

AL MS XC

Home Workouts- It's All About That Base (AND CORE)!

The first few weeks 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 personal success.

It is **imperative** that you run daily STARTING NOW (especially if you have not been running this summer) in order to handle the progression of practice demands and be ready for our first meet in early September. It is the Olathe Twilight Classic and is a fun, low pressure meet. Distance = 1.86 miles (fast, flat and sunny). These will come upon fast!

NEWSFLASH if you want to be a runner you have to...RUN!

Do not rely on other sports practices 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 endurance aspect of soccer.

Before we put kids in a meet **they need to be able to run at least 1 mile** without stopping. Safety is our first priority. Our goal is to have all of our kids run the course and not walk (unless hurt or sick).

FIRST SOME BASICS

- 1) They will need a decent pair of running shoes and **MUST** have a basic, cheap running watch or hand-held timer as a way to keep track of their running minutes and pace. These are **VERY IMPORTANT TOOLS!**
- 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):

A solid warm up helps 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)

Booty Kicks in place (for about 30 seconds)

THE RUN

Assess Yourself- how long can you currently run without stopping? Find your beginning level and do the workout provided DAILY before we start practices for the season and 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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