



## GCA Cross Country Summer Training

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Welcome to the GCA Summer Training program! This is a 10-week program designed to elevate your mileage slowly and build your fitness so that you will be able to “hit the ground running” on August 13<sup>th</sup>. The workouts are not set in stone, so you may adjust them to fit your individual needs due to vacations, jobs, or other summertime obligations, illness, and injury.

If you follow the plan diligently, you will be faster and in better shape! The structure should be familiar and easy to follow for returning runners and a good introduction to the way in which the season will progress for the newcomers. There are three very important points we will stress early and often.

1. Keep a running log of all the workouts that you do, with comments about how it felt.
2. Whenever possible, avoid running on paved or concrete surfaces – grass or dirt surfaces are much easier on your legs.
3. Get a wristwatch with a stopwatch so you can monitor your pace and training time.

### WARM UP / WARM DOWN

You will warm up for at least one mile, although it is better to go with time. Your standard warm up for every run, including races, will be 10-15 minutes of easy pace. Follow the run with a quick stretch of major muscles anything that needs it. For harder workouts, the warm up and warm down might be longer (20 minutes) and is not included in your workout time. Stretch well after every training session regardless of whether or not you are with the team.

### PACES / WORKOUTS

**Easy** – Recovery pace, not ridiculously slow. An ‘as you feel’ pace (1 to 1 ½ minutes slower than 5K pace).

**Easy / Moderate** – Relaxed, picking it up to a little faster than easy pace.

**Moderate** – The pace you go when you’re on a ‘regular run.’ It’s not hard, just a decent and enjoyable effort.

**Long** – You will do one long run of an hour+ each week, usually on Saturday. These runs are done at a relaxed pace, no faster than a moderate effort. The long runs will make you strong, both physically and mentally.

**Tempo** – About 30 seconds per mile slower than your current 3-mile pace. These runs are to be done on a flat course and the same pace be maintained throughout. “Comfortably Hard” as we call it, tempo workouts are the most important tool for improving your fitness and endurance. Also known as “Anaerobic Threshold Pace,” this run will raise the heart rate at which fatigue sets in. Basically, you can go harder for longer.

**Fartlek** – Swedish for “speed play,” these workouts are for building your ability to vary pace when you need to do so. Putting on surges to break the competition as well as being able to respond to their attacks is an important part of racing.

**Hills** – These workouts build strength and you will need it with the courses you race. Usually, hill work is done at close to race pace and is a fairly short, concentrated effort. They improve your agility, toughness, and overall strength.

**Repeats / Race Pace** – This workout is for how fast you have most recently run a 3 mile race or how fast you plan to run your next one. In the later part of the summer and during the season, we will do a mile repeat workout at this pace every Monday to get you familiar with your level of exertion in races.

### SEASON MILEAGE

Season mileage will be logged in by each runner at [www.running2win.com](http://www.running2win.com). Each runner will need to make an account and join the GCA Cross Country team page (search Menu by Creator Name **kpheise2**). Runners should also bookmark the website - <http://www.gcasoccer.com/cross-country.html> as well.





## Training Program – June 11-August 19

### 150 Miles

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
1		1		2	2		2	7
2		2		2	2		3	9
3		3		3	2		4	12
4		3		4	5		2	14
5		3		4	5		2	14
6		3	4	3	5		4	19
7		3	4		5		2	14
8		3	2	3	2		6	16
9		4	3	4	3		6	20
10		4	4	4	3	4	6	25
<b>TOTAL</b>								150

### SUMMER SHIRTS

To earn a Summer Shirt, runners must complete the listed mileage amount.

### PHYSICALS

SCSHL Physicals are due to Coach Heise by June 19<sup>th</sup>. A copy of the form is available at this link - <http://schsl.org/wp-content/uploads/2017/02/Physical.pdf>

