

Catholic Central XC

Welcome to the 2018 XC Season!!! Hopefully this season is filled with great performances, personal records as well as some team wins. In order to accomplish our goals, each individual athlete needs to accomplish their own. I have already sent you what I think your goal should be, this summer program is designed to help you achieve that goal.

Our season starts on August 13th, with formal practices at the school, a time will be identified and communicated when it gets closer. To stay up to date with what is going on in the program, please join our remind group by texting "@cchsxc18" to 81010. I will send out updates as the season gets closer. This group is for parents and athletes alike.

The summer program starts on July 2nd and continues through to the first week of school. The workouts are split up into to specific styles based on the type of running you should be doing. Regardless of the day you should always complete some dynamic stretches pre run and some static and dynamic stretches post run. You should also complete some type of upper body, at a minimum of 100 push ups, 100 sit ups and a 1-minute plank every day.

The running workouts are split up into three major types: Easy (E) days, Moderate (M) days or Hard (H) days. On every E run you are to complete the run at conversation pace, meaning you should be able to talk without feeling out of breath. On the Moderate days you should be slightly slower than race pace. On Hard days you should be running at or faster than race pace.

For the hard days you should complete a warm up before the run and a cool down after the run that is not included in the total mileage listed. Your hard day workouts should vary and change frequently. Examples of workouts are: Intervals (for example 6 x 400 meter repeats = total of 1.5 miles), Ladder/Pyramid (for example 200, 400, 600, 800, 1000, 800, 600, 400, 200 = total of 3.1 miles), Hill workouts, timed tempo runs. If you need ideas for how to split up the miles for the hard days do not hesitate to contact me.

If you complete the workout as prescribed you will be in shape for the season in September. When you come in September we will transition from running a lot of miles per week to running very focused miles.

Mike Dempsey
Head XC Coach

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