

PHASE I SUMMER TRAINING CALENDAR-ALLATOONA HIGH SCHOOL CROSS COUNTRY 2023

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN	MILES
GHSA Dead Week May 29-June 4								
1 May 29-June 4 -Mileage Goals- -20-	MEMORIAL DAY LONG RUN Timed 35-50 MIN NON-STOP -4 Miles-	RECOVERY RUN 15-30 MIN NON-STOP -4 Miles-	REGULAR RUN 25-45 MIN NON-STOP -4 Miles-	20 MIN RUN + 10 x HILLS 30 SEC UPHILL -4-5 Miles-	REGULAR RUN -4 Miles-	Regular Run -4 Miles-	REST OR 30 MIN EASY	MILES MUST BE RECORDED ON FINAL SURGE
2 June 5-11 -Mileage Goals- -20-	Long Run OYO -4 Miles	Recovery Run -2-3 Miles-	REGULAR RUN 25-45 MIN NON-STOP - 4 Miles-	Recovery Run -4 Miles-	Fartlek 10 min Warm-Up + 15 Min session of 60/60 + 10 min Cool Down	Recovery Run -3 Miles-	REST OR 30 MIN EASY	MILES MUST BE RECORDED ON FINAL SURGE
ORGANIZED SUMMER TRAINING SCHEDULE								
	MON @ DP 8:00 AM	TUE @ LM 8:00 AM	WED @ ACP 8:00 AM	THU @ GM 8:00 AM	Fri Run OYO *Team Time*	SAT DO NOT MEET	SUN DO NOT MEET	
3 June 12-18 -Mileage Goals- -25-	LONG RUN @ DELLINGER PARK -5-7 Miles-	T-RUN @ LOST MOUNTAIN -4-6 Miles-	RECOVERY RUN @ ACP -4 Miles-	FUNDAY THURSDAY @ GREEN MEADOWS -5-6 Miles-	RECOVERY RUN *TEAM ORGANIZED* -3-4 Miles-	REGULAR RUN -4 Miles-	REST OR 30 MIN EASY RUN	MILES MUST BE RECORDED ON FINAL SURGE
4 June 19-June 25 -Mileage Goals- -28-	LONG RUN @ DELLINGER PARK -6-8 Miles-	T-RUN @ LOST MOUNTAIN -4-6 Miles-	RECOVERY RUN @ ACP -4 Miles-	FUNDAY THURSDAY @ GREEN MEADOWS -5-7 Miles-	RECOVERY RUN *TEAM ORGANIZED* -4 Miles-	REGULAR RUN -5 Miles-	REST OR 30 MIN EASY RUN	MILES MUST BE RECORDED ON FINAL SURGE

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5 June 26-July 2	LONG RUN @ DELLINGER PARK	T-RUN @ LOST MOUNTAIN	RECOVERY RUN @ ACP	FUNDAY THURSDAY @ GREEN MEADOWS	RECOVERY RUN *TEAM ORGANIZED*	REGULAR RUN	REST OR 30 MIN EASY RUN	MILES MUST BE RECORDED ON FINAL SURGE
-Mileage Goals- -31-	-7-9 Miles-	-5-8 Miles-	-4-5 Miles-	-6-7 Miles -	-4-5 Miles--	-5 Miles-		
GHSA DEAD WEEK JULY 3-9-WE DO NOT MEET *Please Look at Final Surge for your training*								
6 July 3-9	LONG RUN	RECOVERY RUN	T-RUN	RECOVERY RUN	FARTLEK	RECOVERY RUN	REST OR 30 MIN EASY RUN	MILES MUST BE RECORDED ON FINAL SURGE
-Mileage Goals- -31-	-6-9 Miles-	-4-5 Miles-	-5-8 Miles-	-5 Miles-	6-7 Miles-	-5 Miles-		
7 July 10-16	LONG RUN @ DELLINGER PARK	TEAM XC CAMP @ BERRY	TEAM XC CAMP @ BERRY	TEAM XC CAMP @ BERRY	TEAM XC CAMP @ BERRY	REGULAR RUN	REST OR 30 MIN EASY RUN	MILES MUST BE RECORDED ON FINAL SURGE
-Mileage Goals- -34-	-7-10 Miles-					-5-6 Miles-		
8 July 17-23	LONG RUN @ DELLINGER PARK	T-RUN @ LOST MOUNTAIN	RECOVERY RUN @ ACP	FUNDAY THURSDAY @ GREEN MEADOWS	RECOVERY RUN *TEAM ORGANIZED*	REGULAR RUN	REST OR 30 MIN EASY RUN	MILES MUST BE RECORDED ON FINAL SURGE
-Mileage Goals- -37-	-8-10 Miles-	-7-8 Miles-	-5-6 Miles-	-6-7 Miles -	-5-6 Miles-	-6 Miles-		
9 July 24-30	LONG RUN @ ALLATOONA HIGH SCHOOL	T-RUN @ ALLATOONA CREEK PARK	RECOVERY RUN @ ACP	FUNDAY THURSDAY @ ALLATOONA HIGH SCHOOL	RECOVERY RUN *TEAM ORGANIZED*	REGULAR RUN	REST OR 30 MIN EASY RUN	MILES MUST BE RECORDED ON FINAL SURGE
-Mileage Goals- -41-	-8-10 Miles-	-7-9 Miles	-6-7 Miles--	-8 Miles-	-6-7 Miles	-6-7 Miles		

Key:

- DP is Dellinger Park, 100 Pine Grove Rd, Cartersville, GA 30120
- LM is Lost Mountain 4845 Dallas Hwy, Powder Springs, GA 30127
- GM is Green Meadows: We will be parking at Disc Golf Course, 135 Old Hamilton Rd NW, Marietta, GA 30064
- ACP is Allatoona Creek Park, 5690 Old Stilesboro Rd, Acworth, GA 30101
- AHS is Allatoona High School

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Summer Training Shirt Incentive

Athletes who participate in the organized summer training program will be eligible for the following:

- Summer running shirt with the number of miles that they have ran emblazoned upon the back
- Varsity consideration early season

Criteria:

- 80-100% Attendance
- Actively recording mileage on Final Surge at least once a week
- Minimum of 100 miles recorded during the summer

100+ (24 miles/week)	300+(28 miles/week)
200+ (32 miles per week)	400/+ (36 miles per week)

Here are descriptions of the various training options in our Cross Country Training Program:

Tempo/Threshold Runs: A tempo/Threshold run in this program is a workout of 30 to 45 minutes, usually run on trails or in the woods so you have no reference to exactly how far or how fast you are running. Here's how to do a tempo/Threshold run. Begin at an easy pace, about as fast as you would during any warm-up on the track. After 5 or 10 minutes of gentle jogging, gradually accelerate toward peak speed midway through the workout, holding that peak for 5 or 10 minutes, then gradually decelerate, finishing with 5 minutes of gentle jogging, your cool-down. At peak speed, you should be running somewhat slower than pace for a 10-K run, although this recommendation may be somewhat meaningless to high school runners who rarely race beyond 5-K. I don't want to be too precise in telling you how to run this workout. The approach should be intuitive. Run hard, but not too hard. If you do this workout correctly, you should finish refreshed rather than fatigued.

Fartlek: (Scheduled for Thursdays.) *Fartlek* is a Swedish word, loosely translated as "speed play." *Fartlek* is a form of training developed in the 1940s by Coach Gosta Holmer and used by Gundar Hagg and Arne Andersson, the world's fastest milers of that era. A *fartlek* run in this program is a workout of anywhere from 30 to 45 minutes that involves constant changes of pace at different distances. It is entirely intuitive (similar to tempo runs) and is best run on trails in the woods where you have no idea how far you are running. After 5 or 10 minutes of gentle jogging at the start, pick up the pace and surge for maybe 10 or 20 or more seconds, then jog or even walk for a near equal time until partly recovered, then surge again. These speed bursts could be anywhere from 100 to 400 meters, or longer. They could be up a hill or down a hill or on the flat. They could be at top speed or at the pace you might run a 5,000 meter race or from this tree to that tree. Bill Dellinger, 5,000 meter bronze medalist in the 1964 Olympic Games and who succeeded Coach Bill Bowerman at the University of Oregon, said: "An athlete runs as he feels. A *fartlek* training session can be the hardest workout a runner does all week, or it can be the easiest." Dellinger adds: "In order to be a good distance runner, you have to build strength and endurance, learn race pace, and practice race tactics. *Fartlek* training can incorporate all of these essential elements into a single workout." *Fartlek* teaches you how to surge in the middle of the race to get away from opponents--or hang with them when they attempt to surge on you.

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Long Runs: Long runs are necessary to improve your aerobic fitness and endurance. You begin in the first week, running for 60 minutes and add 5 minutes each week to a peak long run of 90 minutes. I prefer to prescribe time rather than distance. I also don't care how fast or slow you run, as long as you run for the prescribed length of time at a pace that allows you to finish as fast as you start. If your pace lags and you have to walk in the last few miles, you obviously ran the early miles too fast. Run at a conversational pace. If running with your teammates (something I recommend), use this workout as an excuse to talk about every silly thing that happened to you during the week. This is a workout that you can run on the roads or on trails. Mostly, have fun.

Rest/Easy Days: These are the three days of the week when you do not run hard. And quite frankly you can't run hard seven days a week without risking injury or overtraining. So in between the hard workouts, run easy. Rest can be an easy run of 30 minutes, or it can be a day when you do not run at all. You need days of comparative rest between the hard workouts, otherwise you will not be able to run those hard workouts at full speed. If you fail to do the hard workouts properly, you will not improve. Don't train hard every day assuming that it will make you a better runner; it may actually affect your training negatively.