



# Galena High School

## Boys & Girls Cross Country

### Summer Training Guide

Welcome to the 2024 Galena HS Cross Country Season! We look forward to working with all of our student-athletes to achieve their goals for the season.

#### Running & Coaching Philosophy

Your coaches strongly believe that running is a lifelong sport regardless of ability, and which promotes healthy bodies and strong minds. We also believe strongly that sports are educational and social experiences which promote positive habits, goal setting, teamwork, camaraderie and sportsmanship. As coaches, we strive to help our student-athletes grow as runners, mature as individuals, and enjoy the benefits of teamwork and sportsmanship.

We believe you achieve running success by setting realistic short term goals that are steps in attaining a long term goal. Achieving that goal becomes the basis for your motivation and your decision making. Success is best obtained by having a well thought out plan geared towards reaching your goal, then following that plan. Adjustments are made along the way, but understanding the purpose of the plan will help you to make the proper adjustments. There is no secret to getting faster. At the most basic level, as you run more you will get faster. But the volume and intensity of your running must be managed to get the most of the miles you put in, and to avoid injury and overtraining.

#### Registration

You must register and be cleared through Aktivite (formerly Register My Athlete) and submit all forms through Aktivite. You must be cleared by the Athletic Secretary by **August 2, the day prior to the first official day of practice**. Therefore, you should submit all documents not later than Friday, July 26. **DO NOT WAIT** until the last minute to submit your forms, because this deadline applies to ALL fall sport athletes and it takes time for staff to review all the documentation.

Beginning August 5, you will not be allowed to practice until you are cleared. Athletes not cleared by August 9 may be removed from the team.

The link to Aktivite and NIAA physical forms are located at the Galena Athletics website here: <https://www.washoeschools.net/ghsathletics>

#### Race Schedule

The race schedule and results can be seen on our Athletic.net site here: <https://www.athletic.net/team/2492/cross-country/2024>

The schedule shown is tentative and will be finalized by the beginning of school when sponsoring teams update their meet information. The Woodbridge Classic and Asics Clovis meets will be for varsity athletes only; Flat Sac is a week later than normal this year, so varsity athletes competing and Region Finals will not race. Note: we do not have bus service to sites outside the NIAA boundary, so parents are responsible for arranging transportation to those out-of-state meets (except Truckee).

## Team Communications

In addition to the workout schedule, we will use the Band app disseminate important information to all students. Here is the link to the team's Band site: <https://band.us/band/95080181>

We're looking forward to a great fall season and wishing you a safe and fun summer. If you have any questions, please contact one of the coaches.

## Shoes

One great thing about running is that you don't need to invest in a lot of equipment. However, good running shoes are important. Everyone should begin the season with a new pair and may very well need a replacement pair mid-season. Good quality shoes are very important in limiting lower leg injuries. There are types of running shoe (cushioned, support, stability) based on biomechanics and running form. Cushioned shoes always feel good, but they may not be the best for you. For that reason, we strongly recommend new runners start at Reno Running Company so the experts there can do a proper assessment so you have the correct shoe.

## Summer Base Training

Cross Country (XC) is a demanding sport. It's an aerobic sport with fall success built on the gains achieved through summer mileage. ***If you want to excel, then you must run consistently during the summer.*** Your fitness will depend on a consistent approach incorporating a steady progression in volume and intensity.

This Summer Training Plan will help you be ready for the start of XC training on August 6. Ideally, you will start the program on June 3 and progress through the summer. The monthly plan will be posted online via Google spreadsheet each month which will be available through Band. The plan is divided into three groups based on your running experience as identified in the table:

Fitness Level	Description
Group 1:	Returning athletes with spring track season bests in the 1600 of 5:20 (boys) or 6:15 (girls).

<b>Group 2:</b>	Returning athletes with spring track bests in the 1600 between 5:20 and 6:00 (boys) or 6:15 and 7:00 (girls); incoming freshmen with spring track bests of 5:30 (boys) or 6:30 (girls).  Returning 2023 XC athletes who participated in spring sports other than track.
<b>Group 3:</b>	All others.
Note: Athletes may advance from one level to the next during the season, as approved by the Coaches.	

**Summer Mileage Awards:** From June 3 through August 11 (day prior to the start of school), you can earn a water bottle sticker for attaining specific mileage targets during the 10 week period. You must track your mileage through Strava, the Athletic.net app, or Garmin Connect, and provide the weekly total each week to Coach Mann. The three mileage levels are:

White:	150 miles, which is an average of 15 miles per week
Yellow:	250 miles, which is an average of 25 miles per week
Black:	350 miles, which is an average of 35 miles per week



Note: White level award can only be earned by incoming freshmen or returning athletes who did not earn a varsity letter in 2023. Returning varsity level runners may earn only a Yellow or Black level award.

The monthly plan will include the following types of runs:

**Easy** runs are those at conversational pace. You should finish each feeling like you could have run a couple or more miles; but don't. For Novice runners, this will take a few weeks of conditioning to achieve this level.

**Strides** are short, quick accelerations lasting only 10-15 seconds, with short jogs or brief walks in between. These prepare your legs and cardiovascular system for more intensive workouts. Focus on short, quick turnover with high knees and high heel kicks. These should be done after the run. As your fitness improves, you can do them as part of the last mile of the run.

**Fartlek** is a Swedish term meaning "speed play." Where indicated, you will run timed segments during your run approximating your **current** 5k race fitness.

**Tempo** is faster paced running for a specific time period. Where indicated, you will run timed segments during your run approximately 15-20 seconds per mile slower than **current** 5k race fitness.

Where the schedule mentions **hills**, you should run a course with hills of various lengths and grades. When running a hill route, increase your effort slightly on the hills, and run easy on the downhill and flat portions. Hills are great for strength and also help prepare you for higher intensity workouts.

We request all students use Strava ([www.strava.com](http://www.strava.com)) to track their daily runs. Strava is a free, web-based runners' log where you can track your progress. This can be done by uploading your run data from a smart-watch - GPS capability encouraged but not necessary. Those without a smart-watch can upload their run manually, entering total time and distance. After creating your free Strava account, search for Galena XC under the Explore\Clubs tab. Coach Mann or Coach Cross will approve your request to join. Once approved, your runs will show up on the leaderboard so that your coaches (and teammates) can track your progress.

Coach Jeff Mann, [park106@gmail.com](mailto:park106@gmail.com) Coach Abby Parker, [alp612@gmail.com](mailto:alp612@gmail.com)  
Coach Hank Wisecarver, [hwisecarver@washoeschools.net](mailto:hwisecarver@washoeschools.net)