

Boys Cross Country Basics

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Join the Pack – 1st Summer Run – Tuesday, June 19th 6:30pm at Memorial
Be there as we build team and get our training off on the right foot



Summer Runs Tuesday & Thursday Nights at 6:30pm
Saturdays at 8am
Starting Thursday, June 28th

Tuesday's at Briant Park (or Tatlock If announced)
&
Thursday's at Memorial (or Tatlock If announced)
&
Saturday's at the Summit Running Company @ 8am
Be there

Captains Practices – Mon-Fri 8am at SHS
First Official Practice – Wednesday, August 15th at 8am at SHS

Camp together – XCU Camp – August 7th – 12th
Website: xcucamp.com

The team that gets better the most during the summer will succeed.
Follow the summer running guide.
Make it your goal to never run a summer mile by yourself.

Create a running log on Running2Win.com.
Log your summer miles and be accountable to each other

Complete Medical Forms by August 3rd.
No forms = no participation

Mileage – It varies depending on your experience and your goals

Follow the running guide on the calendar. Take the first few weeks to gradually build to your goal mileage. Spend the final few weeks maintaining your goal.

Training Pace

Runs should be comfortable, but not slow. Look to get quality miles in by running within your aerobic threshold. Use the VDot chart. Most runs will start out at Easy pace and pick-up as you loosen up. Keep the pace no faster than a moderate. Be smart and ask.

Pre/Post Run

Spend time loosening up. Use the Lunge Matrix and other dynamic movements to prepare your body for running.

Hit the ropes often each week. *Flexibility adds durability.*

Strides are key – 2-3 times a week – at least once/wk add some 150's I/O's.

Maintain the speed you developed during the track season.

Other keys/tips

Establish a routine early this summer and stick to it – run, eat, sleep, hydrate, on a regular pattern. Develop self-discipline.

Strength/Core exercises. Make them part of your routine. Utilize what you learned this year in the wt. room. Many exercises are not wt. room specific. Strength begets speed. *Stability builds durability.*

Hydrate well daily and avoid the heat of the day. Use sunscreen.

Be willing to double-up on certain days. Early on run 5-6 times/wk. Later on may be 6-10 runs/wk.

Run on soft surfaces look to mix in hills. Run as you feel. Make adjustments as needed. Take days off if needed – not b/c you feel lazy.

Make trips to Holmdel, Greystone, or other courses or parks to add variety.

Log your runs and use a watch.

Be in contact with us as you progress. We must know how you are doing.

Long Run Matters – It is key – Get it in.

Saturdays at 8am at SRC we will meet to get this in.

Attend the Tues/Thurs/Sat Runs to be a part of the team to learn the routine.

You are always better off running with others in your training group. *Make it a goal not to run a mile alone this summer.*

Be Good to Be Good – You can be as good as you choose to be. If you all choose to be great, we can excel exponentially!

But you have to put the work in.

Summer is 40% of XC

Ways to stay in the loop

1) Remind

- Athletes text "@ehcd49" to 81010 to join the XC18 group
- Parents text "@h6dk44" to 81010 to join the XC18 Parents group

2) Website

- Bookmark - <https://sites.google.com/a/summit.k12.nj.us/shs-xc/>

3) Twitter and Instagram

- Follow @run4summit

June 2018

November success begins in June

Summer miles build base. Don't focus on pace. Log on running2win.com – Varsity Goal is 550+ summer miles

Run with each other as often as possible. Include quality strides often after runs.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30 Holmdel Night of 1600's	31	1	2 Group Championships
3 Week -2	4	5	6	7 SMS Sign-up	8	9 Meet of Champions/ Tarentino 5k
10 Week -1 Begin Active Recovery 1 or 2 miles every other day	11	12 Track BBQ 6- 8pm	13 SHS sign-up meeting	14	15	16
17 Week 0 Continue Active Recovery V- 15 miles JV - 12 m/wk F - 10 m/wk	18	19 1st Summer Run 6:30pm at Memorial	20 SMS Graduation	21 SHS Graduation – No Memorial Run	22	23
24 Week 1 V – 30-35 m/wk JV – 20-25 m/wk F – 10-15 m/wk	25 Daily Captains Practices Begin 8am at SHS for all levels	26 Briant 6:30pm	27	28 Memorial 6:30 pm	29	30 8am Long Run Running Co – Var. 8 mi

Coordinate with the Captains – 8am Daily at SHS - for runs during Week #1.

Make it a goal to never run a summer mile alone. The more you do together, the easier group success will be.

Work toward daily quota – 100 push-ups, 200 crunches, 50 pull-ups - SHS Weight Room Open M-Th (9-11:30/3-5)

Mix in GSM and Circuit Work and Core on your own

Get a big group to run together on the 9th. Break out the flags, jerseys, body paint, etc. and promote your sport! Register at <http://superheroracing.com/events/making-a-difference-5k/>

Preseason Goals for 2018

- **Reclaim a Championship – county – conference – sectional – group**
- Make Groups and Meet of Champions
- Stay undefeated in dual meet action
- Improve on the compression
- Break all school five-man team averages on championship courses
- Further team focus/unity/pride

July 2018

Championships are won in the summer.

Include strides often after runs. Log your miles on running2win.com.

Consistency is key - Double and Lift often.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 2 1 V – 35-40 m/wk JV – 20-25 m/wk F – 10-15 m/wk	2 SHS Lift after Capt. Prac	3 6:30 pm Memorial	4	5 6:30 pm Memorial	6	7 8am Long Run Running Company – Var. 10 mi
Week 3 8 V – 40-45 m/wk JV – 25-30 m/wk F – 15 m/wk	9 SHS Lift after Capt. Prac	10 6:30 pm Briant Park – Begin Tempo/ Farlek Running	11 SHS Lift after Capt. Prac	12 6:30 pm Memorial	13	14 8am Long Run Running Company – Var. 12 mi
Week 4 15 Cutback Week V – 25-30 m/wk JV – 20 m/wk F – 10-15 m/wk	16 SHS Lift after Capt. Prac	17 6:30 pm Briant Park – Begin Tempo/ Farlek Running	18 SHS Lift after Capt. Prac	19 6:30 pm Memorial	20	21 8am Long Run Running Company – Var. 9 mi
Week 5 22 V – 45-50 m/wk JV – 35-40 m/wk F – 15-18 m/wk	23 SHS Lift after Capt. Prac	24 6:30 pm Briant Park	25 SHS Lift after Capt. Prac	26 6:30 pm Memorial	27	28 8am Long Run Running Company – Var. 12-13 mi
Week 6 29 V – 55-60 m/wk JV – 30-36 m/wk F – 15-18 m/wk	30 SHS Lift after Capt. Prac	31 6:30 pm Briant Park	1 SHS Lift after Capt. Prac	2 6:30 pm Memorial	3	4 8am Long Run Running Company – Var. 13-14 mi

Submit your Medical Forms by August 3rd

Make every attempt to be at the team runs T-Th-Sat

Coordinate with the Captains – 8am Daily at SHS - Make it a goal to never run a summer mile alone

The more you do together, the easier group success will be

Work toward daily quota – 100 push-ups, 200 crunches, 50 pull-ups - SHS Weight Room Open M-Th (9-11:30/3-5)

Mix in GSM and Circuit Work on your own - www.coachjayjohnson.com

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August 2018

**Sacrifice and Commitment yield the
ultimate reward**

**Include strides often after runs. Log your miles on
running2win.com.**

**Distance Runners are made by their teammates
Lift and Double Often with Each Other**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 6 29 V – 55-60 m/wk JV – 36+ m/wk F – 18 m/wk	30 SHS Lift after Capt. Prac	31 6:30 pm Briant	1 SHS Lift after Capt. Prac	2 6:30 pm Memorial	3	4 8am Long Run Running Company– Var. 13-14 mi
Week 7 5 XCU Week - cutback	6 SHS Lift after Capt. Prac	7 XCU XCU CAMP – 7 th - 12 th	8 XCU	9 XCU	10 XCU	11 XCU
Week 8 - 12 XCU V –55-60 m/wk JV – 36-40 m/wk F – 18-20 m/wk	13 SHS Lift after Capt. Prac	14 6:30 pm Briant	15 8am SHS 1 st Official Practice	16 8am at SHS	17 8am at SHS	18 8am at SHS
Week 9 19 V –65+ m/wk JV – 45+ m/wk F – 20+ m/wk	20 8am SHS Mon-Sat	21 Double Session 8 am Practice and 6:30pm Memorial	22 8 am Practice	23 Double Session 8 am Practice and 6:30 pm Memorial	24 8 am Practice	25 8 am Practice
Week 10 26 V – 65+ m/wk JV – 45+ m/wk F – 20+ m/wk	27 Holmdel Trip – 7:30am bus 11:45 return	28 8am practice & 6:30pm Memorial	29 8 am Practice - 3200 TT for Var/JV Frosh Orientation (Group run after)	30 Double Session Am Captains practice @ SMS & 3:05 pm SHS	31 Am Captains practice @ SMS & 3:05 pm SHS	1 Location TBD Possible: Greystone Trip

Submit your Medical Forms by August 3rd

Make every attempt to be at the team runs T-Th-Sat

Coordinate with the Captains - 8am Daily at SHS - Make it a goal to never run a summer mile alone

The more you do together, the easier group success will be.

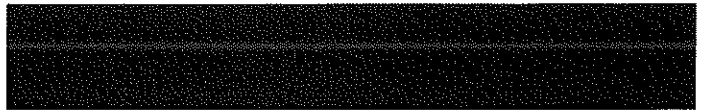
Work toward daily quota – 100 push-ups, 200 crunches, 50 pull-ups - SHS Weight Room Open M-Th (9-11:30/3-5)

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September 2018



The hard work of the summer will pay off in major fitness gains

Check your logs - Varsity runners can hit 550+ summer miles total!

Be excited to go after the goals

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26 Week 10 V – 65+ m/wk JV – 45+ m/wk F – 20+ m/wk	27 Holmdel Trip – 7:30am bus 11:30am return	28 8 am Practice 6:30pm at Memorial	29 8 am Practice - 3200 TT for Var/JV Frosh Orientation (Group run after)	30 Double Session Am Captains Practice at SMS 3:05 @ SHS	31 Am Captains Practice at SMS 3:05 @ SHS	1 Location TBD Possible: Greystone Trip 7:30am bus.
2 Cutback	3 Labor Day – No organized practice	4 1 st Day of school 3:05 practices begin daily	5	6	7	8 Cherokee Challenge ACT Date
9	10 Rosh Hashanah – No School Practice Time TBD	11	12 Dual #1 @ Oak Ridge - Cran, ALJ, RC	13	14	15 8am Practice @ Briant
16	17 Dual #2 @ Warinanco – Ben, NP, Eliz	18	19 No School – Yom Kippur Practice time TBD	20	21 Team Dinner TBA	22 Magee Invitational Stokes Weekend
23	24	25 Dual #3 (host) @ Oak Ridge – OK, Roselle, Rahway	26	27	28	29 Practice 8am SHS
30						

Be a master of time management – please schedule appointments, college visits, tutoring, etc. at times that do not conflict with practice. Saturday's without a meet are opportunities to get faster.

Be accountable to each other.

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October 2018

Championship Season Begins

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1 Dual #4 @ Warinanco - Westfield, UC, SPF, GL	2	3	4	5 Team Dinner @ TBA	6 Shore Coaches Inv - Holmdel SAT date
7	8	9	10	11	12 Possible Greystone Inv? Team Dinner post-race?	13 8am Practice or Manhattan
14	15 Team Pizza Party at SHS	16 Union County Conference Championships- Warinanco Times TBA	17	18	19	20 8am Practice
21	22	23 Team Pizza Party at SHS	24 Union County Championships - Warinanco Times TBA	25	26	27 8am Practice
28	29	30 Team Pizza Party at SHS	31 Fr/JV State Championship Bus Departs 12:00	1	2 Team Dinner @ TBA	3 N2 G3 Sectionals

Be a master of time management – please schedule appointments, college visits, tutoring, etc. at times that do not conflict with practice. Seniors - be aware of SAT dates

Saturday Practices in October are key training days. Avoid scheduling conflicts. Time of practice may change b/c of PSAT's

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November

2018

Finish what you started back in June

Don't lose sight of the preseason goals

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31 FR/JV State Championship - Thompson Park 12:00 Departure	1	2 Team Dinner @ TBA	3 Sectional Champ – Greystone
4	5	6 No school Practice TBD	7 PIE SALE FORMS DUE	8 No School – Practice Time TBD	9 No school Practice TBD Team Dinner – TBD	10 GR 3 Champ –
11	12	13	14	15	16 Team Dinner – TBD	17 Meet of Champions – Holmdel 9am Departure/11:45 Race
18	19	20 PIE SALE PICK UP	21	22 Thanksgiving	23	24 Possible NXN Regional Championships Bowdoin Park
25	26	27 End of Season Dinner SHS Caf – 6:15pm	28	29	30	

Be a master of time management – please schedule appointments, college visits, tutoring, etc. at times that do not conflict with practice.

Seniors - be aware of SAT dates

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Jack Daniels' Pace Charts - adapted from *Daniels' Running Formula*

Table 1 – Using your performances to determine your VDOT

VDOT	400m	800m	1600m/Mile	3200m/2 Mile	5k
30	1:55.0	4:09	9:08/9:11	19:14/19:19	30:40
32	1:47.0	3:55	8:38/8:41	18:13/18:18	29:05
34	1:41.5	3:43	8:11/8:14	17:19/17:24	27:39
36	96.5	3:32	7:46/7:49	16:29/16:34	26:22
38	92.0	3:22	7:24/7:27	15:44/15:49	25:12
40	88.0	3:13	7:04/7:07	15:08/15:03	24:08
42	84.0	3:05	6:46/6:49	14:27/14:31	23:09
44	81.0	2:58	6:29/6:32	13:51/13:56	22:15
45	79.0	2:54	6:22/6:25	13:35/13:40	21:50
46	77.5	2:50	6:14/6:17	13:20/13:25	21:25
47	76.0	2:47	6:07/6:10	13:05/13:10	21:02
48	74.4	2:44	6:00/6:03	12:50/12:55	20:39
49	73.1	2:40	5:53/5:56	12:36/12:41	20:18
50	72.0	2:38	5:47/5:50	12:23/12:28	19:57
51	70.7	2:35	5:41/5:44	12:10/12:15	19:36
52	69.5	2:32	5:35/5:38	11:57/12:02	19:17
53	68.3	2:30	5:29/5:32	11:45/11:50	18:58
54	67.2	2:28	5:24/5:27	11:34/11:39	18:40
55	66.0	2:25	5:18/5:21	11:23/11:28	18:22
56	65.0	2:23	5:14/5:16	11:12/11:17	18:05
57	63.8	2:19	5:09/5:11	11:01/11:06	17:49
58	62.9	2:18	5:04/5:06	10:52/10:56	17:33
59	62.0	2:16	5:00/5:02	10:42/10:46	17:17
60	61.0	2:14	4:55/4:57	10:33/10:37	17:03
61	60.3	2:12	4:51/4:53	10:23/10:27	16:48
62	59.5	2:11	4:47/4:49	10:14/10:18	16:34
63	58.5	2:09	4:43/4:45	10:06/10:10	16:20
64	57.8	2:07	4:39/4:41	9:57/10:01	16:07
65	57.0	2:05	4:35/4:37	9:49/9:53	15:54
66	56.3	2:03	4:31/4:33	9:41/9:45	15:42
67	55.5	2:02	4:28/4:30	9:33/9:37	15:29
68	54.8	2:01	4:24/4:26	9:26/9:30	15:18
69	54.0	1:59	4:21/4:23	9:19/9:23	15:06
70	53.2	1:57	4:17/4:19	9:12/9:16	14:55
71	52.6	1:55	4:14/4:16	9:05/9:09	14:44
72	52.0	1:54	4:11/4:13	8:58/9:02	14:33
73	51.4	1:53	4:08/4:10	8:51/8:55	14:23
74	50.8	1:52	4:05/4:07	8:45/8:49	14:13
75	46.0	1:50	4:02/4:04	8:39/8:43	14:03

Table 2 – Training Paces Based on Current VDOT

VDOT	E/L		M		T			I			R	
	Lap	Mile	Lap	Mile	1000	Lap	Mile	400	800	Mile	200	400
30	9:36	12:00	9:11	11:21	6:24	8:14	10:18	2:22	4:44	---	67	2:16
32	9:08	11:21	8:35	10:44	6:05	7:50	9:47	2:14	4:28	--	63	2:08
34	8:42	10:52	8:09	10:11	5:48	7:28	9:20	2:08	4:16	--	60	2:02
36	8:19	10:23	7:45	9:41	5:33	7:08	8:55	2:02	4:04	--	57	1:55
38	7:58	9:56	7:24	9:15	5:19	6:50	8:33	1:56	3:52	--	54	1:50
40	7:39	9:32	7:04	8:50	5:06	6:34	8:12	1:52	3:44	--	52	1:46
42	7:21	9:10	6:46	8:28	4:54	6:18	7:52	1:48	3:36	--	50	1:42
44	7:05	8:50	6:29	8:07	4:43	6:02	7:33	1:44	3:28	--	48	98
45	6:58	8:40	6:22	7:58	4:38	5:56	7:25	1:42	3:24	---	47	96
46	6:49	8:31	6:14	7:49	4:33	5:50	7:17	1:40	3:20	--	46	94
47	6:42	8:22	6:08	7:40	4:29	5:44	7:10	98	3:16	--	45	92
48	6:36	8:13	6:02	7:32	4:24	5:38	7:02	96	3:12	--	44	90
49	6:29	8:05	5:55	7:24	4:20	5:32	6:55	95	3:10	--	44	89
50	6:22	7:57	5:50	7:17	4:15	5:29	6:51	93	3:06	--	43	87
51	6:17	7:49	5:43	7:09	4:11	5:23	6:44	92	3:04	--	42	86
52	6:10	7:42	5:38	7:02	4:07	5:18	6:38	91	3:02	--	42	85
53	6:05	7:35	5:33	6:56	4:04	5:14	6:32	90	3:00	--	41	84
54	5:59	7:28	5:27	6:49	4:00	5:09	6:26	88	2:56	--	40	82
55	5:53	7:21	5:22	6:43	3:56	5:04	6:20	87	2:54	--	40	81
56	5:48	7:15	5:18	6:37	3:53	5:00	6:15	86	2:52	--	39	80
57	5:43	7:08	5:13	6:31	3:50	4:55	6:09	85	2:49	--	39	79
58	5:38	7:02	5:08	6:25	3:45	4:51	6:04	83	2:46	--	38	77
59	5:33	6:56	5:03	6:19	3:43	4:47	5:59	82	2:44	--	37	76
60	5:29	6:50	4:59	6:14	3:40	4:43	5:54	81	2:42	--	37	75
61	5:24	6:45	4:55	6:09	3:37	4:40	5:50	80	2:40	--	36	74
62	5:20	6:39	4:51	6:04	3:34	4:36	5:45	79	2:38	--	36	73
63	5:15	6:34	4:47	5:59	3:32	4:33	5:41	78	2:36	--	35	72
64	5:11	6:29	4:43	5:54	3:29	4:29	5:36	77	2:34	--	35	71
65	5:07	6:24	4:39	5:49	3:26	4:26	5:32	76	2:32	--	34	70
66	5:03	6:19	4:36	5:45	3:24	4:22	5:28	75	2:30	5:00	34	69
67	4:59	6:15	4:32	5:40	3:21	4:19	5:24	74	2:28	4:56	33	68
68	4:56	6:10	4:29	5:36	3:19	4:16	5:20	73	2:26	4:52	33	67
69	4:52	6:06	4:26	5:32	3:16	4:13	5:16	72	2:24	4:48	32	66
70	4:49	6:01	4:22	5:28	3:14	4:10	5:13	71	2:22	4:44	32	65
71	4:45	5:57	4:19	5:24	3:12	4:07	5:09	70	2:20	4:40	31	64
72	4:41	5:53	4:16	5:20	3:10	4:04	5:05	69	2:19	4:38	31	63
73	4:38	5:49	4:13	5:16	3:08	4:02	5:02	69	2:18	4:26	31	62
74	4:35	5:45	4:10	5:12	3:06	3:59	4:59	68	2:16	4:32	30	61
75	4:32	5:41	4:07	5:09	3:04	3:57	4:56	67	2:14	4:28	30	60