

SYC Cross Country Summer Training Tips

Key Considerations:

- Hydrate – a lot. Athletes should aim to drink between 80 – 100 oz of water each day. Running while dehydrated will have a severe negative effect on performance and health.
- The first day of practice should not be the first day an athlete runs all summer. Please use this resource to guide appropriate summer training.
- If you become injured, consult a doctor. Do not run while injured.

How to Prepare for Cross Country:

Ideally, athletes should begin running/staying active three months before practice begins. An established endurance base will allow them to make the most of the nine-week season. Building up one's endurance (or "base training" in running lingo) is the most important aspect to distance running success, and athletes and parents can do it 100% without a coach, at home, on their own time.

To begin base training athletes may simply begin running slowly. A first week of base training may look something like this:

DAY ONE	DAY TWO	DAY THREE	DAY FOUR	DAY FIVE	DAY SIX	DAY SEVEN
1 mile	Rest	2 miles	Rest	1.5 miles	Rest	1 mile

On this hypothetical first week of base training, the athlete would have run 5.5 miles. On the following week, the athlete may increase the total weekly mileage to 6 or 7 miles. Ideally, athletes should aim to run 10% more each week than they did in the previous week.

Check out [this amazing resource](#) to learn more about how to increase weekly mileage while staying safe.

The good news is that this base building phase can be done with a parent or friend. Even parents who are brand new to the sport can build their own endurance base by running with their child.

During the base training phase, it is critical that athletes run **SLOWLY** and have **ADEQUATE REST**. The ideal running pace is one which allows the runner to engage in a conversation without straining. If athletes are straining or breathing heavily – slow down.

If you or your athlete has any questions throughout the summer, please email me at track@sycva.com.