

# 2009 JAGUAR SUMMER CROSS COUNTRY

**Team will start meeting on all Fridays starting June 19th. All meetings will be at 7:30 am (Bring your running shoes)**

Conditioning in June: Depending on your current training level you need to be running at least 3 days a week. If you are just starting your training, 2 to 3 miles a day is a good starting point. As you become more comfortable running these distances you can bump up to 3 to 4 miles and eventually 5. Also,

**Get to weights!!!!!!!!!!**

Physicals: Mr. Carr has set them up for June 16th at 6:00 and August 6 at 6:00.

Location: PMA on Central

**Communication:** You need to be responsible and let **ME** know if you can't make it.

Coach Wiebe's phone: 218-0726 or cell 393-5394

Email: [wiebek@usd385.org](mailto:wiebek@usd385.org)

## Types of runs:

Long Slow Distance-

Use this type carefully:

"I've always felt that long, slow distance produces long, slow runners." - Sebastian Coe

"slow " is a relative term, If your goal is a race pace of 6 or 7 minutes, your "slow" would be to add between 1 or 2 minutes to that time and run your training at that pace.

Timed runs- Set a target time per mile. Push your limits a little

Light pole run- Change the tempo of you run between different fixed land marks like light poles. Running up tempo to the next light pole and then slowing down to the next and so on.

Fartlek- "speed play" Same idea as above but with time. Run pretty hard for 30 to 90 seconds followed by equivalent or longer time of "recovery" running.

Repeats- divide you mileage in smaller units and run up tempo and then take **SHORT** break.  
Example: 4 x ½ mile = 2 miles **Break** might be half of you running time approximately.

Watches are a required accessory for all Cross Country members. If you have trouble obtaining a watch for some reason let me know. Wal-mart has many to choose from for around \$10 or less.

Running Shoes- A good pair of running shoes is highly recommended to avoid any potential injuries. First Gear in Old Town offers team discounts if you let them know you are running on ACHS XC and will help you pick out the correct shoes.