

New Hanover Cross Country

2017 Summer Workout Schedule



Summer Training Highly Encouraged

Championship teams are developed in June, July, and August.
Commit to summer running and you will see the dividends!

***Summer Practices Start Monday, June 12th**

Mandatory Practice begins July 31st

-All Runners Welcome: New Hanover athletes, middle school athletes, alumni, parents, siblings etc.

***Must have valid physical and concussion forms to participate**

Summer Practice Locations

Mondays 7:30-9:00am @ Greenfield Lake (Park at Tennis Courts off of Park St.)

Tuesdays 7:30-9:00 am @ Forest Hills Elementary

Wednesdays 7:30-9:00 am @ UNCW Track

Thursdays 7:30-9:00 am @ Alderman Elementary

Fridays 7:30-9:00 am @ Cowan St. Downtown (One St. over from PPD, park on side of street or cul de sac)

*any schedule changes will be announced via Remind Text and/or Email.

Dead Periods

Captain led practices or on your own **July 3rd-9th**, and **July 17th-23rd**. Public School coaches are not allowed to lead practices during these weeks based on NCHSAA rules.

Remind 101

Sign up for text message updates throughout the season:

To sign up enter the number **81010** into the phone number line and type **@newhanxc** in the text line.

Training Tiers/ Phases

Athletes will run in groups based on their fitness level and experience. The season is broken into five separate training phases. **In June and July we will focus on building base mileage** that will provide the necessary stamina throughout the competition season. **We will also focus on building general strength.**

Summer Running Incentives

- 1. Mileage Incentive Gifts-** As you log mileage through the summer/fall you will qualify for levels of incentive gifts. These are published in our team handbook. Mileage must be logged to be eligible for incentive gifts.
- 2. Daily Attendance Raffle-** Practice attendance will be taken each day and we will raffle off prizes weekly.
- 3. Watermelon Daily-** Watermelon will be served after every workout.
- 4. Summer Mileage Shirt-** Every runner who eclipses 250 miles of running from June-August will earn a special Hanover XC Shirt.

Ways to Log Your Runs

1. Strava App

Track your runs on your phone using GPS. Track your friends, join challenges and share activities. This is the simplest form of mileage tracking out there.

2. Logarun.com

Sign up for a FREE logarun.com account. You can record all your runs, distances, paces, goals, mileage, shoes and much more. Add New Hanover High School under teams.

***Only Certified mileage will be counted toward incentive gifts.** Be honest in your comments about your runs. It will help you notice your strengths, growth across the season and areas to improve.

Maximize your Success

1. Training Shoes

You will use this pair every day, and run heavy mileage on them. They need to provide cushion and support. They need to be replaced around 350-500 miles. Shoes play a very large role in preventing overuse injuries connected to running. See me to discuss the right shoes for your foot type.

2. Get a Watch- Use it Everyday

Run with a watch to gather information about your pacing. You will also use a watch when given a target time to aim for in a workout

3. Map Your Runs

Google "USA Track and field map it" or use <http://www.mapmyrun.com>. These are very simple tools that will give you the distances of your runs.

The Runner's Edge

In our sport, running more and in a correct way is the best way to improve our times. Cross Training activities such as biking and swimming also provide significant gains in our sport. Outside of running this is a top 10 list of "Things You Can Do When Not Running" to maximize your potential.

Top 10 "Things You Can Do When Not Running" to become a faster runner

-From Mark VanAlstyne- UNC Cross Country Coach

10. Periodic Testing- Health & Fitness Analysis
9. Logging- Monitor your training and development
8. Strength Training- High rep, low impact strength development
7. Mobility Work- Drills, drills, and more drills!
6. Biomechanical Analysis- When able, have your body evaluated to find areas to develop
5. Flexibility Work- Stretch, stretch, and repeat!
4. Active Recovery/Cross Training- Bike, Swim, Aqua Jog etc.
3. Nutrition- Eat to recover, include a balanced diet
2. Balance- Make time for yourself, family, friends and other hobbies
1. Sleep- Rest for physical and mental health- 7 hours a night minimum- 8-9 hours ideally