

2023 Cross Country - Community Summer Running Program

The summer running program's main purpose is to provide an opportunity for runners and community members to work on their conditioning and physical endurance. For those who are members of the Berlin New Lebanon XC Team it is a necessary component of our program and is not something that can be skipped or made up for later in the year. That being said, it is also a time for team building. We do run as one and as a result these open practices are as much about strength and conditioning as they are encouraging team development.

WHAT DO I BRING TO EVERY SESSION?:

- **WATER:** This is the most important thing to bring. It is summer time, you will be running mileage, and your body needs water to do this. Do not forget your water.
- **SHOES:** Running shoes, not sandals, flip flops, or crocs. If you do not have any running shoes we recommend that you go to [Fleet Feet](#) in Albany. They are a bit expensive, but they can get the right shoe for you. I also have some donated shoes available from previous runners.
- **WATCH:** Some way to track time at a minimum, distance if you can.
- **ENTHUSIASM:** This is a hard program, running 5 miles at 90% of your top speed is one of the most extreme things a human can do. It's important that not only are you here on time with water and shoes, but also the drive to push yourself.

Key Elements of the Program: We are basing part of our program off of Hal Higdon's running program, particularly at the start of the year when mileage is our main goal. As we transition into the rest of the main season we will begin to make the switch to speed work.

Weather: If it is above 96 degrees there will be no practice. This also includes the "Feels like" temperature due to humidity. If you have questions about it please feel free to ask. I have also attached a link to the [Heat Index Procedure](#) released by NYSPHSAA. We will also be airing on the side of caution when it comes to thunderstorm warnings, the last thing we want is to be 3 miles from shelter and there to be lightning. We're fast, but not that fast!

Key Running Concepts

- **Easy Run (conversational pace)** - should be done at a pace that you can hold a conversation; breathing should be somewhat normal (except maybe on hills)
- **Strength Training** - key to proper muscle growth and recovery. Runners benefit if they combine light weights with high repetitions. There will be 2 scheduled days and you should make 1 of the 2 days.
- **Long Run** - key to building strength, stamina, and endurance. They also help your body run on depleted sources of fuel.
- **Strides** - gradual buildup of speed lasting 20 seconds with a 60 second rest in between
- **Sundays - Cross-Training Day** - meant to get out there do some type of activity - swimming, biking, walking, hiking, doing chores. Easy days that allow you to recover but also give you aerobic training. This day is normally done on your own but we are scheduling some get togethers throughout the summer

Mileage Building

Week 1 - Tuesday, July 11th - Friday, July 14th (6-7)

"Base Week"

- Tuesday July 11th
 - Modified: 30 min Easy Run - importance to track miles, conversational pace
 - Varsity: 40 min Easy Run - importance to track miles, conversational pace
- Wednesday, July 12th
 - Modified: 30 min Easy Run - track miles, conversational pace
 - Varsity: 40 min Easy Run - importance to track miles, conversational pace
- Friday, July 14th
 - Modified: 30 min Easy Run - track miles, conversational pace
 - Varsity: 40 min Easy Run - importance to track miles, conversational pace

Week 2 - Monday, July 17th - Saturday, 22nd

Mileage Week

- Monday, July 17th: 45 min Easy Run - conversational pace
- Tuesday, July 18th - 30 min Easy Run + Strength Training*
- Thursday, July 20th - 45 min Easy Run - conversational pace
- Saturday, (9-10am) July 22nd - 55 min Easy Run + Strength Training

Week 3 - Monday, July 24th - Saturday, July 29th

Mileage Week + Long Run+Speed

- Monday, July 24th - 35 min Easy Run - conversational pace
- Tuesday, July 25th - 1.5 miles Easy Run + Speed Day (4X400 Fast, Faster, Fastest, FASTEREST)
- **PARENTS: This practice may run over 7:00pm, as there is an need to cooldown/stretch after**
- Wednesday, July 26th - 40 min Easy Run - conversational pace + 2-3 Strides*
- Thursday, July 27th - 1.5 miles Easy Run + Strength Training + (Hill Day/Sprint)
- Saturday, July 29th (9-10am) - 55 min Long Run

Week 4 - Monday, July 31st - Sunday, August 6th

Mileage Week + Increased Long Run + Cross-Training

- Monday, July 31st - 60 min Easy Run - conversational pace
- Tuesday, August 1st - 1.5 miles Easy Run + Strength Training (Interval Speed: 2/3/4)
- Wednesday, August 2nd - 45 min Easy Run - conversational pace + 3 Strides
- Thursday, August 3rd- 1.5 mile Easy Run + Strength Training + (Hill Training/Course Awareness)
- Saturday, August 5th (9-10:30am) - Mileage Long Run - pace 20-30 seconds slower than Easy Run
- Sunday, August 6th (Independent/ON YOUR OWN) - 30 min Cross-Training*

Week 5 - Monday, August 7th - Sunday, August 13th

Increased Mileage + Increased Long Run

- Monday, August 7th - 35-40 min Easy Run - conversational pace
- Tuesday, August 8th - 2 mile Easy Run + Strength Training + (4X600 Fast, Faster, Fastest, FASTEREST) **PARENTS: This practice may run over 7:00pm, as there is an need to cooldown/stretch after**
- Wednesday, August 9th - 35-40 min Easy Run - conversational pace + 3 Strides
- Thursday, August 10th - 2 mile Easy Run + Strength Training + (Hill Day?)
- Saturday, August 12th (9-10:30am) - Long Run - pace 20-30 seconds slower than Easy Run

- Sunday, August (13th) **Independent/ON YOUR OWN** - 30 min Cross-Training

I know there was a lot of confusion last year after the 3rd week of August as we waited for sports schedules to come out. I will try to update the schedule as we get closer to August 14th, with the plan being that we will try to stick to the Mon-Thurs schedule and an additional set of runs over the weekend.