

Centaurus Cross Country Summer Training Guide



M 8am Davidson Mesa TH (meet on Harper Lake side)-----Steady run, Core workout
T 7pm Teller Farm TH (off Arapahoe)-----Hard run (Fartlek and Strides)
W 7pm Waneka Pavilion, w/ Watermelon!-----Easy warm up run, Circuit training
Th 7pm South Boulder Creek Tr. (Park @ East Boulder Rec Center)-----Hard run (Prog. or Tempo)
F 8am Lafayette City Park (park just S. of the skate park)-----Easy run, then barefoot frisbee
Sa w/ even dates, 8am-Long Run on westbound Coal Creek Tr. (meet @ S. end of Louisville Sports Complex parking lot)
 ^ (Unless announced otherwise on team webpage, or facebook page)
Sa w/ odd dates, carpool leave CHS 7:45am, run start from TH @ 8:30am-----Mtn Run @ Betasso (off of Sugarloaf Rd.)

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

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

Jun 5	Jun 12	Jun 19	Jun 26	Jul 3	Jul 10	Jul 17	Jul 24	Jul 31	Aug 7
<i>Base</i>	<i>Base</i>	<i>Build 1</i>	<i>Build 2</i>	<i>Build 3</i>	<i>Camp</i>	<i>Build 4</i>	<i>Build 5</i>	<i>Build 6</i>	<i>Easy</i>
30	35	40	45	35	45	50	50	60	45

Girls Varsity/ Boys JV: 6-7 days of running/week, 1 day off/x-train

Jun 5	Jun 12	Jun 19	Jun 26	Jul 3	Jul 10	Jul 17	Jul 24	Jul 31	Aug 7
<i>Base</i>	<i>Base</i>	<i>Build 1</i>	<i>Build 2</i>	<i>Build 3</i>	<i>Camp</i>	<i>Build 4</i>	<i>Build 5</i>	<i>Build 6</i>	<i>Easy</i>
20	25	30	35	25	35	38	40	45	35

Girls JV/ Boys Open: 4-6 days of running/week, 2 days off/x-train

Jun 5	Jun 12	Jun 19	Jun 26	Jul 3	Jul 10	Jul 17	Jul 24	Jul 31	Aug 7
<i>Base</i>	<i>Base</i>	<i>Build 1</i>	<i>Build 2</i>	<i>Build 3</i>	<i>Camp</i>	<i>Build 4</i>	<i>Build 5</i>	<i>Build 6</i>	<i>Easy</i>
10	10	15	20	10	20	25	25	30	20

Girls Open/ New runners: 3-4 days of running/week, 3 days off/x-train

Jun 5	Jun 12	Jun 19	Jun 26	Jul 3	Jul 10	Jul 17	Jul 24	Jul 31	Aug 7
<i>Base</i>	<i>Base</i>	<i>Build 1</i>	<i>Build 2</i>	<i>Build 3</i>	<i>Camp</i>	<i>Build 4</i>	<i>Build 5</i>	<i>Build 6</i>	<i>Easy</i>
10	10	12	15	10	15	20	20	25	15

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:
 - Base, Build 1, Build 2- [Circuit 1](#)
 - Build 3, Camp, Build 4- [Circuit 2](#)
 - Build 5, Build 6, Easy- [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.

Keep in Mind:

- Consistency is key- running regularly is better than lots of running and then long breaks.
- Listen to your body- if it's tired, give it a break. If it's feeling good, challenge yourself.
- KEEP A LOG!! It will help you track down causes of injury, if necessary, and you can see how far you've come.
- Work now will pay off doubly later!
- Work together with your teammates to have a fun summer running together!

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 300-500 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.

Watches

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 helpful as well, and most have that as well. Watches are available for around \$20-30 from Walmart. Be sure you 1) have a watch to use, 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 affectionately 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 stay hydrated throughout the day. A good measure is 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 that 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.