

CHAGRIN FALLS



CROSS COUNTRY

THE PLAN

*"Out on the roads there is fitness and self-discovery
and the persons we were destined to be."*

- George Sheehan

Chagrin Falls Cross Country – The Plan

We're excited that you have chosen to run XC! The Plan is a week by week training schedule that will prepare you for the competitive season. Following the plan will optimize your fitness for the season, so you can ***run your best when it counts the most!***

You may have chosen to run because you are tough as nails, you have friends on the team or you want to complete in your first 5k. No matter your reason for running, ***we will help you reach your goals and have a great time doing it!***

The Summer Running Program

Get Fit

The running program is designed to set the foundation for your best performance toward the end of the XC season, either at the CVC Meet or the State Meet. You're going to start with a few weeks of easy running, then jump into some workouts as fitness improves. No matter your experience, you will be able to handle summer running.

Have Fun

Our training sessions are also a great time to get to know your teammates, run in great places and have some fun. Team leaders will organize daily training sessions, typically at 7am on week days, throughout the summer.

Be Safe

At any time in a run when you feel that you are not in a healthy situation (too hot, too humid, extreme rain, lightning, sketchy people around) or if you are having trouble with an injury, feeling acute pain or light-headedness, BE SMART! Stop the run and take care of yourself first, don't feel bad if you need to walk for a few minutes, stop for a drink or cut a run short. In the case of an injury, please notify one of your coaches and your training sessions will be adjusted to accommodate the situation. Please see the ***Road Running Policy*** at the end of this packet so you can run safe!

Vacations & Travel

We know that summers were invented for fun! Remember that you're part of a team this Fall and daily running is important to your contribution to the team. You may need to rearrange the schedule to accommodate for travel, camps or your location, but stick to the plan as closely as possible.

If you're on vacation and want to find a nice place to run, check out: <http://www.usatf.org/routes/map/>

Keep A Training Log

We will make you a more complete runner, you will make us more complete coaches. Coaching is a two-way street. We expect that you will keep a log of your training and provide us with both positive and negative feedback as you progress through the program. We will adjust your program as we learn more about your strengths and weaknesses to ensure you are ready on race day, but we can only do that when we hear from you! All lines of communication are open.

If you have any questions regarding the Summer Running Program, please contact Coach Clay Burnett, clayton.burnett@gmail.com, 440-225-9689

Believe in Yourself

Believe in Your Team

Believe in Your Coaches

Running Program Details

The Running Program includes two charts. The first chart is a monthly calendar that displays your run for each day. The second chart is a Goal 5k Pace chart. You can use these two charts to determine the duration and pace of each run.

For example:

Training Paces	
Your goal is to 20:00, work toward these times in each of your workouts, once you can hit them, you may be ready to achieve your goal!	
Workout	Target Pace
100s	00:17
200s	00:43
400s	01:26
800s	03:04
1600s	06:27
Tempo	07:04
Conditioning	07:57
Recovery	08:57

I have a Goal 5k Time of 20:00

Calendar: Today says "25 min Conditioning".

Pace Chart: Conditioning pace is 7:57 - 8:57 minutes per mile

- So, I will run for 25 minutes doing my best to stay in that range.
If I do that, I will run somewhere between 2.8 and 3.1 miles.

How close should I be to the paces?

On any given day, **you may be faster or slower** than your pace or pace range, don't sweat it. These are target paces. The 'Recovery' and 'Conditioning' paces may feel easy, but you may not be able to hit the other paces, don't worry! As fitness improves, you will achieve the paces and then achieve your goal!

No Rest Days?!

There are no scheduled rest days, however you should rest when you feeling over-trained, tired or stressed. Please communicate with a coach about need for rest.

Two-A-Days?!

Experienced runners may run 'doubles', which includes a RECOVERY pace run as a second run. Before you start doubles, please consult a coach.

Freshman and New Runners

Welcome to the program! If you are new to the sport, or an incoming freshman, don't worry! You may not be able to run 50 minutes, or even 30 minutes right now. *Can you still join the team? Of course!* Everyone will get more fit throughout the year, you will eventually be able to run longer and faster than you ever thought possible! For now, just follow the plan!

Personal and Team Goals

When we meet during the season, we will discuss short, mid and long term goals with each runner as well as the team as a whole. So, if you do not have a Goal 5k time right now, that is OK, just follow the schedule as best you can until we meet. Your coach will help guide you to setting realistic and achievable goals based on your current fitness during summer training.

Once we get to know you and your background, we will discuss your personal goals and show you how **your achievement will help the entire team**. Your training will be personalized and goal-oriented, so you know what pace to aim for during every session in order to reach your goals.

Goal Setting

Achievement as an individual contributes to the success of the team. Achieving individual and team goals is fulfilling as an athlete and as a person. The utmost satisfaction for an athlete occurs when he or she realizes that a goal that once seemed difficult has been achieved. Running builds self confidence, mental toughness and fitness. It is important to set and achieve short and long term goals and progress as an athlete and as a person as you participate in the cross country program.

“I thought it was impossible but it’s not. The training doesn’t have to be spectacular, it doesn’t have to kill you, it just has to be consistent.”

— Molly Huddle, after running 14:44.76, breaking the American Women’s 5k Record.

Returning Runners

So you ran a 20:00 5k last year, now what? When you choose to run the summer program, you will need to have a goal to determine your paces. How do you choose that goal? Well, that’s up to you, but we can help. Typically a high school runner can improve from **1% to 10%** from season to season depending on age, maturity and commitment. On average, a runner improves **2% to 5%** per season. **CFXC runners improve an average of 3.5% from season to season.** Everyone in our program will set a goal that is faster than they ran last year, no matter the percentage of improvement.

New Runners

Maybe you ran Blossom or a 5k this year. Maybe you ran cross country in middle school. Maybe you’ve never run before. Tell us about your running background and we will help you set a goal.

Setting Goals

The screenshot shows a 'Goal Calculator' interface. At the top, it says 'Input your Current 5k PR time to view how you may improve this season, next year or throughout your career.' Below this is a large digital display showing '20 : 00'. A button labeled 'Calculate Goal Chart >' is positioned below the display. Underneath, there are two columns: 'Goal Setting' and 'Equivalen'. The 'Goal Setting' column lists improvement percentages from 1% to 10% and corresponding goal 5k times. The 'Equivalen' column lists distances from 200m to 5000m and corresponding goal times.

Improvement	Goal 5k	Distance	Goal Time
1%	19:48	200m	00:00
2%	19:36	400m	01:00
3%	19:24	800m	02:00
4%	19:12	1500m	03:00
5%	19:00	1600m	04:00
6%	18:48	1 Mile	05:00
7%	18:36	3000m	10:00
8%	18:24	2 Mile	12:00
9%	18:12	5000m	20:00
10%	18:00		

- 1 - Go to www.runchagrין.com/calculator
- 2 - Type your current 5k PR into the **Goal Calculator** and click “Calculate...”
- 3 - Now look at the **Goal Setting** chart.

An **A GOAL** is achievable if your best race goes perfectly
You will be ecstatic if you achieve your A GOAL

For Example: Your A GOAL may be 19:00 or a 5% improvement

A **B GOAL** is achievable if your best race goes very well
You will be satisfied with your season if you achieve your B GOAL

For example: Your B GOAL may be 19:36 or a 2% improvement

Goals & Contributions - REQUIRED Tuesday, July 24, 2018 by 10:00pm EST

It is our firm belief that everyone on the team contributes to the overall success of the program. While goal times help the team win, they are not everything. Every athlete contributes to the team in a unique way. Some may win every race, others may be social leaders and others may encourage everyone along the way. As coaches, we want to understand how you would like to contribute to the team.

Go to www.runchagrין.com/runners and login to complete for Goals & Contributions Form

CFXC REQUIREMENTS

TEAM QUALIFICATION

1. FINALFORMS

Complete before first Summer Running Session

If complete, you may attend Summer Running Sessions

If not complete, do not attend Summer Running Sessions

2. GOALS & CONTRIBUTIONS

Complete Tuesday, July 24, 2017 by 10:00pm EST

If complete, continue to #2

If not complete, discontinue participation until next year

As of June 1, you will have exactly 61 days to prepare for Cross Country season. Team leaders will organize daily meetings for runs. Coaches will attend 10 practices throughout the summer. Training in the summer will build camaraderie, increase 'buy-in' and prepare you mentally and physically for the demands of the season.

3. TIME TRIAL #1 - 1 Mile

Tuesday, August 7, 2018

Boys: <7:00 Girls: <8:00

If achieved, you earn a spot on the team. If not achieved, continue to #4.

4. TIME TRIAL #2 - 2 Mile

Friday, August 10, 2017

Boys: <17:00 Girls: <19:00

If achieved, you earn a spot on the team

If not achieved, consult with Coaches about fitness for next year

OFFICIAL FIRST DAY OF TRAINING

12AM, AUGUST 1ST, 2018*

Practice will start at 12:00am sharp. We will meet in the Senior Lot at the High School.

The entire session will be held on school grounds.

The session will end promptly at 1:00am. Please arrange pick up or a ride.

* We can not require you to be at a 12am practice, so it is not required. It will be fun!

TRAINING SESSIONS

AS OF JUNE 7, 2018, ALL REQUIRED TRAINING IS SCHEDULED ON RUNCHAGRIN.COM

As many of you know, our sessions vary in length, but you must **block 2 hours** per session.

You are expected to be present at our training sessions **from the beginning until the end**.

Please schedule non-school related obligations well after training and/or meets to **prevent conflicts**.

DO NOT SCHEDULE NON-SCHOOL RELATED COMMITMENTS...

during or close to our training sessions or meets, this includes jobs!

ATTENDANCE

ATTENDANCE IS REQUIRED STARTING THURSDAY, AUGUST 2, 2018

You must be present at all training sessions.

- If you are going on a family or school vacation during August, contact your coach directly.
- 10 practices are required by the OHSAA in order to participate in a meet.
- If you will miss a session for any reason, contact your coach directly BEFORE the absence, otherwise the absence is unexcused.
- If you will be absent and you provide underclassmen with rides, contact them and tell them to find another ride.
- Absences are ONLY allowed in the cases of school related events and/or family emergencies.

CFXC TEAM RULES & CONSEQUENCES

RULES

1. BE ON TIME

2. BE AT EVERYTHING, FOR THE ENTIRE TIME

3. BE POSITIVE

4. WEAR A WATCH

Why? 1 - Safety: for timing duration of runs. 2 - Improvement: for tracking improvement on runs.

5. NO WALKING*

** If you must walk due to sickness, injury or safety please communicate with a coach.*

CONSEQUENCES

BROKEN RULES WILL BE ADDRESSED WITH A 1 ON 1 RUNNER & COACH MEETING

FIRST BROKEN RULE

Verbal warning

SECOND BROKEN RULE

Sally pushups

THIRD BROKEN RULE

Team related duty

FOURTH BROKEN RULE

You will sit out one meet.

If the meet is a Varsity qualifier, you will run Junior Varsity the following meet.

If the meet is a travel qualifier, you will not qualify to travel.

CFXC ROAD RUNNING

Although it is the right of any “pedestrian” to use the road, the following policy has been adopted by the cross country and track coaches as an attempt to ensure the safety of Chagrin Falls athletes when they are training on the streets in and around Chagrin Falls.

SUGGESTIONS

1. USE THE BUDDY SYSTEM

Running with one or more of your teammates will help keep you safe, aware and it’s just more fun!

2. BE SEEN

Wear bright or reflective clothing if running near dawn or dusk and even during the day.

RULES AND REGULATIONS

1. CARS ARE NOT LOOKING FOR YOU, CARS HAVE THE RIGHT OF WAY

Drivers are not looking for runners and are often distracted using their phone, texting or surfing the web on their iPhone... be aware of all traffic!

2. FOLLOW TRAFFIC RULES

When running in town, pedestrian laws apply to all runners. This includes giving proper right of way to other pedestrians, stopping at intersections and obeying all traffic signs and signals.

3. STAY OFF THE ROAD

Trails are the best places to run. If you are running the streets, try to run on streets where sidewalks exist. If sidewalks do not exist, see Rule #4.

4. RUN FACING TRAFFIC

Where sidewalks do not exist, runners should be off the road and on the berm. Where no berm exists, or the berm is unsafe, the runners should be as close to the edge of the road as possible.

5. RUN SINGLE FILE

Running two or more abreast creates a hazard for oncoming traffic and endangers members of the team. If a runner is being passed, this should be done as safely and quickly as possible. The athletes should return immediately to single file running.

6. DON'T BE A JERK, EVEN IF A DRIVER IS A JERK

Do not antagonize drivers of autos. If there is a problem with a driver, runners should report the license plate number of the car to the coaches upon return to the school or parents upon return home. Coaches will lodge a formal complaint with the police if the situation warrants.

CFXC NOTES & RECOMMENDATIONS

• EFFORT, FITNESS & THE ABILITY TO RUN

THIS IS A SCHOOL SPORT

Your best effort is required at every session. We understand there are good days and bad days. We understand everyone has different abilities. We expect you to work to the best of your ability every day.

GET FIT!

The plan is progressive. Think of it as a snowball rolling downhill. The higher that snowball starts, the faster it will roll and the more obstacles it will be able to overcome. If you start rolling the snowball in the middle of the hill it will pick up speed, but maybe not enough to overcome obstacles.

YOU MUST BE ABLE, OR ABLE TO DEVELOP THE ABILITY, TO RUN

If you are currently unable to run for any reason, that's OK. Talk to one of your coaches and we will help you start from scratch. We have successfully helped people who can not run one lap complete a 5k within just a few months!

• STRETCHING, STRENGTH AND PREVENTATIVE ACTIVITIES

PREVENT INJURIES AND PAIN WITH JUST A FEW EXTRA MINUTES OF WORK

We will hold stretching and strengthening sessions at the end of every run. We will teach you how to stretch from head to toe. You can use these stretches in our sessions or on your own to improve recovery and prevent injury.

• YOUR COACHES ARE NOT DOCTORS

IF YOU'RE HURT, SEE A PROFESSIONAL

We understand that running can cause pain from time to time. We do our best to help you prevent pain by implementing a progressive running plan as well as stretching and strengthening your body. You must learn to differentiate between the pain of running and the pain of an injury.

We can not diagnose injuries or conditions. If you are experiencing pain that prevents you from giving 100%, then we recommend that you see a professional. This may include a trainer, massage therapist, active release technique provider, chiropractor, sports medicine doctor, pediatrician or medical specialist depending on your injury or condition.

• SHOES

BUY SHOES THAT YOU LIKE

We recommend that you purchase a pair of 'low profile trainers' that are flexible and allow your foot to move through its natural motion. It's a great idea to have 2 pairs of shoes. If you have 2 pairs, you can rotate your shoes daily, by the type of run or by how worn out they are at the time.

Shoe salespeople are paid to get you to spend the most money possible during your visit to the store. Do not get hooked into buying expensive shoes or expensive arch supports. Great shoes can be found online, at discount shoe stores and at high end running stores. Just find a pair that you like!

CFXC NOTES & RECOMMENDATIONS

• SAT & ACT TESTING

CONSULT THE TEAM CALENDAR

Academics come first, but please consult our calendar before you schedule your SAT & ACT tests. It is ideal to take your tests before or after the season. If you are a varsity runner, do not schedule your tests during the following meets: Districts, Regionals, States

• LETTERS & AWARDS

EARN YOUR STRIPES!

Letters will be awarded to individuals who...

- **Automatic Letter:** Boys <18:00 Girls <21:00
- **Finished in the Top 7 in half of the regular season meets**
- **Participate in the District Meet**
- **Participate in the CVC Meet on the Varsity Top 7**
- **Senior in your 4th consecutive year with the CFXC program**