***Wood Charter HS Cross Country--2023 Summer Training Rules/Guidelines***

**Twitter: *@XCWoods * Website: *www.woodsxc.weebly.com***

**1**. Summer months are to be used primarily to build your base fitness, the most essential component to running a strong 5k (which is approx. 90% aerobic). Your pace for aerobic runs (i.e. regular runs) should be comfortable--at a pace that you can carry on a conversation without being out-of-breath. By 7/10, each run should be *continuous* and should be *at least* 20 minutes. *By 8/17, the goal for everyone is to be able to run 30 min. non-stop.*

**2.** Follow the runs prescribed at practice and/or Final Surge and do not add additional workouts/runs without talking with Coach Hawkins. General rule of thumb: *increase mileage/minutes by no more than about 10% per week (to avoid injury).*

**3.** Warm-up before your run with dynamic stretches to decrease tightness/wake-up muscles to feel your best. Incorporate our routine or see: http://www.runnersworld.com/stretching/a-dynamic-routine

**4.** Take at least 1 recovery day/week, but avoid taking more than 2 consecutive days off. *Consistency is key!*

**5.** Log in your runs at finalsurge.com (ask me if you do not have access) between June 20 and August 20, especially if you are not able to make summer practices. Those who submit all of their runs in Final Surge will receive a special prize. ☺

**6.** Take 10 minutes after each run to easily stretch (don’t strain!) your 1) *quads*, 2) *hamstrings*, 3) *calves*, 4) *glutes*, 5) *hip flexor*, and 6) *lower back* for 30 seconds per leg. A few suggestions: *http://www.runnersworld.com/stretching/make-every-minute-count-30-second-stretches*

**7.** Hydrate well with water before and after your runs (at least 8 oz before, 16 oz. after). This is especially important in the summer! Don’t know how?, see: [*http://www.active.com/nutrition/Articles/How-to-Hydrate-Before-During-and-After-a-Workout.htm*](http://www.active.com/nutrition/Articles/How-to-Hydrate-Before-During-and-After-a-Workout.htm)

**8**. Try to eat a light snack 30-60 min. before morning runs to give you energy and feel your best (i.e. granola bar, banana).

**9.** On days you are not at practice, do Pushups/Bicycle kicks/ Squats/Front Plank/Lunges/Glute Bridges after your run 2 to 3 times/week— aim to increase no./time each week

**10.** Communicate with Coach Hawkins over the summer if you have questions or if you experience pain/injury.

**11.** Avoid running alone—when possible, encourage a friend/teammate to join you!

**12.** Enjoy your summer! Cross-training is both fun and can help improve your running (swimming, biking, hiking, team sports, etc.). But make sure to do it safely by easing into it--avoid doing too much the first few times.

***Woods Charter HS Cross Country--2023 Summer Training Schedule***

**Important Dates:**

\*Unofficial summer practices will begin **Tuesday, June 28** at the Woods gazebo at 8am. *Both new and returning runners are expected to attend as many summer practices as possible and must have a current physical on file.*

\*Official (or mandatory) practices will begin on **Monday, July 31**. It will also serve as the 1st day of tryouts. *All* *interested in being part of the team will need to have Woods Athletic Participation Forms completed before July 31.*

*\**Our first race, an intra-squad 3k, is scheduled for **Saturday, August 18** at Woods.

**What to bring to practices?**

Running shoes, water bottle, digital running watch (does not need to include GPS), towel or yoga mat, a smile and your best effort ☺

**June/July**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| ***Monday*** | ***Tuesday*** | ***Wednesday*** | ***Thursday*** | ***Friday*** | ***Saturday*** |
| **19**  *Run on your own (see Final Surge)* | **20**  Rest or Cross-train | **21**  *Run on your own (see Final Surge)* | **22**  Rest or cross training | **23**  *Run on your own (see Final Surge)* | **24**  Rest or Cross-train |
| **26**  *Run on your own (see Final Surge)* | **\*27—1st team practice @WC-8am** | **28**  Rest or Cross-train | **\*29--@WC-8am** | **30**  Rest or Cross-train | **\*1--@WC-8am** |
| **3—*Dead Week/Captain-led practice*** | **4—*Dead Week/Captain-led practice*** | **5—*Dead Week***  Rest or Cross-train | **6—*Dead Week/Captain-led practice*** | **7—*Dead Week***  Rest or Cross-train | **8—*Dead Week/Captain-led practice*** |

**See Final Surge for the workouts to do on your own for any practices you miss.**

***Dead Week*** = Per the NCHSAA, coaches are not allowed to meet with student-athletes; co-captains will be in charge of running practice and communicate locations via GroupMe (let a captain know if you do not have access yet)

**What to bring to practices?**

Running shoes, water bottle, digital running watch (does not need to include GPS), towel or yoga mat, a smile and your best effort ☺

**July/August**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| ***Monday*** | ***Tuesday*** | ***Wednesday*** | ***Thursday*** | ***Friday*** | ***Saturday*** |
| **\*10--@WC (8am)** | **\*11--@WC (8am)** | **12**  Rest or Cross-train | **\*13—WC (8am)** | **14**  Rest or Cross-train | **\*15—WC (8am)** |
| **17—Dead Week**  Duke XC Camp | **18--Dead Week**  Duke XC Camp | **19 Dead Week**  Duke XC Camp | **20-- Dead Week**  Duke XC Camp | **21—Dead Week**  Rest or cross-train | **22—Dead Week/Captain-led practice** |
| **\*24--@TBA** | **\*25--@TBA** | **26**  Rest or Cross-train | **\*27--@TBA** | **\*28--@TBA** | **29--@TBA** |
| **31—Tryouts (@WC, Time TBA)** | **1—Tryouts (@WC, Time TBA)** | **2—Tryouts (@WC, Time TBA)** | **3—Tryouts (@WC, Time TBA)** | **4—Season Kickoff at Jordan Lake, Time TBA** | **5-@American Tobacco Trail (ATT)** |

**See Final Surge for the workouts to do on your own for any practices you miss.**

\*\*=NCHSAA Dead Period (coaches are not allowed to meet with student-athletes); co-captains will be in charge of running practice and communicate locations via GroupMe (let a captain know if you do not have access yet).