

## 2021 AL MS XC

### Home Workouts- It's All About That Base!

While our world may still work a little differently right now we can make the most of it! Practice starts **Monday, August 9** so lace up your shoes today! For the rest of the season we strongly recommend running and doing core work daily. This part of Cross Country training is about building a base of endurance, core strength (abdominals and upper body) AND getting used to the heat. Without this foundation we cannot set you up for safety and success.

I am going to be honest, other sports hurt a lot less than XC. You will have times in practice or meets when you struggle and it will take a mighty heart and strong will power to keep going. BUT I promise you this, at the end of the day you will walk away feeling invincible. You will look back and say, "I just did that!" and you will be proud, walking with your head held a little higher. This sport is for the courageous and if you don't feel that way yet; you will.

It is **imperative** that you run daily, between practices and on vacation to be able to handle the progression of practice demands and be ready for **our first full team meet on September 7**. It will come upon us fast.

Do not rely on soccer practice to prepare you for XC. As great as soccer is, it will not prepare an athlete for the demands of XC. However, XC will absolutely prepare an athlete for the demands of soccer.

We will train our runners to be able to run **2 miles** without stopping. We promise we will be right there running with you. If we ask you to do it, so will we. Our goal is to have our kids run the entire course and not walk (unless hurt or sick). After the first week, we will do a mile time trial to set a starting point for each runner. We use this to track improvement and to set pace groups for practice and race strategy. **WE TEACH PACING!** Very critical skill. This is why they need a basic running watch with a timing function.

#### **FIRST SOME BASICS**

- 1) They will need a decent pair of running shoes and a basic, cheap running watch or hand-held timer as a way to keep track of their running minutes.
- 2) Try to run before noon or after 6pm when temperatures are a bit cooler
- 3) Always tell someone where you are going and the route you are running
- 4) **LIMIT HEADPHONES**, you won't have them in a race and you need to make friends with your own brain. Your brain can either be your greatest asset or your worst detractor, let's make it an asset!
- 5) Run on sidewalks when you can
- 6) Run against traffic so you can see them and they can see you

- 7) Drink a lot of water during the day and after a run, water is far superior to sports drinks
- 8) Do not run on a full stomach or after guzzling water, wait about 30 min-1 hour
- 9) Write your name and phone # on your hand, just in case of an emergency
- 10) If you start to feel cold and clammy and it is hot outside, stop immediately, get some water and walk home!

### **Home practice Active Dynamic Warm Up (Abbreviated):**

Solid warm up help prevent injury!

10 Jumping Jacks

10 arm circles forward and backward

10 Ankle rolls

Stand with feet shoulder width apart and stretch your arm over your head and lean (hold for 8 count and switch sides)

Walking leg lunges (for about 20 feet and back)

Knee hugs (for about 20 feet and back)

High Knees in place (for about 30 seconds)

Buty Kicks in place (for about 30 seconds)

### **THE RUN**

Assess Yourself- how long can you currently run with out stopping? Find your beginning level and do the workout provided on days you are not at practice. Try to move up levels over the next 4 weeks:

#### **LEVEL 1 (able to run <10 minutes without stopping)**

Go for a 20 minute walk/run and run for at least the first 4 minutes or for as long as you can than alternate walking and running every minute until you reach 20 minutes.

#### **LEVEL 2 (able to run 10-15 minutes without stopping)**

Go for a 20 minute walk/run. Run for as long as you can than alternate walking for 30sec and running for 2 min until you reach 20 minutes.

#### **LEVEL 3 (able to run 16-20 minutes without stopping)**

Go for a 25 minute walk/run Run for as long as you can than alternate walking for 30sec and running for 4 min until you reach 25 minutes.

#### **LEVEL 4 (able to run 21-30 minutes)**

Alternate these two types of 30 minute runs:

- 1) 30 minutes run at a good pace (not an easy jog)
- 2) 30 minute run at a good pace but this time start out a little faster, then throw in 3 (30 second surges) throughout the run then back it down and then pick up the pace to finish the last minute.

Be sure to record your runs on your running log!

## **COOL DOWN STATIC STRETCHES**

Always start stretching working from the top of your body down. Neck, arms, shoulders, sides, back, legs)

## **CORE WORK**

Work on your core (10 min) daily:

10 regular sit-ups

10 with knees bent to the left

10 with knees bent to the right

10 straight leg lifts

10 scissor kicks

Plank for 30 seconds (repeat 2x's)

2x10 sets of push-ups

Parents feel free to join in the FUN!

Contact us with any questions:

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