

Off Season Training

Well another great and successful season of cross country is over. We made great strides toward being the best we can be. You showed that you belong in any race any time. Congratulations on becoming the champions we know we are. You have proven that you are a champion. The next step is to train and prepare like a champion. This includes all areas of preparation: physiologically, psychologically and nutritionally. You are in great shape after cross country and you need to carry this through to the track and field season in order to become the best you can and this is what true success is. However, there is a correct way to train and still keep your involvement in athletics in the correct perspective. By this I mean that you need to enjoy yourself and your life. First of all, you know I do not believe in clubs and specialization. However, you should train smart, train correctly and enjoy yourself. Second, if you are interested in another sport **DO IT !!! TRY IT !!!** If you are involved in another sport **that is your main focus** as far as athletics are concerned. See me and I can give you supplemental exercises and activities to keep you ready for track and field, yet these activities will not interfere with the sport you are currently involved in. Thirdly, your involvement in different sports will help the school, the team and, above all else, you will cross train which helps you become a better athlete and this in turn makes you a better person in the athletic arena. By this I mean that each of you has many gifts you do not need to only concentrate on one special talent. Use all of your talents and you will enjoy yourselves and your high school years much more and at a higher level as well.

These terms are ones which you are familiar with, however; I want to make sure you understand some of the key terminology involved in proper training and athletic development.

- A) Rest Day – is not sit around and do nothing day. This is what it says take it easy: rest. However, you must keep the body physically in order. When resting you are resting not only the physical but the mental as well. Bike, swim, walk, etc... but do something. How much depends on how you feel the minimum length should be 20-30 minutes of exercise at a very low intensity level.
- B) Long Run – is exactly that - a long run. You need to perform these runs at an intensity level that is consistent with your training, ability, and goals. You all know how to do a long run and remember that this is **not rest day**.
- C) Fartlik – **this is done after you warm up not before**. You start out running (long run pace) and then increase your pace to race pace and/or beyond depending on the workout and the desired results. Most of your fartliks should be done faster than race pace to develop the proper VO₂ oxygen utilization systems involved in cross country and track and field competitions.
- D) Doubles – running twice a day. See me for this type of training. It is much more involved than most coaches and runners know so the increased risk

factors are very relevant. It is not wrong or bad but needs to be approached correctly and a thorough understanding needs to be had by the athlete.

- E) Warm Up and Cool Down – this is often an area that is overlooked during the off season and needs to be addressed. This is very important because it prepares the body for exercise and the rigors that physical exertion brings from both biomechanical and physiological aspects.
- F) Flexibility – you need to stretch, it is an athletes best friend in helping to avoid injury. Most athletes work out in the off season and neglect their flexibility. This often times leads to injury during the season. You know how to stretch remember to perform your flexibility exercises everyday.
- G) Weight Training – you need strength and muscle endurance training to achieve you highest level of excellence. The fitness center is open everyday after school from 2:45pm-4:15pm. This is more than sufficient time to perform a proper strength and conditioning program. You have been told how it is up to you to get in there and get strong. If you do not know how to lift nor do not have a routine see me and I will give you a program. You should be lifting 2-3 days per week in order to develop the proper muscle strength and endurance needed to achieve your best possible performance.
- H) Nutrition – see attached sheets for proper amounts of the main nutrients. When addressing nutritional habits remember that a little common sense goes a long way. By this I mean eat properly and limit you're between meal snacks and you will optimize your training and its positive effects.

The following is a week by week training program for those not involved in another sport at this time. If you are involved in another sport **focus on that sport**, see me if in another sport and I can help you develop a program that will help you maintain for the track and field season and **not interfere** with your current sport. Remember that depending on the event(s) you are involved in this training program may need some adjustments and you should see me to make the appropriate changes for your particular needs and goals. You need to warm up and cool down every time it is appropriate (you know this from this past cross country season). Do not forget daily flexibility. See me with any questions, concerns, thoughts, etc...

11/08/2008 – State Cross Country Finals

We will be there in 2009 if we all believe and train properly. Remember that success only follows after the proper amount of work, there are no short cuts to the top and the path is often long. Believe and achieve!!!! Do you and will you be the leaders we need. Good luck!!!

Week of 11/9 – 11/15

Rest week and recovery time. Do as you feel as far as activity and intensity level. Remember to ice, stretch, and eat properly, etc., according to your particular situation.

Week of 11/16 - 11/22

Bike, walk, swim, rollerblade, etc... Get away from running for a few days, but do some form of exercise. The intensity of the exercise is how you feel and about 30 minutes in length. Remember to relax, refresh, and enjoy the successful season you just completed.

Week of 11/23 – 11/29

Monday – Wednesday – Friday

35 minute long run

Tuesday – Thursday – Saturday

45-50 minute long run

Sunday

Rest day

Week of 11/30 – 12/6

Monday – Wednesday – Friday

40 minute long run

Tuesday – Thursday – Saturday

50-55 minute long run

Sunday

Rest Day

Week of 12/7 – 12/13

Monday – Wednesday – Friday

45 minute long run

Tuesday – Thursday – Saturday

60-75 minute long run

Sunday

Rest Day

Week of 12/14 – 12/20

Monday and Friday

45-60 minute long run

Tuesday and Saturday

30 minute fartlik (after warm up) 6x3 increases of 3 minutes in length

Wednesday

60-75 minute long run

Thursday

30-40 minute long run

Sunday

Rest Day

Week of 12/21 – 12/27

Same as previous week

Week of 12/28 – 1/3

Same as previous week

Week of 1/4 – 1/10

Same as previous week

Week of 1/11 – 1/17

Same as previous week

Week of 1/18 – 1/24

Same as week of 11/30 – 12/6

Week of 1/25 – 1/31

Same as week of 11/23 – 11/29

Week of 2/1 – 2/7

Same as previous week

Week of 2/8 – 2/14

Same as week of 11/23 – 11/29 – mileage a little down this week in preparation for a solid start of practice the next week. We will be getting ready for a couple of indoor meets as well as the outdoor season.

Week of 2/15

On Monday the 15th we start preparation to reclaim the conference title for the boys, the 9th one in the past 16 years and winning the 4th conference title out of the past nine years for the girls. The sectional title and state finals are goals we have. Yes we reach high and have high expectations because we expect and demand success as members of the St. Francis Cross Country and Track and Field programs; we turn to ourselves for this first and foremost.

You are the one that drives this team. Remember that preparation is half the battle. **If you are coming from another sport please talk to me about taking a few days off before coming to track and field practice.** It is in your best interest to relax and then you will be refreshed and ready to go for the 2009 season. Have a great off season. I am interested in your progress so feel free to stop by and see me from time to time. If you need something see me and I will help you out, not just for athletic reasons. However, I will not require, force, make, etc... any of you take part in this program as I believe that you need time away from the strict format of everyday practice routines and the demands it places on you. Please check with me from time to time if you need anything. Please feel free, I look forward to it, to stop by and see me to talk about anything, not just training. Thanks for making St. Francis one of the best programs in the state – your program!!!