

2022 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 - Monday, July 11th - Friday, July 15th (6-6:40)

"Base Week"

- Monday, July 11th
 - Modified: 20 min Easy Run - importance to track miles, conversational pace
 - Varsity: 30 min Easy Run - importance to track miles, conversational pace
- Wednesday, July 13th
 - Modified: 20 min Easy Run - track miles, conversational pace
 - Varsity: 30 min Easy Run - importance to track miles, conversational pace
- Friday, July 15th
 - Modified: 20 min Easy Run - track miles, conversational pace
 - Varsity: 30 min Easy Run - importance to track miles, conversational pace

Week 2 - Monday, July 18th - Saturday, 23rd

Mileage Week

- Monday, July 18th: 30 min Easy Run - conversational pace
- Tuesday, July 19th - 25 min Easy Run + Strength Training*
- Thursday, July 21st - 30 min Easy Run - conversational pace
- Saturday, (9-10am) July 23rd - 35 min Easy Run + Strength Training

Week 3 - Monday, July 25th - Saturday, July 30th

Mileage Week + Long Run+Speed

- Monday, July 25th - 30-35 min Easy Run - conversational pace
- Tuesday, July 26th - 1.5 miles Easy Run + Speed Day (4X400 Fast, Faster, Fastest, FASTEREST)
- Wednesday, July 27th - 20-25 min Easy Run - conversational pace + 2-3 Strides*
- Thursday, July 28th - 1.5 miles Easy Run + Strength Training + (Hill Day?)
- Saturday, July 30th (9-10am) - 35 min Long Run - pace 20-30 seconds slower than Easy Run

Week 4 - Monday, August 1st - Sunday, August 7th

Mileage Week + Increased Long Run + Cross-Training

- Monday, August 1st - 35-40 min Easy Run - conversational pace
- Tuesday, August 2nd - 1.5 miles Easy Run + Strength Training (Interval Speed)
- Wednesday, August 3rd - 30-35 min Easy Run - conversational pace + 3 Strides
- Thursday, August 4th- 1.5 mile Easy Run + Strength Training + (Hill Training/Course Awareness)
- Saturday, August 6th (9-10am) - 40-45 min Long Run - pace 20-30 seconds slower than Easy Run
- Sunday, August 7th (Independent/**ON YOUR OWN**) - 30 min Cross-Training*

Week 5 - Monday, August 8th - Sunday, August 14th

Increased Mileage + Increased Long Run

- Monday, August 8th - 35-40 min Easy Run - conversational pace
- Tuesday, August 9th - 2 mile Easy Run + Strength Training + (4X400 Fast, Faster, Fastest, FASTEREST)
- Wednesday, August 10th - 35-40 min Easy Run - conversational pace + 3 Strides
- Thursday, August 11th - 2 mile Easy Run + Strength Training + (Hill Day?)
- Saturday, August 13th (9-10am) - 45-50 min Long Run - pace 20-30 seconds slower than Easy Run
- Sunday, August (14th) (**Independent/ON YOUR OWN**) - 30 min Cross-Training