

Hippo XC -- Summer Running

“Fall leaves no doubt to how summer was spent”

The key to team success in Cross Country is **summer running**. The main goal in the summer is to **safely accumulate** as much mileage as possible in order to increase our aerobic fitness. This will have us ready for the fall season. Summer is by far the easiest and best time to transition into Cross Country. We must be dedicated in the summer to give ourselves an opportunity to be successful during the season. Hutto Athletics is highly regarded in the state with a long history of success. That success was built off of heavy summer running/training.

Individual and Team Goals for Summer

- **Consistency** is the key to being successful in running. I define consistent running as 4 - 5 days a week.
- **Returning runners**: Follow your plan. Runners will be held accountable for running their miles up to and including not being allowed to return to the team in fall to run.
- **New runners**: See your mileage and follow for 4 weeks. We will assess after 4 weeks. We want to work up to 6 days of running a week.
- **In-season injuries** most often occur for runners because of **inconsistency in summer training** with a person's mileage jumping up and down from taking extra days or weeks off at the time. School starts and the runner is running daily and gets hurt usually with “**Shin Splints**”.
- **Run with teammates**. It will make the team better if we are all working together. Make a date to run with a teammate on the days we are not together this summer.
- **Veterans: One long run each week is required**: It needs to be about 25%-30% of the week's total mileage. (20 mile week would include a 5 mi /8k run)
- **Outwork our competition**. The hardest working teams tend to be the better teams year in and year out. We should be the hardest working team if we plan on standing on the top of the podium.
- **Summer Performance Camp** If you are in town, you are at summer workouts.
- **Be accountable**. Log your miles/ times with UA- MapMyRun and record them on Runnin' Hippos - Google Classroom.
Be honest on the Calendar/ Log about your running and cross training.

- **Stay in touch:** Contact Coach Johnson. I can't help you be successful if I do not know what you are running. BAND or email as needed. I am here to help you achieve your goals. (links below)

IMPORTANT LINKS and contact info:

Email - joshua.johnson@huttoisd.net

BAND - <https://band.us/n/a6a83774a8wei>

Runnin' Hippo Google class code: gpktwg5

Pace Training Calculator -

<https://www.runnersworld.com/uk/training/a761676/rws-training-pace-calculator/>

UA MapMyRun - our homework app. <https://www.mapmyrun.com/app>

Summer XC Workouts

Returning Runner Minimum Summer Mileage: This mileage must be run over the **actual 10 week summer (May 31st-Aug 8th)** for all **returning runners**. Anyone not meeting the standard will risk removal from the team. **Any exceptions (usually injury or sickness related) require approval and a running plan by Coach Johnson.**

9th Grader - 100 miles (10 miles / wk)

10th Grader - 125 miles (12.5 miles / wk)

11th Grader - 150 miles (15.0 miles / wk)

12th Grader - 175 miles (17.5 miles / wk)

I will check Google Classroom running logs Sunday evenings during the summer and verify your mileage from the previous week. Mileage logged **after "Sunday Night"** will be used for training purposes, but will not count towards incentives.

Cross Training Miles

As we have seen each year, Cross Training helps our injured runners stay in shape when injured. It is also a way to increase fitness when healthy. I challenge runners to complete 2-3 cross training sessions a week in addition to our everyday miles. This is not a replacement for running. **It is a supplement for running.** It will help to keep our top end mileage lower while still encouraging fitness

Cross Training rules:

Activities allowed: Elliptical Running, Swimming Laps, Aqua Running, Cycling, Spin Bike, & Treadmill running (at least 1% incline).

Exercise Intensity: Heart Rate has to be high like it would be for running. Every 10 minutes = 1 mile of Cross Training

All Cross Training should be logged as cross training in your running log with the minutes listed. **Remember: 10 minutes =1 mile**

100 minutes of Cross Training (10 miles) per week can be earned towards "**Summer Running Incentives**", but not "**Summer Mileage Minimums**"

Summer “XC Team” Workouts

Starting in July we will meet up at Hutto HS @7:00AM - 8:30AM a couple days a week on Tuesdays, Wednesdays or Thursdays. They are not mandatory by rule, but are **highly encouraged and recommended**. By early August we will be meeting as a team for mandatory workouts.

Summer Miles are from Monday, May 31 – Sunday, August 8.

Runners that attend at least 7 summer running sessions plus run & log the Summer Mileage during the 10 week summer running period will receive an award to acknowledge their accomplishment. (Specialty T-shirt) **Summer Running Incentive** includes any cross training mileage (no more than 10 miles a week) in your log.

Level	Miles
Gold	250 Miles (25.0 miles/10 wk)
Silver	225 Miles (22.5 miles/10wk)
Bronze	200 Miles (20.0 miles/10wk)