

Summer Running Guidelines

Type of Workout	Competitor	Experienced	Novice	Beginner
Base	50-65 miles a week	35-50 miles a week	20-35 miles a week	15-20 miles a week
Fartleks	Varying speed during your workout. Choose increments in your run to increase speed to 80 to 90 percent effort.	Varying speed during your workout. Choose increments in your run to increase speed to 80 to 90 percent effort.	Varying speed during your workout. Choose increments in your run to increase speed to 80 to 90 percent effort.	Varying speed during your workout. Choose increments in your run to increase speed to 80 to 90 percent effort.
Hills	Once a week either try to choose a hilly course to run-or-do hill repeats. Five miles of hill work a week is sufficient.	Once a week either try to choose a hilly course to run-or-do hill repeats. Five miles of hill work a week is sufficient.	Once a week either try to choose a hilly course to run-or-do hill repeats. Five miles of hill work a week is sufficient.	Once a week either try to choose a hilly course to run-or-do hill repeats. Five miles of hill work a week is sufficient.
Trail	Once a week run off road to help strengthen muscles that are exclusively used in cross country running.	Once a week run off road to help strengthen muscles that are exclusively used in cross country running.	Once a week run off road to help strengthen muscles that are exclusively used in cross country running.	Once a week run off road to help strengthen muscles that are exclusively used in cross country running.
Weights	Concentrate on push ups, leg lifts, sit ups, and pull ups. Continue with any weight program you may already be on.	Concentrate on push ups, leg lifts, sit ups, and pull ups. Continue with any weight program you may already be on.	Concentrate on push ups, leg lifts, sit ups, and pull ups. Continue with any weight program you may already be on.	Concentrate on push ups, leg lifts, sit ups, and pull ups. Continue with any weight program you may already be on.
Racing	If you are going to race, make sure to race at distances longer than your event. boys run 5k and girls run 4k.	If you are going to race, make sure to race at distances longer than your event. boys run 5k and girls run 4k.	If you are going to race, make sure to race at distances longer than your event. boys run 5k and girls run 4k.	If you are going to race, make sure to race at distances longer than your event. boys run 5k and girls run 4k.

Fondy Cardinal Cross Country

Summer Running

I have included an overview of a suggest summer running program. There are a few things to consider while training this summer.

1) Don't do too much too soon! Choose a target weekly mileage count. Do not increase week to week mileage by more than 20%. This means if you run 20 miles one week, the next week's mileage should be no more than 24 miles. This will help prevent injury and tired legs. It is not necessary to increase mileage each week. In fact, sometimes more is less.

2) Vary your running. Try to run off road as much as possible. This will get your legs ready for the season's work on grass. Also, try to run in all temps-- this will allow your body to react to heat as well cooler temps.

3) Diet. Make sure you eat healthy! Greens are important. Make sure you have enough iron and protein in your diet. Hydration is always important. Stay away from caffeine.

4) Rest. Sleep is just as important as mileage. Make sure to allow your body to heal. Summer is for strengthening not for racing or depleting your body.

5) Stay Positive. Just like life, running will have setbacks, frustrations, and challenges. Work through the tough miles with a smile!

6) Be smart. Understand the weather, your body, and your goals.

7) Have goals.

8) Ask questions and share your training.

9) Cross train.

10) Reflect on each on run.

Coach Barribeau Contact:

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Fondy Cross Country

May 31, 2012

Dear FondyCross Country Family,

As the 2012 school years ends, the fall cross country season patiently awaits! My name is Mr. Barribeau, and I am very excited to begin coaching Fondy High cross country in 2012. Cross country is a sport full of opportunities and growth.

Besides coaching, I have taught the fifth grade at Chegwin Elementary in Fond du lac and am beginning a new teaching assignment at the Fond du Lac STEM Acedemy.

I have had the opportunity to coach cross country at a variety of levels. Most recently, I have been the men's and women's head coach at Marian university and have coached middle school runners at Woodworth. In the past, I have also served as the boys' and girls' varsity coach at St. Mary Central High School for eight years, assisted the boy's varsity cross country at Fondy High, and ran the running club at Chegwin Elementary. My own running includes running at both the high school and collegiate levels. More recently, I have competed in a variety of running circuits and marathons.

My philosophy exceeds beyond reaching running goals. Cross country should be a means of building self discipline and esteem. Cross Country at Fondy High is an introductory course on lifetime running, on setting and achieving goals, on teamwork, and on challenging one's self.

Athletes should come to practice prepared each day. Runners must have appropriate running shoes and clothing. I would also like the runners to bring a notebook to each practice that will serve as a running log to track progress. It is my goal that each runner will have a successful season based on his or her goals. Students also should have the proper health information and forms turned into me before practicing with the team.

Throughout the season athletes will receive a variety of information including: articles on running, information on races, as well as updates on the practice schedule. Please feel free to contact me with any questions. I look forward in a great season!

Gotta run,
Mr. Barribeau

CC Checklist 2012	Coach's Expectations
All necessary health forms and code forms turned!	Runners will be prepared and ready to run on time! Inform coach if you will be missing a practice or a meet. Be fair to the team.
Appropriate running clothes at each practice and meet! Bring extra pair of shoes at a meet and dry clothes to change into after running.	Runners will communicate any problems or injuries with coach.
Notebooks for running logs!	Runners will support each other. Give 100%
Meet academic standards.	Runners will abide by the athletic code.



Fondy Cross Country



"Bid me run, and I will strive with things impossible." -Shakespeare

Name: _____

Grade: _____

Phone Number: _____

E-Mail: _____

Runner Survey! Which Do You Prefer?

(First one is done for you!)

EX) Cross country -or- any other sport

- | | |
|---|---------------------------------------|
| 1) Clouds -or- Sunshine | 2) Rice Cake -or- Chocolate Cake |
| 3) Batman -or- Superman -or- spiderman | 4) Read the book -or- Watch the movie |
| 5) Walk -or- Run | 6) Elevator -or- staircase |
| 7) dinner -or- breakfast | 8) zoo -or- amusement park |
| 9) nature hike -or- shopping | 10) cold -or- hot |
| 11) up -or- down | 12) a clown -or- magician |
| 13) fly -or- swim | 14) moo -or-- oink |
| 15) purse/wallet -or- stuff everything in your pockets | 16) cats -or- dogs |
| 17) get a shot from a doctor -or- tooth pulled by a dentist | 18) early bird -or- night owl |
| 19) dictionary -or- phone book | 20) fast food -or- sit down meals |
| 21) ten ones -or- 2 fives | 22) oceans -or- mountains |
| 23) hello -or- goodbye | 24) stop -or- go |
| 25) trail -or- track | 26) smile -or- hardy laugh |

Finish the sentences:

- 27) My favorite meal is _____.
- 28) I would most like to meet _____.
- 29) _____ makes me laugh.
- 30) _____ makes me worry.

31) I went out for cross country, because

- a) I thought it would be a hoot! b) I love running! c) to try something new! d) other: _____

32) This season I would like to...

- a) have fun! b) challenge myself! c) be the best! d) improve each race! e) other: _____

33) A good team...

- a) works together. b) challenges one another. c) is disciplined. d) has fun. e) all f) other: _____

34) A good coach..

- a) supports me. b) challenges me. c) listens d) has high expectations. e) other: _____

35) I promise to

- _____ inform coach as early as possible that I will not be attending practice.
- _____ follow all athletic code expectations.
- _____ support my team in every way.
- _____ give 100 percent at practice.
- _____ work toward my goals. "Where there is a purpose; there is a will to find a way!"

35) Write down a personal goal for this season.
