

American Heritage School
Cross Country
(open to all students in grades 7-12)
Fall 2012

Cross Country is a fall sport where runners race on long distance, open-air courses over natural terrain. The typical racing distance is 5k, or 3.1 miles for high school students. Middle school race distance is most often 1.5 miles. Runners build great cardiovascular, muscular, and mental strength. Running on a team can also provide positive memories and lasting friendships.

When will we run? Practice will be held **every Tuesday and Thursday from 3:20 to 4:30**. We will do our hard runs together. I would like students to run 20-30 minutes easy on their own the other days of the week (MWF), resting on Sunday. Saturdays will either be a race or a long run, on your own or together: 35 minutes for MS, 45-60 for HS.

What will we do? Students will participate in a variety of running activities, including speed-play, hill workouts, and intervals. We will warm up doing form drills and guided stretching. Students will run in at least 2 races, though hopefully 4 or more.

Races: For High School: So far we have two races scheduled: **September 29 (We host!), and the final Championship race on October 20th**, which will mark the end of our season. Our race-course is located one mile west of the school at Art Dye park. More cross country teams are popping up as we speak, so as soon as any other races become available, you will be notified. High school runners may also want to participate in the Kiwanis Series, shorter distance races held in Kiwanis Park in Provo on Tuesdays at 6pm this fall. See info following.

"The Kiwanis Series is a series of 7 cross country competitions for boys and girls ages 7 to 18. Race lengths vary from 1 kilometer to 4 kilometers. A participation fee of \$3 will be charged at each race..." Please see attached flyer for more information.

Races: For Middle School: The Kiwanis Series races in Provo will be your main racing opportunity. These races, held on Tuesdays at 6pm, will be optional for middle school and also for high school students. You can race as many or as few as you would like throughout the season. You will be responsible for your own transportation, and \$3 entrance fee. All Middle school runners will race on September 29th, when we host a race. Eighth grade runners will also be eligible to run in high school races if we need more people or you are really fast!

*****If we have enough students racing on Tuesday evenings, I will probably decide to hold an another, optional practice on Mondays for those wanting to race on Tuesdays.**

What to wear: You need a quality pair of running shoes that fit well and are comfortable. (don't forget socks). Please wear modest athletic clothing, that includes sleeves on shirts, and shorts must be longer than fingertip length. As the season gets cooler, please bring warmer clothing to wear. PE uniforms are not required for practice, but can be worn.
Please also bring a water bottle to practice.

What paperwork do I need to turn in? Please fill out the **Participant's Waiver** form and attach a check for the **fee of \$30**, and **turn this in to the Front Office** by the second week of practice. Please read and sign the **Cross Country: Rules for Running** paper and turn it in to Coach by the second week of practice.

Please have your student post or keep the Cross Country Training Plan and Kiwanis Series somewhere convenient so it can be referred to often. Students who miss practice will be asked to make up the workout on their own if possible.

I will be sending around a signup sheet for parents to bring snacks/treats for after practice. I also invite parents who would like to volunteer to come and run (or bike) to help keep watch over all the runners.

It's going to be a fun, fabulous, fast running season!

~Coach Leann Brinton (who ran cross country in middle, high school, and college. She loves running and hopes you will too!)

Cross Country Training Plan: High School

Basic Warm up for Practice Days (Tuesday and Thursday):

Form Drills: I will instruct you how to do these. They make a huge difference in improving your running strength and efficiency. Each drill will be done on grass about 40 yards down and back for each exercise in this order: Bum-kickers, high knees, walking calf raises, straight leg soldier walk, bar-step overs, grapevine/karaoke, walking lunges, explosions, arm sprints (3x30 seconds).

Stretching: Each grade will take turns leading stretching. You will stretch all your major muscle groups. Hold each stretch for about 30 seconds: butterfly stretch, alternating 1 leg extended, both legs extended in V, pretzel, achilles, standing hamstring, calves, quads, arms, etc.

Cool Down: after a hard workout: jog easy for 5-10 minutes, stretch well, do sit-ups and push-ups.

***If you have to miss a practice, you will need to do the workout (listed below) on your own within a day of the missed workout.**

Monday, Wednesday and Friday:

run 20-30 minutes easy on your own, stretch.

Also on Mondays: Run 6x accelerations on grass: begin running slowly, gradually speeding up to a sprint over 100 meters, rest for a minute in between each one.

Saturdays when we have no race: Do a long run of 45 minutes to an hour, easy pace on your own, or meet at the school and do the long run with the team (optional). Time TBD. Stretch. Sunday: Rest!

Post this training plan at home somewhere. Use blank spaces to record your workout times, how you felt, goals, etc.

High School TEAM WORKOUTS:

Tuesday

Thursday

Aug 28: Tryouts: run a mile, or: Speed Play: Alternate running 1 minute fast then 1 minute easy, total 20-30 min.	Aug 30: Tryouts: run a mile, or: Easy out, Hard back: run out for 20 minutes easy, run back fast.
Sept 4 Pyramid miles: 1 mile each: easy, moderate, hard, moderate, easy.	Sept 6 Hill Repeats: 200m incline, fast up, jog down, 6-8x

<p>Sept 11 6x800m Repeats: @ goal race pace, w/ 2 min rest in-between.</p>	<p>Sept 13 Indian Run: The last person in a line of runners (running at moderate pace) sprints to front, repeated over 3 miles.</p>
<p>Sept 18 Speed Play: Alternate running 1 minute fast then 1 minute easy, total 30 min.</p>	<p>Sept 21 Easy out; Hard back: run out for 20 minutes easy, run back fast, race pace</p>
<p>Sept 25 Pyramid miles on AF track: Jog 1 mile to school easy. 2x1 mile on track at race pace, jog back easy.</p>	<p>Sept 27 Hill Repeats: 200m incline, fast up, jog down, 8x</p>
<p>Oct 2 3x1 mile Repeats: @goal race pace; 3 min walk/rest in-between.</p>	<p>Oct 4 Indian Run: Last person in line of runners (running at moderate pace) sprints to front, repeated over 3 miles.</p>
<p>Oct 9 Pyramid: 100m, 200m, 400m, 800m, 1600m, 800m, 400m, 200m, 100m; @ race pace or faster. (3 miles total)</p>	<p>Oct 11 (no school, do on own) Hill Repeats: 200m incline, fast up, jog down, 8x</p>
<p>Oct 16 4x800m Repeats: @ goal race pace.</p>	<p>Oct 18 Easy Run: 20-30 minutes, with 6x accelerations: begin running slowly, gradually speeding up to a sprint over 100 meters.</p>

Cross Country Training Plan: Middle School

Basic Warm up for Practice Days (Tuesday and Thursday):

Form Drills: I will instruct you how to do these. They make a huge difference in improving your running strength and efficiency. Each drill will be done on grass about 40 yards down and back for each exercise in this order: Bum-kickers, high knees, walking calf raises, straight leg soldier walk, bar-step overs, grapevine/karaoke, walking lunges, explosions, arm sprints (3x30 seconds).

Stretching: Each grade will take turns leading stretching. You will stretch all your major muscle groups. Hold each stretch for about 30 seconds: butterfly stretch, alternating 1 leg extended, both legs extended in V, pretzel, achilles, standing hamstring, calves, quads, arms, etc.

Cool Down: after a hard workout: jog easy for 5-10 minutes, stretch well, do sit-ups and push-ups.

***If you have to miss a practice, you will need to do the workout (listed below) on your own within a day of the missed workout.**

Monday, Wednesday, Friday:

run 10-20 minutes easy on your own, stretch.

Also on Mondays: Run 4-6x accelerations on grass: begin running slowly, gradually speeding up to a sprint over 100 meters, rest for a minute in between each one.

Saturdays: Do a longer run of 30-40 minutes, easy pace on your own, or meet at the school and do the long run with the team (optional). Time TBD. Stretch.

Sunday: Rest!

Post this training plan at home somewhere. Use blank spaces to record your workout times, how you felt, goals, etc.

Middle School TEAM WORKOUTS:

Tuesday

Thursday

Aug 28: Tryouts: run a mile, or: Speed Play: Alternate running 1 minute fast then 1 minute easy, total 20 min.	Aug 30: Tryouts: run a mile, or: Easy out, Hard back: run out for 10-15 minutes easy, run back fast.
Sept 4 Pyramid half miles: 1/2 mile each: easy, moderate, hard, moderate, easy. (total 2.5 miles)	Sept 6 Hill Repeats: 200m incline, fast up, jog down, 4-6x

<p>Sept 11 6x400m Repeats: @ goal race pace, w/ 2 min rest in-between.</p>	<p>Sept 13 Indian Run: The last person in a line of runners (running at moderate pace) sprints to front, repeated over 1-2 miles.</p>
<p>Sept 18 Speed Play: Alternate running 1 minute fast then 1 minute easy, total 20 min.</p>	<p>Sept 21 Easy out, Hard back: run out for 15 minutes easy, run back fast, race pace</p>
<p>Sept 25 Pyramid half miles: Jog 800m easy. 2x800meter at race pace, with 2 min rest in between. 800m easy.</p>	<p>Sept 27 Hill Repeats: 200m incline, fast up, jog down, 5x</p>
<p>Oct 2 3x800m Repeats: @goal race pace, 3 min walk/rest in-between.</p>	<p>Oct 4 Indian Run: Last person in line of runners (running at moderate pace) sprints to front, repeated over 2 miles.</p>
<p>Oct 9 Pyramid: 100m, 200m, 400m, 800m, 400m, 200m, 100m; @ race pace or faster. (total 2200m or less than 1.5 miles)</p>	<p>Oct 11 (no school, do on own) Hill Repeats: 200m incline, fast up, jog down, 6x</p>
<p>Oct 16 4x400m Repeats: @ goal race pace.</p>	<p>Oct 18 Easy Run: 20 minutes, with 4-6x accelerations: begin running slowly, gradually speeding up to a sprint over 100 meters.</p>