

Dukes XC



Home of the Running Dukes!

Fall 2021 Upcoming Season

Important Dates and Contact information

Tuesday Aug 3, 2021 - First day of official practice meeting at GHS. Practices will run from 6:30 -8:30am with locations changing daily during the month of August.

Practice are **Monday –Friday** after school from 3:15-5:15pm with meets on Wednesday and some individuals attending Saturday meets.

You must have a **current sports physical!** Physicals will be offered at the school on Tuesday June 8th for \$20.

A valid, up to date physical for any pre-season sessions and try-outs for the 2021-22 year is one that:

1. has full clearance from a doctor
2. is dated May 1, 2021 and after

Cross Country is **encouraged** for all athletes interested in running **track**. Cross Country is vital to all success on the track and is important for all events.

Athletes should have a running **watch** that keeps time and splits. GPS watches are great!! But not required.

Shoes are critical element in all running programs. Do not run in worn out or ill fitted shoes. Shoes need to be replaced every 3 months.

Summer practice and dates TBA please check on team app for all summer postings.

Commitment and dedication to the team is very much encouraged and required.

Attendance at practices is critical for the success of the runner and the team. Athletes are allowed to have 5 unexcused (missed) practices during the month of August. Athletes are allowed to have 3 unexcused (missed) practices once we start school to the end of the season. Missing more than the allowed missed practices can result in dismissal of the team and/or not competing in competition.

Team APP <https://dukesxc.teamapp.com/> Please download this free app for all updates and information. Search **“Dukes XC”** and join the team!

www.milestat.com get to know it! This is where results, camps and more can be found about running.



The chart below is a **10-week** mileage-building guide for workouts leading up to the cross-country season's first practice on Tuesday Aug. 3, 2021 at GHS. Experienced runners are those who have an established level of running because they ran cross country and track in the last school year, or are those who run on their own and may have competed in some road races etc. New runners are beginners with a goal of running cross country this year for the first time or are runners with a long layoff starting to get back into shape for the coming fall season.

Experienced Runners (6 days a week)				New Runners (5 days a week)			
Week	Mileage	Daily	Long Run	Week	Mileage	Daily	Long Run
1	18	3	3	1	8	1.5	2
2	19	3	4	2	10	2	2
3	23	3.5	4	3	12	2.2	3
4*	18	3	3	4*	10	2	3
5	25	4	5	5	12	2.2	3
6#	27	4.2	5	6#	14	2.5	4
7	30	5	6	7	17	3.2	4
8*	25	3.7	7	8*	15	2.5	5
9	32	5	7	9	20	3.5	5
10	34	5.5	8	10	22	4	6

Experienced runners can handle their sessions if they have a solid base built on previous running and spread the miles over 6 days a week with one off day as in the chart above. New runners can easily start by running 5 days a week spreading mileage as charted in the new runner columns. With 2 rest/off days. Try to run on as varied and soft surfaces (trails, grass, dirt etc.) as possible. Weeks 1-4 should be of easy but consistent running with static and dynamic stretching every day too! In weeks 4*, 8* and 13* the total mileage is backed off from previous weeks. This is a very important element in base building and injury prevention. Adding hill work by week 6# is a good way for runners to increase strength. For some faster running, athletes can enter local 5k race to check on progress over the summer.

2X a week do striders and stretches. (10x100 or 15x100) striders can be done on grass or dirt. Focus on form during striders (knees up arm movement) dynamics should be done once a day.

3X a week do weight training activities. Take a group fitness class at the local Y or gym. Focus on core strength activities like curl ups, pushups, medicine ball workouts, squats, lunges or yoga. Many sites on line offer 25 minutes workouts.

It is critical that athletes start this program at the start of June. All runners should have attained a week 10 level by the start of practices in August. Speed work and hill repeat sessions will begin by the second week of practices, so to keep up, avoid injury and to be able to benefit from the practice workouts, athletes must come to opening day in shape. However, all fitness levels are encouraged to come out and participate.

All runners are encouraged to keep a **daily log** of their running based on the above plan and to discuss it with coaches over the summer via text or email.

With base building completed, runners are ready to begin training for racing during the regular season and working towards their best performances in championships meets.

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