Cross Country 2012

As we began last year, I had detailed a two year plan for both teams and the plans were very ambitious. As has been the case the last two years, there will be some adversity that we may have to endure. I hope that the last two years will give you confidence to know that we, as a team, can rise above that adversity and find success.

On the girls side, we were unable to fill a team making it impossible to achieve our team goals for the year. The great thing is that we (if we can field enough runners) can still achieve our year 2 goal--regional qualifiers. This will require each girl on the team to work toward that goal. As a team we must average about 23:00 at the sectional. It can be done if we work together.

On the boys side, we met all of our goals as a team last year and then some. Injuries certainly didn't help us any but everyone did what was necessary for team success. Our single most important goal for this year is to make a run at qualifying for the STATE MEET. This goal is going to take a real commitment from each person on the team. As a team, we must average around 16:48 at the semi-state to have a chance. That may seem a bit daunting but I believe based on last year's growth that it is certainly doable. Not that many years ago, I was hoping to get two people under 19 minutes. Last year, all seven varsity runners were under 19 minutes and if that wasn't impressive enough we had six runners that were under 18 minutes. In the same year, we had a runner win a reserve race (that has certainly never happened). It was a great year and left everyone involved hopeful for the following year.

Well, the following year is upon us. I know that the season doesn't begin until July 30th. If we are to make a run at our goals, then our training has to start with the beginning of our summer conditioning in June. I said last year, "the journey toward these goals is much more important than achieving these goals because the journey is what brings meaning to the goals. If we do not commit to the daily training (the journey) needed to achieve our goals then our final destination will be filled with disappointment." As you know, injuries and other unforeseen things can derail our efforts. We have no real control over these things. We do have control over how much we run and prepare for that goal we have set. Preparation must be our focus for this summer and fall. If we prepare, then we can accept the outcomes.

I begin this year with a great deal of excitement and can't hardly wait until October rolls around. I hope that you will join me as we prepare for October's opportunities. I do not have an official schedule at this time but it will not differ from last year. I will get a copy to you as soon as possible.

My summer goals are to improve our base mileage, overall strength, speed, and flexibility. Each of our practices, we will touch on at least one of these areas (some will be a part of every practice). Throughout most of the summer, we will meet at 8:00 am. There are eight weeks of summer practice. Below you will see the suggested minimum mileage totals for each week. The most important thing is that we are running consistently. Running five days a week would be a big plus. Remember, once August rolls around we will practice 6 days a week.

Newcomers Upperclassman

Week 1 18-20 miles 20-25 miles

1 run of 5 miles 1 run of 7 miles

Week 2 18-20 miles 20-25 miles

1 run of 5 miles 1 run of 7 miles

Week 3 20-22 miles 22-27 miles

1 run of 5 miles 1 run of 7 miles

Week 4 20-22 miles 22-27 miles

1 run of 6 miles 1 run of 8 miles

**Week 5 22-25 miles 27-32 miles Moratorium week**

**1 run of 6 miles 1 run of 8 miles**

Week 6 22-25 miles 27-32 miles

1 run of 6 miles 1 run of 8 miles

Week 7 24-28 miles 32-36 miles

1 run of 6 miles 1 run of 8 miles

Week 8 24-28 miles 32-36 miles

1 run of 7 miles 1 run of 9 miles

-Make sure that you are stretching as a part of each of your runs. Warming up properly each day will help us to stay healthy.

-Do 25 push-ups and 25 sit-ups daily.

-Run at least one up tempo run a week (about 15-18 minutes at a pace that is faster than your other runs). Your pulse rate should be in the 160 range.

-Include a fartlek run in your weekly mileage (For example, 5 min. warm-up then 2 min. hard followed by 2 min. easy. Do this 5 times followed by a 5 min. warm down.)

-Use the attached calendars to keep track of your mileage

-As the calendar shows, we will start on June 4th. Make an effort to begin running prior to our first practice.

-Remember that you must have a physical before we begin practice on July 30th.

-If a morning practice is cancelled by weather, we will meet that evening at 6:00 pm.

-Before beginning your summer running, make sure you have a good pair of shoes (preferably shoes that are relatively new).