

Start with the finish in mind.

Before you run—realize when you are done you want to stretch down (hamstrings, quads, calves, butterflies. Make sure your muscles are loose and warm for the type of workout you are planning on doing. Do the warm-ups we used for practice. Do a few ½ speed starts or 100 m finish line dashes. Do pushups—minimum 20- do 4 sets of 30-second air bicycles. Throughout the summer, don't just focus on running, but also be working on your core muscles- abs and glutes.

Explanation of the 12-day cycle:

Hills: Run a route that takes you up and down hills. In New Ulm or the river towns this is easy to find. Even a smaller change in elevation counts!

R: Can stand for recover run (lactic acid flush if you like physiological terminology). These *must* be done after the Hills, Tempo, Fartlek, or Distance days. It is just the standard—go for X minutes or X miles. No plodding, walking doesn't count, and they should be around a 2-mile minimum to get your leg muscles warm and worked a little.

R: also stands for REST (not running). You can still go to work, take out the trash, help someone move their earthly possessions, mow the lawn...get the picture? You just take the day off from running. Rest is a weapon. YOU MUST REST at least one day out of the twelve. The log doesn't really allow more than 4 days of rest out of 12. You get to be in charge of how many and how much. Just remember, you get out what you put in and what you do now will help you come fall. Be honest with yourself and the weekly and summer goals.

TEMPO: This can be repeat 400, 800, 1200, or 1600. Set a desired pace based upon your PR or pace from spring track or last fall cross country. Try to do this on a track or a reasonably accurate measured location. The more consistent you can be with distance and pace, the more beneficial it will be for you. Make sure that you properly warm up and cool down, a mile for each is a good distance.

FARTLEK: This is a pace variation run. Make sure you are properly warmed up before beginning. A fartlek run is a continuous run, but you will be changing your pace as you run. You can set your own goals for distance or time that you want to change your pace between easy and hard. For example: 10-15 minute warm up, 2 minutes hard, 2:30 easy, 3 minutes hard, 2:30 easy, 4 minutes hard, 2:30 easy, 4 minutes hard, 2:30 easy, 3 minutes hard, 2:30 easy, 2 minutes hard, 10-15 minutes cool down. Or you can pick landmarks and say I'm going to run hard from here to that tree/driveway/parked car, then I'll run slow until..... Don't pick too short of distances, otherwise you are not training yourself to push yourself hard. If you can incorporate hills into this workout, that would be good, too!

DISTANCE: Start getting some miles in at a decent pace. This is more than just a recovery run. It is meant to help build endurance. Make it longer than race distance, but it doesn't need to be race pace. Just remember to keep a steady pace. Running too slowly hurts the body and mind more than not running that extra mile.

For those joining CC: Practices start August 14th and will go from 8:30-10:30. (Could be shorter pending on the type of workout) I expect all of you to be there for the first day. This handout is for your personal use; I won't be collecting it or checking in on you. Just remember whatever work you do before the season starts, especially in the weeks right before practice starts, will really help you be ready for the season. We will have summer running every Sunday at 7 pm in Flandrau Park, New Ulm (meet at Nehls Park right before the main entrance) and every Wednesday at 7 pm at a park/trail in Mankato (to be determined). Look for messages via e-mail and/or Facebook for updates.

Our first meet will be on Tuesday, August 29th, at Mankato East.

If you have any questions feel free to email me at nlehman@mvlhs.org or call/text me at 507-766-4772. The best thing you can do for yourself and for your team is to come prepared for the season and running on a regular basis will help with that.

Blessings on your summer vacation! I look forward to seeing you all in August!

In Christ, Miss Lehman