

# THE 100 CLUB - Summer Running Challenge!

(June 1 – August 31)

Can you run 100 miles this summer?! Can you run MORE than 100 miles this summer? Summer will only last for 92 days (June 1 – Aug 31). If you run 100 miles (or more) this summer – YOU will be inducted into The 100 Club at Saint Mary!

## Rules:

ALL Saint Mary students (especially CC Runners), teachers, coaches, and staff are welcome to join the challenge!

Any SMS student (or teacher, coach, or staff member) that logs 100 (or more) miles of summer running will be inducted into The 100 Club! All members of The 100 Club will earn the right to order the exclusive 100 Club t-shirt\*; and the current SMS student who logs the MOST miles this summer earns an extra prize!!

Summer mileage is tracked from June 1 to August 31, 2017. All miles logged must be initialed, monitored or otherwise vouched-for by a parent, guardian, or coach. We are using the honor system, and God is watching!



*\*T-shirts are given to all 100 Club member who wish to purchase them, for \$10.00.*

# SAINT MARY CC SUMMER RUNNING PROGRAM

**W**elcome to the (optional) Saint Mary Cross Country Summer Running Program! The following program is optional – but I do hope that you all try to use it to run in the summer to prepare for 2017 Cross Country!

## **Summer Camps:**

Many of the area high schools offer cross country camps in the summer. I have attached information on the camps offered by Saint Viator, Carmel, and Loyola high schools. Running in a cross country camp is one of the best ways to stay in shape – and get stronger all summer long. Listen to your coaches, run hard, and have fun!!

## **Summer Workout:**

If a cross country camp is not something you can commit to, then a self-paced program is the way to go. Self-paced workouts during June and July should be between 1 and 6 miles (depending on your level, fitness, schedule, etc.), minimum. The last 400m of each run should be as close to “race pace” as possible in order to feel like you are finishing a race – remember, always finish fast!

Those who ran faithfully during June and July, will see significant improvement in their times during the season (August – October). If you dream of making it to the State Meet – then running hard in the summer is the best way to position yourself for success in October.

## **Rule #1:**

Rule Number 1 with running (ESPECIALLY summer running) is **HAVE FUN!** Go out for a run with your mom or dad; ask your brother or sister to ride their bike alongside while you run; ask your parents to take you for a run at a park or a nature preserve! We are fortunate to have a wide variety of running surfaces to train on – concrete, grass, dirt, sandy beaches, and hills. **RUN FOR FUN!**

## **Pace:**

All running should start at an “easy” or “green” pace and then quickly work to a “moderate” or a “yellow” pace, except the last 400m (or about 1/4 of a mile) should be at “race pace” or “red” if not at a FULL SPRINT!

What does all that mean?

- Easy pace (Green): You can easily talk to someone while you run
- Moderate pace (Yellow): You can still talk while you run, but the talking is harder to do
- Race pace (Red): Your full effort – the same speed you would run if you were in a race
- FULL SPRINT: More than your full effort ... learn forward, pump your arms, dig with your toes

## **Shoes:**

Good quality, properly fitted, running shoes are the best choice for running (other durable, well cushioned, shoes will work short term. Converse, flip-flops, sandals, etc. are not great and will lead to pain and injury.

# **Saint Mary Cross Country**

## ***Summer Running Program***

### **Distance:**

Any running you do over the summer is good running! The following mileage can be considered minimum levels. The more you run in the summer, the faster your times will be in the fall.

- Varsity Runners (incoming 7<sup>th</sup> & 8<sup>th</sup> graders), try for 14 – 18 miles a week (or more)
- Junior Varsity Runners (incoming 5<sup>th</sup>, & 6<sup>th</sup> graders), try for 7 – 9 miles a week (or more)

### **Frequency:**

Run every day if you can ... run every other day if you can ... run three or four times a week if you can. The more you run in the summer, the faster your times will be in the fall – so just RUN (and have FUN) during the summer!

### **Cross Training:**

Feel free to add in other forms of exercise too! Swimming, cycling, hiking, skateboarding, roller blading and skipping rope – those activities are all FUN and they help you become a stronger runner too!

### **Strength Training:**

Whole body strength training, with emphasize on core and lower-body, is a fantastic way to condition your body in preparation for the season. Strong legs and core is the best form of injury prevention for running. I am generally NOT in favor of athletes using weights until they reach high school (check with your mom and dad first). Body weight exercises (or weights of 10lbs or less) are VERY effective when good form is used. I have included some exercises below.

### **Safety:**

- NEVER RUN ALONE! NEVER WORKOUT ALONE (especially if you use weights)!
- NEVER run in the street (use the sidewalk instead)!
- ALWAYS ask your parents before you go on a run or before you work out
- Run in areas that are familiar – your street, your neighborhood park, your favorite beach, etc.
- Run outside before the sun goes down (nighttime running is more difficult and more dangerous as you risk injury in the darkness).
- Workout in your bedroom when you wake up, or just before you go to bed

### **Hydration:**

**DRINK PLENTY OF WATER! DRINK PLENTY OF WATER!!**

Remember, you need to drink at least ½ your body weight in ounces of water every day – more if you run outside in the heat! Regular water is the best thing to drink ... but other liquid beverages work too. Please try to limit carbonation, caffeine, sugar, and artificially sweetened drinks!

# Saint Mary Cross Country

## Summer Running Program

### Self-paced Workout:

The warm-up, the cool-down, and the post run stretch are VERY important – almost as important as the run itself! Be sure to allow time for a warm-up, a cool-down, and a stretch during each workout.

### Sample Warm-up:

- Squats (2x10)
- High Knees Walk
- Zombie Walk
- Toe Walk
- Duck(heels) Walk
- Side Shuffle
- Leg Swing Sideways
- Bounding (forward and backward)
- High Skipping (forward & backward)
- Running High Knees
- Running Butt Kicks
- Sprints (3x50 yards)
- Alternating Leg Side Shuffle
- Leg Swing Forward

**Sample Training Plan:** (These are suggested min distance – feel free to run fewer miles over more days)

#### Varsity: (14 – 18 miles a week)

- **Mon:** 4-miles easy pace
- **Wed:** 2-4 miles race pace
- **Thu:** 2-4 miles moderate pace
- **Sat:** 6 miles VERY easy pace

#### Jr Varsity: (7 – 9 miles per week)

- **Mon:** 2-miles easy pace
- **Wed:** 1-2 miles race pace
- **Thu:** 1-2 miles moderate pace
- **Sat:** 3 miles VERY easy pace

### Sample Cool-down and Stretch:

Always cool down after your run by jogging or walking at a quick pace for several minutes. Once you have cooled down, then you can begin the following stretches:

- Standing Quad Pull
- Standing Leg Hug
- Standing Leg Cradle
- Seated Hamstring (hurdlers) stretch
- Seated Groin (butterfly) stretch
- Bent over Calf stretch
- Side Stretch
- Arms/Shoulders

### Sample Strength Training (body weight only):

Commitment to a structure strength training program will positively impact your running ability, while helping to keep injuries to a minimum. Always warm-up and cool down and maintain proper form – this is more important than how fast you move. Varsity athletes should work for 2-3 sets of the following circuit, while JV should work for 1-2 sets, three times a week (rest 30-60 seconds between sets). GO SLOW and use GOOD FORM!!

Athletes should use their body weight for these exercises. If you use the proper form/technique and you move slowly, body weight is all you need. Hand held weights of up to 10lbs can be used for more advance athletes. Use of weights should only be used under adult supervision!

# Saint Mary Cross Country

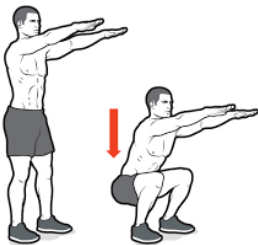
## Summer Running Program

### Suggested Circuit Training:

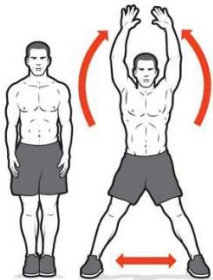
Standard Push-Up: 20 reps



Squat: 25 reps



Jumping Jacks: 1 minute



Abdominal Crunches: 30 reps



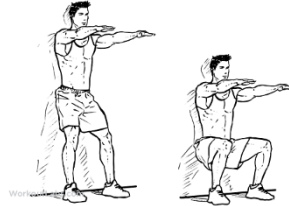
### Questions?

If you have questions during the summer, ask your parents to send me an email ... [crosscountry@stmarybg.org](mailto:crosscountry@stmarybg.org)

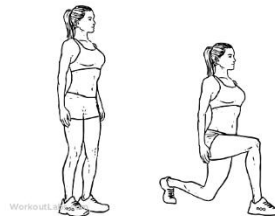
Have a GREAT summer – remember to HAVE FUN!

Coach Raftery  
Saint Mary Cross Country

Wall Sits: 2 mins, rest 30 seconds, then 3 mins



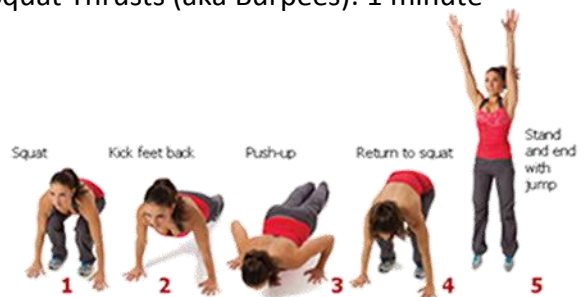
Alternating Forward Lunges: 20 Reps each leg



V-Ups: 20 reps



Squat Thrusts (aka Burpees): 1 minute



# SAINT MARY CC SUMMER RUNNING PROGRAM

## RUNNING LOG 2017

	Date	Distance	Time (h:mm:ss)	Planned Workout	Temp	Workout Pace	Comments
1	01-Jun		: :				
	02-Jun		: :				
	03-Jun		: :				
	04-Jun		: :				
	05-Jun		: :				
	06-Jun		: :				
	07-Jun		: :				
2	08-Jun		: :				
	09-Jun		: :				
	10-Jun		: :				
	11-Jun		: :				
	12-Jun		: :				
	13-Jun		: :				
	14-Jun		: :				
3	15-Jun		: :				
	16-Jun		: :				
	17-Jun		: :				
	18-Jun		: :				
	19-Jun		: :				
	20-Jun		: :				
	21-Jun		: :				
4	22-Jun		: :				
	23-Jun		: :				
	24-Jun		: :				
	25-Jun		: :				
	26-Jun		: :				
	27-Jun		: :				
	28-Jun		: :				
5	29-Jun		: :				
	30-Jun		: :				
	01-Jul		: :				
	02-Jul		: :				
	03-Jul		: :				
	04-Jul		: :				
	05-Jul		: :				

# SAINT MARY CC SUMMER RUNNING PROGRAM

## RUNNING LOG 2017

	Date	Distance	Time (h:mm:ss)	Planned Workout	Temp	Workout Pace	Comments
6	06-Jul		: :				
	07-Jul		: :				
	08-Jul		: :				
	09-Jul		: :				
	10-Jul		: :				
	11-Jul		: :				
7	12-Jul		: :				
	13-Jul		: :				
	14-Jul		: :				
	15-Jul		: :				
	16-Jul		: :				
	17-Jul		: :				
8	18-Jul		: :				
	19-Jul		: :				
	20-Jul		: :				
	21-Jul		: :				
	22-Jul		: :				
	23-Jul		: :				
9	24-Jul		: :				
	25-Jul		: :				
	26-Jul		: :				
	27-Jul		: :				
	28-Jul		: :				
	29-Jul		: :				
10	30-Jul		: :				
	31-Jul		: :				
	01-Aug		: :				
	02-Aug		: :				
	03-Aug		: :				
	04-Aug		: :				
	05-Aug		: :				
	06-Aug		: :				
	07-Aug		: :				
	08-Aug		: :				
	09-Aug		: :				





# SAINT MARY CC SUMMER RUNNING PROGRAM

## RUNNING LOG 2017

	Date	Distance	Time (h:mm:ss)	Planned Workout	Temp	Workout Pace	Comments
EXTRA WORK (run, bike, swim, cross-train)			: :				
			: :				
			: :				
			: :				
			: :				

*ALL LOGS DUE TO COACH ON SEPTEMBER 1, 2017!!!*

### Club Members

2015-2016	2016-2017	2017-2018
Amy Clarke	Alex Bustos	
Mrs Clarke	Coach Bustos	
Nora Lyons	Amy Clarke	
Kylie Jensen	Mrs Clarke	
Miss Matzkin	Mrs Del Valle	
Mia Raftery	Alana Heinrichs	
Stella Raftery	mr s Hughes	
Colton Schwabe	kylie jensen	
Mrs Schwabe	ryan li	
Coach Raftery	miss massarelli	
	Miss Matzkin	
	will mooney	
	mr s mooney	
	Patrick orsini	
	coach orsini	
	mia raftery	
	ryan raftery	
	stella raftery	
	Colton Schwabe	
	Mrs Schwabe	
	ian steward	
	Coach Raftery	