

June 2010

Welcome to Swartz Creek Cross Country!

Last season, the 2009 Cross Country teams fared well in the Metro League, with the boys finishing 4th with 3 Dragons in the top 10 and the girls finishing 6th. Three Dragons qualified for the State Meet as well. We will look to improve on these finishes in 2010, but it won't be easy. The team will have to commit to the same training but with increased intensity and purpose. We'll accomplish this by working together as a team.



With the State Meet just twenty-one weeks away and the league meet two weeks before that, there is not much time to prepare. We need to start now. Do not be intimidated, we don't throw our kids into 50-mile weeks. Our program is designed to help you gradually build your distance and speed based on your current fitness. If you work patiently and consistently, you'll be surprised what you can accomplish by the end of October.

Must-Haves

Enclosed you will find all the information you'll need to get your summer training underway. Before you begin, there are three necessities that must be in place:

1. **Training Shoes** – Cross country puts significant demands on your body and requires proper equipment to keep you healthy. Please purchase a good pair of training shoes from a runnign store such as Bauman's or Complete Runner. Be sure to tell them that you are on our cross county team. It is well worth the investment.
2. **Chronograph (Stopwatch)** – Our most important training tool is the clock. A cross country athlete who shows up to practice without a watch does not really want to improve. Please purchase a wrist watch that includes a stopwatch and will allow you to save at least eight splits.
3. **Training Log** – You have been provided with eight weeks worth of log sheets, which must be completed prior to you attending camp. This information will allow you and your coaches to track your performance and help us pinpoint what works and what does not work.

Summer Practices

In the summer, we will continue to meet by the visitors' entrance to the stadium on the west side in the student parking lot, just as we did last summer. Our practices are not mandatory and have no bearing on your participation on the team in the fall, but the training is invaluable. The team meets at **8am** Monday through Friday. Practices on Monday, Wednesday, and Friday are **student-led**. We'll rely on our veterans to lead the runs. On **Tuesday** and **Thursday**, the coaches will also be in attendance to offer encouragement as well as train themselves. These practices begin the week of June 28th.

The week of July 5 – July 11 is our state mandated dead week in Swartz Creek. Coaches are not allowed to have any contact with team members during this week and so we will not be in attendance.

We're happy you have chosen to participate in cross country and looking forward to another great season! Follow team news on-line at swartzcreekcrosscountry.org and read on for specifics ...

Sincerely,
Coach Murphy and Coach Wiens

Swartz Creek Cross Country PPM Training

Introduction



This program focuses on the individual and requires runners to keep records of distances and times in order to determine what to do next.

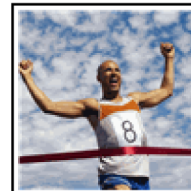
What you'll need:

- Stopwatch
- Training Log



Program Goals:

- Develop consistent training – running *every day or almost every day*.
- Build Mileage & improve the oxygen delivery system – *endurance*.
- Lay the foundation for later training.
- Improve training *pace*.



This program is usually completed in the off-season. Often times runners will complete this training on their own or in small groups. Before beginning the program, athletes should get a couple weeks of consistent daily running under their belts.

To assist athletes we have provided charts to guide your training. While the charts provide a plan for determining training, they are **not carved in stone**. Every runner is different and each day has a specific purpose that affects later training. Please consult your coach often as you progress through the program.

PPM Program Pacing Chart

| Timed Mile (All Out) | PPM Goal (Hard) | CT Pace (Easy) |
|-------------------------|--------------------|-------------------|
| 8:00 | 8:55 | 9:40 |
| 7:50 | 8:45 | 9:30 |
| 7:40 | 8:35 | 9:20 |
| 7:30 | 8:25 | 9:10 |
| 7:20 | 8:15 | 9:00 |
| 7:10 | 8:05 | 8:50 |
| 7:00 | 7:55 | 8:40 |
| 6:50 | 7:45 | 8:30 |
| 6:40 | 7:35 | 8:20 |
| 6:30 | 7:25 | 8:10 |
| 6:20 | 7:15 | 8:00 |
| 6:10 | 7:05 | 7:50 |
| 6:00 | 6:55 | 7:40 |
| 5:50 | 6:45 | 7:30 |
| 5:40 | 6:35 | 7:20 |
| 5:30 | 6:25 | 7:10 |
| 5:20 | 6:15 | 7:00 |
| 5:10 | 6:05 | 6:50 |
| 5:00 | 5:55 | 6:40 |
| 4:50 | 5:45 | 6:30 |
| 4:40 | 5:30 | 6:15 |
| 4:30 | 5:20 | 6:05 |

Basic Concepts:

- **PPM** Runs - Hard "pace-per-mile" runs at a race-like pace. The short PPM time determines the target for the long PPM.
- **CT** Runs – Moderate/easy recovery runs at "critical threshold", about 45 seconds per mile slower than PPM **or slower**. Do not confuse this with *lactate threshold*, which is a much harder effort.
- **TM** - Timed Mile, run all out. This determines target pace for PPM and interval training.
- **CD** - Consecutive Days of running.
- **LR** - Longest non-stop run of the week, usually run at CT pace.
- **LD** - Longest total mileage day of the week.

Training Paces

For simplicity's sake, you can use this general rule for calculating your PPM Goal and CT Pace. To calculate your PPM goal, **add 55** seconds to your timed mile. If you happen to run a timed mile under 4:50, add 50 seconds. To calculate your CT pace, **add 45** seconds to to your PPM pace. See the pacing chart above right.

Training Distances

The charts on the following page are another tool in the program. They help determine the weekly mileage goal or **volume**. Moving down the charts is determined by many factors, including long PPM pace and CT pace. Runners will advance **at most** three steps in a row before maintaining that level for three more weeks.

Weekly Run Schedule for Boys and Advanced Girls (Mileage Shown)

| Weekly Goal | Mon CT | Tues TM/CT=LD | Wed CT | Thurs SPPM | Fri CT | Sat LPPM | Sun LR |
|------------------|--------|------------------|--------|------------|--------|----------|--------|
| 10 miles | 1 | 1/3 | 1 | 1 | 1 | 2 | 2 |
| 20 miles | 3 | 1/4 | 2 | 1 | 2 | 3 | 4 |
| 30 miles | 4 | 1/5 | 5 | 2 | 5 | 4 | 6 |
| 40 miles | 6 | 1/7, 2/6 | 6 | 3 | 6 | 5 | 8 |
| 50 miles | 6 | 1/8, 2/7, 3/6 | 8 | 4 | 8 | 6 | 9 |
| 60 miles | 9 | 1/9, 2/8, 3/7 | 9 | 4 | 9 | 8 | 10 |
| 70 miles | 7 | 1/10, 2/9, 3/8 | 4/7 | 4/4 | 4/7 | 4/6 | 3/12 |
| 80 miles | 8 | 1/11, 2/10, 3/9 | 4/9 | 4/4 | 4/9 | 4/8 | 4/12 |
| 90 miles | 10 | 1/12, 2/11, 3/10 | 4/10 | 4/4 | 4/10 | 4/10 | 4/13 |
| 100 miles | 11 | 1/12, 2/11, 3/10 | 5/12 | 5/4 | 5/12 | 5/12 | 4/14 |

Weekly Run Schedule for Girls and Young Boys (Mileage Shown)

| Weekly Goal | Mon CT | Tues TM/CT=LD | Wed CT | Thurs SPPM | Fri CT | Sat LPPM | Sun LR |
|-----------------|--------|------------------|--------|------------|--------|----------|--------|
| 7 miles | 1 | 1/0 | 1 | 1 | 1 | 1 | 1 |
| 14 miles | 2 | 1/2 | 2 | 1 | 2 | 2 | 2 |
| 21 miles | 3 | 1/3 | 3 | 2 | 3 | 3 | 3 |
| 28 miles | 3 | 1/5 | 4 | 3 | 3 | 4 | 5 |
| 35 miles | 5 | 1/6 | 4 | 4 | 4 | 5 | 6 |
| 42 miles | 6 | 1/7, 2/6 | 5 | 4 | 6 | 6 | 7 |
| 49 miles | 7 | 1/8, 2/7 | 6 | 4 | 7 | 7 | 9 |
| 56 miles | 8 | 1/9, 2/8, 3/7 | 8 | 4 | 8 | 8 | 10 |
| 63 miles | 9 | 1/11, 2/10, 3/9 | 9 | 4 | 9 | 9 | 11 |
| 70 miles | 10 | 1/13, 2/12, 3/11 | 11 | 4 | 10 | 10 | 12 |

The numbers given above are distances for the continuous runs and **do not** include any warm-up or cool-down distances. All runs should be timed and recorded in your **training log**. Calculate your pace per mile (PPM) for every run so you can compare performance at different distances. This will help us to monitor progress and troubleshoot when problems arise.

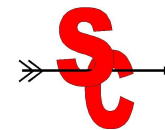
In each phase of your training we'll be attempting to hit **landmarks**, which indicate that the athlete is ready to move on to the next phase. In the PPM program, the landmark for girls is a consistent minimum PPM pace of 8:00 per mile. However, a 7:00 per mile PPM indicates great times to come!

The landmark for boys is a consistent minimum PPM pace of 7:00 per mile. However, a 6:00 per mile PPM indicates great times to come!

When used together, your stopwatch, training log, the PPM Pacing Chart, and the Weekly Mileage Schedule provide a strong foundation for the next phase of our training – **Slow Intervals**.



Swartz Creek Cross Country 2010 Team Camp



August 15 - 20

Over the years, camp has been an important component in the success of Swartz Creek Cross Country teams. While attending camp is not mandatory, the benefits to your training and the experiences with teammates that camp provides are invaluable.

Here are the details:

Where: Timber Wolf Lake Cross Country Camp
Young Life
4909 N. Morey Rd.
Lake City, MI 49651
(213)839-7552

When: Sunday, August 15 through Friday, August 20
We'll meet at the high school at noon on Sunday, run, shower, swim at the Middle School, eat, and then take off. We plan to return to the high school around 2:00 p.m. on Friday.

Emergency Phone: (231) 839-7552 - ask for Swartz Creek Cross Country Camp.
Coach Wiens' cell: (810) 730-9442, Coach Murphy's cell: (810) 845-7298.

Cost: \$265.00 (includes room, board, and T-shirt). Due by **Monday, August 9th**.

For **checks**, please make them payable to **Timber Wolf Lake Cross Country Camp** and bring them to practice no later than **Monday, August 9th**. The actual price for this camp is \$265.00, but this price will be lower for athletes that participated in cross country fund raisers this year.

Spending Money: Enough for two fast food trips and any other food from vending machines at camp.

Activities: Running, game room, volleyball, swimming, cards, ping pong, movies, etc.

Requirements for Attending Cross Country Camp (Girls):

1. Completed log sheets from June 28 to August 8 (6 weeks) totaling at least **150 miles**.
2. Returning team members: Run 8 miles in under **76 minutes**.
3. Rookie team members: Run 6 miles in under **57 minutes**.

What to bring with you:

1. Team pride and enthusiasm!!!
2. **Training Log and Heart Monitors or Watch!**
3. Personal medicines, toiletries, bug spray, sun screen, contacts solution, etc.
4. Towels for running/beach – pillow and linens are provided.
5. Running gear for **6 DAYS** - socks, **2 pairs of shoes**, shorts, rain gear (yes we run in the rain!)
Remember: We will be running twice a day!
6. One nice outfit.
7. Heavy clothes for cool temperatures in the evening.
8. Insurance card/medical authorization from parents
9. Snacks ... the meals are great so don't overdo the junk food. They will feed us well!
10. Dirty laundry bag, alarm clock, and fan.
11. **SIGNED PERMISSION SLIP / RULES SHEET.**

We will be cramped for space so please limit yourself to one medium size (24x18x10) suit case or 2 medium size (18x10x10) gym bags. Pillows and blankets are provided by the camp. We won't have room to take them with us.