

## WARING CROSS-COUNTRY SUMMER TRAINING PROGRAM

*A light regimen for the second half of summer geared toward injury prevention in the Fall*

In years past, the Waring camping trip has tended to catch our runners off-guard. With meets only a couple weeks into school, there is no choice but to jump into our runs. But for those who haven't jogged all summer, the sudden build up in mileage leads almost inevitably to injury. It is well-documented that runners need to build up their mileage (and pace) *gradually* in order to avoid injury. So, with the main goal of *injury prevention* – but with secondary perks including better performance in practices and meets (and the ability to run to Wolfeboro on camping trip without its feeling gruesome), we would like to put out a light regimen for the last 6 weeks of summer for all members of the XC Team. This of course is an honors-system program, but we will assume that all have followed the program more or less when we resume team running at North Woods in September.

### Mid-July to August:

At least (2) two 25-minute jogs per week. This may include walking breaks as needed. Make sure to include stretching (after warming up) and at the end of runs. Doing push-ups, sit-ups and “planks” will be great for core strength as well. Don't worry about speed. If you haven't been running, don't push it! A couple easy jogs is fine. Varsity runner hopefuls: try to get a 5-miler in there each week. If you haven't been running, though, build to it. You might periodically include 30-second speed bursts or strides, too.

### August, first 2 weeks:

Continue the workout above, but try to add a three-miler (or 5K if you can measure it) during which you run steadily (not race pace, but steadily) with a bit more purpose. Focus on good breathing and good running form. Varsity runners—try to find time to get a 5-miler in, too.

### August, last two weeks before school:

Continue getting in 2-to-3 jogs per week (with one each week being a steadier 3 miler). This time, though, during one of your runs each week, incorporate either some speed work or some hill work (do **not** do this more than once per week). Either do some interval work (ex: every 5 telephone poles, run 90% speed to the next pole), or hill intervals (fast up a 1-2-minute hill and then jog

down, repeating twice. Varsity runners—try to find time to get a 5-miler in, too.

Most importantly, this regimen is supposed to help prevent injuries, so do not go overboard. Please do not hesitate to phone or email us with any questions.

Stretch, stretch, stretch, and hydrate!!

Long May You Run,

John W. and Tim B