

## **2011 STOWE INSTRUCTIONAL CROSS COUNTRY CAMP / PRE-CAMP TRAINING NOTES**

### **WHAT TO EXPECT**

You will be running multiple times each day. Reflecting the location of the camp, you can expect to encounter hilly terrain, dirt roads, and wooded trails. Your runs during the week of camp will be among the most beautiful and invigorating imaginable. The terrain and workload will be adjusted according to your age and skill level. Should you do the MINIMUM preparation work (listed below) prior to camp, the terrain and workload will be of no concern to you. We do not expect you to be in racing condition, just ready to run. We are not a racing camp. More importantly, **OUR CAMP IS FOCUSED ON TEACHING, SKILLS DEVELOPMENT, & TRAINING.** Nobody will be left behind. Many of you, in fact, will far exceed the minimum standards set forth in the following. Have fun with this program. We are looking forward to seeing and working with you on August 10th!

### **MINIMUM GOALS**

- ♦ *Distance Work:* 5 days per week for four weeks prior to camp. See log (over). Distance runs should consist of 30-45 minutes of continuous running. The pace may be adjusted to allow you to accomplish this goal.
- ♦ *Stretching:* Daily program for 10 minutes per session. Concentrate on the hamstrings!
- ♦ *Hill Running:* While running uphill can be tough, it is the **DOWNHILL** running that will give you the soreness in your legs and back. Therefore, you must do **BOTH** uphill and downhill running every week. Attempt to get at least one or hilly runs each week. Allow some rest after hill workouts.
- ♦ *Fartlek:* Fartlek or "*speed play*" is running at various paces throughout a continuous distance run. These workouts will prepare you for the pace and hills at camp. Once a week will be sufficient. The Fartlek run may be combined with a hill workout.
- ♦ *Uneven Terrain:* Much of your running at camp will be "*cross country*" which means uneven terrain. Get used to it now! Get off the pavement and onto fields and/or trails, beaches, etc.
- ♦ *X-Training:* Swimming, biking, and other sports activities are always encouraged as a preparation for camp.

### **REMINDERS**

- Run only in good running shoes. Check them often.
- Drink plenty of water (not soda!) before and after each run.
- Proper preparation in advance of a single run (stretching!) and prior to camp (discipline & fun!) will prevent injuries later.
- Use your best judgment regarding your abilities and current fitness level.
- Listen to your body when changing workloads.

### **SAMPLE TRAINING WEEK**

- Sunday:* Distance run of 30-40 minutes. Stretching! (Alternate Workout: Fartlek)
- Monday:* Easy distance of 30 minutes. Stretching!
- Tuesday:* UPHILL RUN. Run 10-15 minutes to a hill. Repeat hill 5-6 times. Run home 10-20 minutes. Stretching!
- Wednesday:* Distance run of 30-40 minutes in the woods or off road. Go easy. Stretching!
- Thursday:* Go for a swim. Stretching!
- Friday:* Similar to Tuesday, but concentrate of DOWNHILLS. Stretching!
- Saturday:* Jog 10-20 minutes to the tennis courts for tennis or go for a bike ride. Stretching!

**NOTE: If your Coach has you on a different schedule, stay with it! Simply make sure that you incorporate the minimums.**

### **TRAINING LOG**

Please keep a log of your training prior to camp. The Log is on the reverse side of this page. **PLEASE BRING THE LOG TO CAMP AND HAND IT IN UPON REGISTERING FOR CAMP.** We will use the information to fine-tune our camp running groups and teaching/training curriculum.