

Dear Junior High Cross Country 2010 Candidates,

I am so pumped about this coming season and fall. I am really looking forward to coaching you and being apart of a fun team. I especially can't wait to run some relays and play flickerball! (Don't know what that is, you will have to wait and see.)

I expect all of you to help come up with some fun team activities we can do once the school year gets here. We can do everything from have a spaghetti dinner get together, movie night, pool party... We can even do a service project for practice one day in Marietta or do something interesting during Homecoming/ Spirit week to show our team pride. Start thinking, I will need some good student leaders. Besides, you all make the team fun and enjoyable, I am here to guide, teach, and help you become a better student athlete.

Enclosed you will find this letter, a letter to your parents (Make sure they get it!!!), and a copy of a suggested training schedule. The training information is a suggested guide to help you be successful and get you started. There is one for beginners and an advanced one if you have done other sports before or are in really good shape. I fully expect that all of you will start at different training points, and that is ok. Use the training schedules as a guide and feel free to adjust as you need. Do what you can and slowly work from there. So if you need to stay on week 1 for two weeks do that. If you are past week 1 and it is too easy, then start wherever you feel you are not over doing it. It is especially important as a young runner to make sure you don't over train. Don't get discouraged, simply keep in mind that you want to continually get better. (Sorry to get so wordy☺)

Most importantly, make your running and summer activities enjoyable. Nothing is worse that doing chores, right!?! So don't make getting out a chore, even though sometimes it is getting out the door that is the hardest part. Call a friend and run together or run with your dog, cat or other pet (but not your pet turtle).

Doing a little running this summer will reduce the risk of injury, allow you to handle the first few practices without being exhausted, and increase your chance for success during the season. Don't just run, also be active. The more you do the better shape you will be in. So, swim, rollerblade, play soccer, bike, play games, BE ACTIVE!!

Last final thoughts:

Make sure you run in good running shoes. Old tennis shoes ("sneakers,") such as old basketball shoes, just won't cut it. Have good well-padded running shoes. This will prevent injury. It is really the only thing you need to purchase, so it is a good investment.

Take the opportunity to train on grass as much as possible, especially the first month and a half if you can. **Above all else run safely.** If you run on the road, run single file and facing traffic. Try to run with someone else on the team. This will make the run appear easier, and it will definitely make it fun. Running by yourself is more challenging, plus if you run with a friend, you drag them out too.

Make sure to do a lot of stretching. This is especially important after running. This will also prevent injury. Also make sure you do some strength exercises such as push-ups, sit-ups, pull ups, etc. This may be one of the best ways to get the body ready for the season. The extra strength will be a big help. You can even make riding your biking, swimming, or other activities part of your normal day. **Again, Be active.**

If you start having pain, back off, let your parents know, and you can let me know. You are still growing, and your body maturing, and sometimes your body just needs more rest. (Come on, I know Mrs. Suessmuth is teaching you something in Health class, right?)

Finally, **Have a fun and safe summer.** Hopefully I will see you when I get back from Spain at some of our optional team runs on Monday and Wednesday mornings at 8:30 starting July 20 at the middle school. I plan to do some relay stuff on Mondays along with a few games. Also keep up to date on the team website, www.rundonegal.com

See you in July or August,
Coach Koser

For your enjoyment and amusement. I found this on the web.

Top Ten Excuses for Not Running

- 10- I forgot I was suppose to run.**
- 9- I couldn't find my shoes.**
- 8- My running clothes are still wet from yesterday, so I have to wait until they dry.**
- 7- I watched someone on TV run for me.**
- 6- By the time I found my running shoes, I didn't have time to run.**
- 5- My dog didn't want to go out today and run with me.**
- 4- My running partner didn't run, so I couldn't either.**
- 3- My heart-rate monitor clocked me at 157 beats-per-minute while I was on the couch!**
- 2- The next race is just two weeks away so I need my rest.**
- 1- I was gonna run, but slept in again by mistake!**

Suggested summer Training for *new, young, or unconditioned* beginning Cross Country Candidates

*****To monitor heartrate, find your carotid artery (in your neck by the windpipe). Count the number of beats in 6 seconds. Add a zero to the number of beats. This is your HR in BPM(Beats Per Minute). Example: 15 beats in 6 seconds= 150 beats per minute. Note 150 beats should not be too hard. It should be at a conversational pace. If you are barely breathing you are not at 150 BPM. You can make some of your runs a little easier, but avoid running where you are pushing really hard and having trouble breathing. *****

- Week 1 Run 10 to 15 minutes every other day (M, W, F or T, Th, Sa). HR @ 150-160 BPM. Run a different course each day. Toward the end of the week (Fri. or Sat.) include some small hills in your run.
- Week 2 Run 15 to 20 minutes every other day (M, W, F or T, Th, Sa). HR @ 150-160 BPM. Same directions as above.
- Week 3 Run 20 to 25 minutes every other day. HR @ 150-160 BPM. Same directions as above.
- Week 4 Recovery Week: Run 15-20 minutes for 2 days and 25-30 min for one day. Run every other day. HR @ 150-160 BPM. Same directions as above.
- Week 5 Run 20-25 min for 3 days and 1 day for 25-30 min. HR @ 160 BPM.
- Week 6 On Monday do what is called a **Fartlek Run**. (1 min speed up, 1 min jog, repeat 5-8 times) See directions below. Then run 20-25 minutes for 3 other days.
- Week 7 Recovery Week: Run 20-25 min for 3 days.
- Week 8 On Monday do what is called a **Fartlek Run**. (1 min speed up, 1 min jog, repeat 7-10 times) See directions below. Then run 20-25 min for 3 days.
- Week 9 On Monday do what is called a **Fartlek Run**. (2 min speed up, 1 min jog, repeat 4-5 times) See directions below. Then run 20-25 min for 2 days and 1 day of 25-30 mi.
- Week 10 Recovery week: Make this the week before practice. On Monday do what is called a **Fartlek Run**. (2 min speed up, 1 min jog, 1 min. speed up, 2 min jog. repeat 4 times) See directions below. Then run 20 min easy for 3 days.

A **Fartlek Run** is a run where you speed up for a period of time or distance, then jog, then speed up, then jog, then ... **Fartlek** is a Swedish word that means "speed play." It is a type of workout that gets you ready for harder running and gets you in shape to start racing.

For **Fartlek Runs** start with a 5 minute warm-up run that is easy, then do the hard easy part. Then cool down 5 minutes with a slow jog. **Heartrate** for the "harder" part should be 180-190 BPM, and for the "recovery" part it should return to 150-155 BPM. The recovery should last about half to twice the amount of time as the "harder" part.

Updated May, 2010

Suggested summer Training for experienced or advanced Junior High Cross Country Candidates

*****To monitor heartrate, find your carotid artery (in your neck by the windpipe). Count the number of beats in 6 seconds. Add a zero to the number of beats. This is your HR in BPM(Beats Per Minute). Example: 15 beats in 6 seconds= 150 beats per minute. Note 150 beats should not be too hard. It should be at a conversational pace. If you are barely breathing you are not at 150 BPM. You can make some of your runs a little easier, but avoid running where you are pushing really hard and having trouble breathing. *****

- Week 1 Run 15 to 25 minutes every other day (M, W, F or T, Th, Sa). HR @ 150-160 BPM. Run a different course each day. Toward the end of the week (Fri. or Sat.) include some small hills in your run.
- Week 2 Run 20 to 25 minutes every other day (M, W, F or T, Th, Sa). HR @ 150-160 BPM. Same directions as above.
- Week 3 Run 25 to 30 minutes every other day. HR @ 150-160 BPM. Same directions as above.
- Week 4 Recovery Week: Run 20-25 minutes for 3 days every other day. HR @ 150-160 BPM. Same directions as above.
- Week 5 Run 25-30 min for 3 days and 1 day for 30-35 min. HR @ 160 BPM.
- Week 6 On Monday do what is called a **Fartlek Run**. (1 min speed up, 1 min jog, repeat 7-8 times) See directions below. Then run 25-30 minutes for 2 other days and 1 day for 30-35 min.
- Week 7 Recovery Week: Run 20-30 min for 3-4 days.
- Week 8 On Monday, do a **Fartlek Run**. (1 min speed up, 1 min jog, repeat 8-10 times) See directions below. Then run 25-30 minutes for 2 other days and 1 day for 30-35 min.
- Week 9 On Monday, do a **Fartlek Run**. (2 min speed up, 1 min jog, repeat 5-6 times) See directions below. Then run 30-35 minutes for 2 other days and 1 day for 35-40 min.
- Week 10 Recovery week: Make this the week before practice. On Monday do what is called a **Fartlek Run**. (2 min speed up, 1 min jog, 1 min. speed up, 2 min jog. repeat 5 times) See directions below. Then run 25-35 min easy for 3 days.

A **Fartlek Run** is a run where you speed up for a period of time or distance, then jog, then speed up, then jog, then ... **Fartlek** is a Swedish word that means "speed play." It is a type of workout that gets you ready for harder running and gets you in shape to start racing.

For **Fartlek Runs** start with a 5 minute warm-up run that is easy, then do the hard easy part. Then cool down 5 minutes with a slow jog. **Heartrate** for the "harder" part should be 180-190 BPM, and for the "recovery" part it should return to 150-155 BPM. The recovery should last about half to twice the amount of time as the "harder" part.

Updated May, 2010