



## SUMMER GOALS: GET FIT, GET FAST, HAVE FUN.

Welcome to Astoria Cross Country and a tradition of distance running excellence!

Summer training should be fun! Run with friends, explore new trails and routes, consider going to a camp, and meet up for the group runs. The work you put in over the summer will help you feel good and be prepared for a rewarding and fun season.

I've created a summer training plan that you can repeat every 2 weeks and watch yourself improve! Remember that the best training plan is the one that works for you and includes hard workouts as well as recovery days. Listen to your body and be sure to warm up and cool down! Work in strength exercises two to three times a week to improve your form, running efficiency, and prevent injury!

I'll be sending out reminders over the summer and organizing group runs to help us stay motivated, so be sure to sign up for REMIND! Is your workout plan too hard, too easy, or are you just wondering about something? Message me if you have questions or want help making a plan that is perfect for you!

Have fun!

**Coach Andrew Fick**

**REMIND go to [rmd.at/runahs](https://rmd.at/runahs)**

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SEE WHAT WE'RE ABOUT... GO TO: <https://bit.ly/2GA6Okv>



**Warm up:** 5 minutes of light jogging/walking, dynamic stretches (moving)

**Cool down:** 5 minutes of light jogging/walking, static stretches (stretch and hold)

**Strength routine:** crunches, push-ups, squats, planks, ankle Ts, lunges. Do each exercise for 45 seconds, repeat circuit 2 or 3x. This is a routine you can do everyday!

### **Two Week Plan**

Day 1: Steady: Run 20 minutes (add 5 minutes for every week you've been training)

Day 2: Recovery: Crosstrain (walk, hike, bike, or swim) and stretch

Day 3: Hard: Repeat hills (1 block/100m @ 80% effort, walk downhill), + 15 minute run

Day 4: Easy: Run relaxed 15 minutes (add 5 minutes for every week you've been training)

Day 5: Recovery: Crosstrain (walk, hike, bike, or swim) and stretch

Day 6: Hard: 20 minute "fartlek" run (speed play, alternate fast/slow every 1-2 minutes)

Day 7: Easy: Run relaxed 15 minutes (add 5 minutes for every week you've been training)

Day 8: Steady: Run 20 minutes (add 5 minutes for every week you've been training)

Day 9: Recovery: Crosstrain (walk, hike, bike, or swim) and stretch

Day 10: Hard: Rolling hills, find a route with ups and downs, 30 minutes, hard on the up hills!

Day 11: Easy: Run relaxed 15 minutes (add 5 minutes for every week you've been training)

Day 12: Recovery: Crosstrain (walk, hike, bike, or swim) and stretch

Day 13: Hard: 20 minute power run, start at a steady pace, pick up your pace every 5 minutes

Day 14: Easy: Run relaxed 15 minutes (add 5 minutes for every week you've been training)

**REPEAT!**

**June Goal:** Stay active... start your summer training!

**July Goal:** Build up your endurance base and strength... extend your running time!

**August Goal:** Get ready for the XC season... run faster and farther!

**Important Dates:**     **August 7: Fall Sports Parent/Guardian Info Meeting**

**August 19: FIRST DAY OF OFFICIAL CROSS COUNTRY PRACTICE!**

All paperwork must be in to the Athletic Office in order to practice!

**August 23: AHS FALL SPORTS PREVIEW - PICTURES & TIME TRIAL**

**Check ATHLETIC.NET for an up-to-date meet schedule. Not sure about something?**

**Message me! Watch for REMIND messages about summer group runs and activities as well as the 2019 meet schedule!**

## TIPS FOR SUCCESS

**Invest in the right gear** for training. That means finding a running shoe with good support (you shouldn't be able to fold it in half) that fits you well (it shouldn't rub or restrict your movement). Also think about dressing in layers that match the weather and allow for a good warm up.

**Keep a journal or calendar** with your workouts to help you see your progress and notice trends! Make a quick note on how the workout went and if you met your goal for the day. Athletic.net, Garmin Connect, Map My Run and others offer good tools to measure runs and keep track of your workouts online.

**Eat well and stay hydrated** before and after runs. Distance runners need to eat a lot and eat well. Eat plenty of carbohydrates (bread, pasta, cereal) and proteins (fish, beans, nuts, lean meat). Hydration is also one of the main factors that influences physical performance. Drink half your weight in pounds, in ounces of water each day (example: 160 lbs = 80 oz = 10 glasses of water).

**Practice running safety!** Run against oncoming traffic or on the sidewalk, don't wear headphones while running on the road, dress in bright colors, run with a partner, and always let someone know where you're going.

**Don't forget running should be fun!** Run with friends and find new trails and places to run. Explore and have adventures! Here are some of my favorite nearby places to run:

*Cathedral Tree Trail*: Irving Ave. & 26th up to the Column w/connections to Pipeline Rd.

*Riverwalk*: Astoria's Columbia River waterfront from the port to the Alderbrook neighborhood

*Fort Clatsop*: Kwis Kwis, Netul, & Fort to Sea Trails

*Pipeline Road*: Park at the gate on James St. or connect from a variety of trails

*Fort Stevens Trails & Beaches*: Many trails to choose from, Peter Iredale, Parking Lot A, or Battery Russell offer good access with no parking fee!

*Airport Dike Trail*: Parking area by the Lewis & Clark Bridge

*Cape Disappointment State Park (Washington)*: Take a day trip across the bridge for trails and beaches!

*Side streets & logging roads*: Our area has lots of beautiful places to explore!

Want more ideas for running spots nearby where you live? See me!

### **Also consider checking out... Ultimook Running Camp**

Run, camp, and have fun on the Oregon coast with some of the best runners in the west! An excellent way to improve your fitness and skills over the summer! Talk with your teammates before selecting a session!

<http://ultimookrunningcamp.oregoncoastalflowers.com/>

