core workout
TUE	7pm	Teller Farm TH (off Arapahoe)	Hard run (fartlek and strides)
WED	7pm	Waneka Pavilion, w/ Watermelon!	Easy run, circuit training, watermelon
THUR	7pm	South Boulder Creek Tr. (park @ East Boulder Rec Center)	Hard run (progression or tempo)
FRI	8am	Lafayette City Park (meet near the skate park)	Easy run, then barefoot frisbee
SAT w/ even dates, 8am		(meet @ Louisville Sports Complex parking lot)	Long run on westbound Coal Creek Tr.
SAT w/ odd dates, carpool leaves CHS 7:45am		run starts from TH @ 8:30am	Trail run @ Betasso

Practices typically last 60-75 minutes, but Saturdays go longer. Captains are in charge of Saturday practices.

2019 Team Captains: Grace, Riley, Ben, James

The bring-new-people rule

Every returning runner is required to bring at least 1 new person to a day of summer running.

Summer Racing Opportunities

BRR Track Meets ([link](#)): 6/6, 6/20, 7/18, 8/1, 8/15. Registration begins 5:30 PM@Potts Field. Entry fee \$5/\$7 per event for BRR members/non-BRR-members. Events vary by date, check website for details.

Summer XC Camp

When and where: 4 days, 3 nights, July 12th-15th, at YMCA Estes Park Center outside of Estes Park, CO. Departing CHS in white buses on the morning of the 12th, returning to CHS in the afternoon of the 15th.

Cost: \$300 (covers lodging, food, transport to/from CHS). Pay via [this link](#) (please comment "student name, camp")

Who: Any current or future CXC athlete. Coaching staff are chaperones.

What: Running a lot! Training will be based on your experience and mileage level, but you must come prepared. This must not be your first (or 2nd or 3rd) week of training!! Other activities include team-building, hiking, swimming, games.

Details: Trip-related details will be sent to those who sign up. Questions, contact Coach D.

Important Dates

- **First CHSAA-official day of practice:** Monday, August 12th, 4:00pm
 - **Note:** this is before school starts. **Location may change, check Team Website.**
- **Pre-Season:** Aug 5th-10th (dates and locations the same as the summer running program)
 - **Note:** this is a great time to make sure you have your registration paperwork in! **See back of this sheet.**
- **Time Trials:** TBD. Determines varsity team for first meet.
- **Parent meeting:** TBD. Please check team website throughout the summer.

- **Raffle Run:** TBD. Parents and family can run! Every runner bring a prize < \$5. 1 ~0.5mi lap run = 1 raffle ticket.
- **First Meet:** TBD

Email List

All athletes and parents MUST be on the Cross Country team email list. The email list will be the official means of communication. Coaching staff communicates often by email. **Sign up to the team email list at www.CentaurusXC.org.**

Fall Sports Registration

Fall Sports Registration takes place at Centaurus the first couple weeks of August. Registration involves completing a packet of paperwork (parent signatures required), paying the athletic fee (~\$185), and providing proof of current physical. Most of this is done online, at the Centaurus Athletics Website. Further information regarding athletics registration is available by clicking [HERE](#). **This must be completed BEFORE you are able to participate in any official team practice.** You need a “golden ticket” from Sue Fischer in order to participate in practice.

“I WISH I HAD REGISTERED EARLY!! I WAITED UNTIL THE LAST MINUTE LIKE EVERYONE ELSE, AND IT TOOK FOREVER!” -students, every year ;)

Summer Volunteering at Ironman

Sunday, June 9th: Boulder IRONMAN

Saturday, August 3rd: Boulder 70.3

SIGN UP HERE: www.centaurusxc.org/ironman



The Centaurus Track and Cross Country teams have again been asked to volunteer at the Boulder Ironman events this summer, by staffing aid stations, working the finish line, helping at the sports expo, and other tasks. This is a great community service opportunity, and a way to get involved in the sports we love, in addition to earning grant money for the team in return. The dates of the volunteering events are listed below.

Funds earned as a result of the Ironman events will be split between the Track and Cross Country programs. Track program expenses include equipment, and food for meets. Cross Country expenses include food, travel, equipment, awards banquet and scholarships.

Of special importance is the Boulder Full Ironman on June 9th. This will be the largest Ironman ever held in the world, and we, the Centaurus Track and Cross Country teams, will be manning the “Flux Capacitor” aid station on the Run Course! We need 120 volunteers to help manage a Run Aid Station along Boulder Creek. Volunteers can be Track and Cross Country athletes, parents, family, friends.. everyone is welcome!!

Arizona Trip to Nike Cross Regionals: November, 2019



This trip is an opportunity to run a very fast 5k at low elevation with some of the best runners in the surrounding 5-state region. In addition to the unique and special racing opportunity, we enjoy fun activities afterward such as mini-golf, hiking, visiting the college campus, etc.

Typically, the final out-of-pocket cost per athlete is in the range of \$600, which includes all racing fees, food, lodging, and travel expenses. The final cost of the trip depends heavily on the success of fundraising efforts.

Since NXR is primarily a valuable racing opportunity, the coaching staff will invite athletes to come to NXR beginning as early as the first official day of practice in the season. Invitation is not based only on performance, but performance is a primary factor. **No one single race will be the determining factor- the entirety of the season will be considered, as well as the level of summer commitment to training and volunteering.** Other factors include the athlete’s volunteering efforts, attitude, dedication to the team, maturity, work ethic, leadership, and responsibility. This decision will not be taken lightly. The decision will be made as a coaching staff, and the decision is final. More details about NXR will come out toward the middle of the season.

Training Outline

Use www.mapmyrun.com or www.gmap-pedometer.com in order to track your mileage!

Group 1: 6-7 days of running/week, 1 day off/x-train

Jun 10	Jun 17	Jun 24	Jul 1	Jul 8	Jul 15	Jul 22	Jul 29	Aug 5
<i>Base</i>	<i>Build 1</i>	<i>Build 2</i>	<i>Build 3</i>	<i>Easy</i>	<i>Camp</i>	<i>Build 5</i>	<i>Build 6</i>	<i>Easy</i>
40	45	50	55	45	50	55	60	50

Group 2: 6-7 days of running/week, 1 day off/x-train

Jun 10	Jun 17	Jun 24	Jul 1	Jul 8	Jul 15	Jul 22	Jul 29	Aug 5
<i>Base</i>	<i>Build 1</i>	<i>Build 2</i>	<i>Build 3</i>	<i>Easy</i>	<i>Camp</i>	<i>Build 5</i>	<i>Build 6</i>	<i>Easy</i>
25	30	35	40	30	35	40	45	35

Group 3: 5-6 days of running/week, 1-2 days off/x-train

Jun 10	Jun 17	Jun 24	Jul 1	Jul 8	Jul 15	Jul 22	Jul 29	Aug 5
<i>Base</i>	<i>Build 1</i>	<i>Build 2</i>	<i>Build 3</i>	<i>Easy</i>	<i>Camp</i>	<i>Build 5</i>	<i>Build 6</i>	<i>Easy</i>
15	20	25	30	20	25	30	35	25

Group 4: 4-5 days of running/week, 2-3 days off/x-train

Jun 10	Jun 17	Jun 24	Jul 1	Jul 8	Jul 15	Jul 22	Jul 29	Aug 5
<i>Base</i>	<i>Build 1</i>	<i>Build 2</i>	<i>Build 3</i>	<i>Easy</i>	<i>Camp</i>	<i>Build 5</i>	<i>Build 6</i>	<i>Easy</i>
10	15	20	25	15	20	25	30	20

Training Principles

Consistency is key- Running a little bit every day is better than running a lot followed by long breaks.

Listen to your body- If it's tired, give it a break. If it's feeling good, challenge yourself.

Keep a log- "I write down my goals so that when I get them, I'll know I was brave enough to want them."
-Alexi Pappas

Work now will pay off doubly later.

Work together with your teammates, hold each other accountable, and have a fun summer running together!

During **Base** Weeks:

- Your focus should be on getting in base mileage, running on feel, stretching regularly, and doing core and general strength exercises. "Running on feel" means running easy when you feel tired, and running harder when you feel good, but never running very hard or "all out".
- General strength exercises help to prevent injury, and prepare you for the demands of harder workouts. You should aim to do at least 1 circuit per week. We will be doing some combination of these and other circuits on Wednesdays. ([Circuit 1](#), [Circuit 2](#), [Circuit 3](#))

During **Build** Weeks:

- Your focus should be on getting in the mileage, challenging yourself during the hard efforts, and maintaining your stretching, core, and general strength exercises. Use your watch to track your progress. For example, keep track of how long it takes you to complete a certain distance, or, if your watch is capable, track your pace during runs and try to improve it. Push yourself during the hard efforts. For example, during Build 1, try a 6x30s Fartlek run, and during Build 2, try 6x1min. During a Progression run in Build 1, come back 1 min faster, and during Build 2, try to come back 2min faster. These are just examples. **It is up to you, the athlete, to monitor your training, your fitness, and your body, to get training in while staying healthy and fit.** As always, talking with your teammates and coaches, and asking questions, is important.

Other Important Training Notes

Shoes

A leading cause of injury in distance runners is their footwear. Like any other product, running shoes wear out. This typically happens after anywhere from 400-600 miles, depending on the model. When purchasing, you should ask the store representative for "lightweight trainers". The brand does not matter, only the fit. Wear your running shoes only when running! Don't wear them out by wearing them during school, biking, hiking, or anything else. When you get a new pair, break them in gradually by wearing them only on easy running days for a week or so. After that, you can switch over completely to the new pair.

A watch you know how to use

Football players wear helmets. Soccer players wear shin guards. Runners wear watches! In training, we either run for a certain amount of time, or time ourselves over a certain distance, both of which require a watch. A GPS watch is not required. All that is needed is a watch with a digital stopwatch feature. A 'split' function is very helpful, please learn how to use it. Watches are available for around \$20-30 from Walmart.

Be sure you 1) have a watch and 2) know how to use it!

Nutrition

We have all heard that we need to eat a balanced diet. But also, as runners, we burn anywhere from 80-120 calories per mile that we run, so we need to make sure we're eating a balanced diet, but also a *sufficient* diet. 2,000 calories/day simply isn't enough! Additionally, our muscles absorb calories (to repair themselves after a hard workout) more-efficiently if you eat *within 30 minutes* of a hard effort. At this critical time after a hard workout, it is best to have a snack that includes carbs and protein. Popular examples include energy bars, smoothies, sports drinks, etc. This process of eating food right after a hard workout is called "reloading".

Hydration

Colorado is hot and dry! You need to make sure you are staying hydrated throughout the day. Chugging water right before a run will make you feel sick, so you need to drink water throughout the day. A good goal is to drink 2 nalgene bottles per day. *If you are thirsty, it means you are already dehydrated!* Bring a water bottle with you every day to practice, **with your name on it**, so you can stay hydrated before, during, and after your run.

Iron

Due to the nature of the sport, a deficiency of iron is rather common in distance runners. It is especially prevalent in females, vegetarians, and those who have increased their weekly mileage significantly in a span of only a few months. The most-recognizable symptom of iron deficiency is "chronic fatigue". If, for a period of a few weeks or more, an athlete feels tired and their legs feel heavy for every run regardless of difficulty/length, and they are getting an adequate amount of sleep *for them* (some need 6 hrs, some need 10 hrs!), then low ferritin levels could be the culprit. At this point, a simple blood test for ferritin might be a good idea. If found deficient or low, an over-the-counter supplement may be recommended. Talk with your doctor for details.