**Important Summer Training Information:**

* The MOST IMPORTANT thing to accomplish over the summer is **consistency**. Even if you aren’t able to run the entire length of time, getting out and doing some mileage everyday is extremely important!
* If you want to do more running than listed I am totally ok with this! 5-10 more minutes extra each day from the prescribed amount is totally fine! If you plan on doing a significant amount more just let me know first!
* The heat will strongly influence the difficulty of your runs. I recommend getting your runs in either in the morning or after dinner. Try and avoid running midday.
* Pace is NOT important on easy days which will make up the bulk of summer training. The most important thing is just get the time in!
  + Effort Guide: (talk test)
    - Easy = able to speak in full sentences
    - Moderate = able to speak a phrase or few words at a time
    - Hard = difficult to speak at all
* Stretching. Static stretching is most important after a run. Dynamic stretching is most important before a run. I recommend doing both every day you run. Ask me if you need some recommended stretches!
* Injury. If you begin to feel persistent pain or the onset of injury it’s always best to play it safe! First line of defense is RICE (rest, ice, compression, elevation). Let me know if you are struggling with persistent pain and we can determine the best steps going forward.
* The following list will give details explaining the types of workouts that will be prescribed for summer training. If you have any additional questions feel free to reach out!
  + **Strides** = These are sprints that are NOT all out effort done as warm ups and after runs. Often we will do 4 - 6 of these. Split them into easy (60% effort), medium (75% effort), and hard (90% effort).
    - Purpose = work on running form when the body is tired, keep the fast twitch muscle fibers stimulated, accustom the body to end of race sprints
  + **(8x1/8x2 or 4x1/4x2 ect) Picks Ups** = These are done in the middle of an easy run. Effort should be comfortably hard (80% effort) during the pick up. Speed up for the specified duration and then return to an easy pace. Running is continuous the entire time with 2-3 minutes of easy running in between each pick up.
    - Purpose = Begin to get accustomed to small bouts of race effort.
  + **Progression Run** = This will consist of starting the run at an easy pace and finishing at a hard pace, resulting in a finishing effort that is just below all out (90%).
  + **Tempo Runs** = This consists of running at a prescribed pace that will be close or faster than race pace. The duration will often be less than that of an actual race

FEEL FREE TO REACH OUT TO ME ABOUT ANYTHING!

Can’t wait for an awesome cross country season!