

Viking XC - 2017

Notes for summer training

GOALS (RWBAT):

1. run miles that will gradually build your aerobic base, which will build mitochondria, which increases blood flow, and uptake of oxygen to muscles.
2. gain strength through miles for speed training and faster times in races.
3. gain strength through weight training to help increase running efficiency.
4. run more miles to decrease to amount of injuries.

~ Mileage is listed for every day. If you are new to this, or out of shape, start with 4 or 5 days a week for now.

~ If you miss a day, do not miss anymore than 2 days in a row as this will hurt your endurance.

CONSISTENCY OVER TIME

~ Walking breaks are okay. Going slower is better.

~ There is listed a range of miles. Start with the lower end if you are new or out of shape.

~ Time your runs every day.

~ Write down your distances each day, even if you don't run.

~ Write down your times from each day, even if you don't run.

~ Stretch gently before and after running.

~ Hydrate well everyday and night. Summer time gets warm.

~ EAT! Lots of the good stuff every day.

~ We will add weight training later this summer.

~ Do push-ups and sit-ups each morning and evening.

~ An example of a push-up and sit-ups routine.

1 set of 10 push-ups

1 set of 20 crunches

1 set of 10 push-ups

1 set of 20 regular sit-ups

1 set of planks – hold for 30 seconds

1 set of superman – hold for 30 seconds

Increase reps as you get stronger

~ Through the summer you will be shown more ab workouts.