

Oakville Tigers Cross Country



Summer Training – 500 Mile Club

2018

Information for the 2018 Oakville Boys and Girls Cross Country Season

First Practice – Monday Aug. 6th on the OHS Track at 8:00 a.m.

- Must have Blue Card to Participate (see attached info. or check www.OHSTigers.com and look for Fall Sports 2018 for information or contact the Oakville athletic Office)

Coaches Contact Information

Coach Moore – Girls Coach mooreat@msdr9.org

Coach Niedringhaus – Boys Coach kniedringhaus@msdr9.org

Message from the Coaches: There is a tremendous opportunity for runners to compete for Varsity spots. Competition is good for the team and by following the attached training schedule, including Tiger Core and Drills/Strides, athletes will put themselves in great shape for transition into our practice routine and to be competitive.

The coaches are looking forward to a successful 2018 season. Our goal again this year is to build and get stronger through the season and peak for Districts, Sectionals and State.

2018 Cross Country Schedule - I have been unable to confirm all of these dates so the schedule may change by next fall (all race times and bus departure times TBA)

Notes – ACT testing sessions are scheduled the same day as the Festival at Forest Park and Sectionals. If possible, avoid taking the ACT on those days (another ACT date is Dec. 8th) – Contact Coach Nields if any issues

**Saturday- 8/18 Preseason 2 mile race w/Mehlville at Oakville Middle School (parent meeting 8:00 a.m.) Girls
Race 8:30 – Boys Race 9:00 (no bus)**

Thursday- 8/30 Lutheran South at Jefferson Barracks (no bus)

Saturday - 9/8 Cross Country Festival at Forest Park (no bus)

Thursday - 9/13 Parkway Central Invitational at Parkway Central (all runners must ride bus to meet)

Friday - 9/21 Fox Invitational at Arnold Park (all runners must ride bus to meet)

Saturday - 9/29 Hancock Invitational at Jefferson Barracks (no bus)

Saturday - 10/6 All Suburban Conference Meet at McNair Park (all runners must ride bus to meet)

Thursday -10/11 Patriot Classic at Castlewood State Park (all runners must ride bus to meet)

Saturday - 10/20 Districts at TBA (all runners must ride bus to meet)

Saturday - 10/27 Sectionals at TBA (all runners must ride bus to meet)

Saturday - 11/3 State Meet in Jefferson City (transportation to be determined)

“CHAMPIONS ARE MADE IN THE SUMMER!”

500 Mile Club: The 500 mile club is a very exclusive group. Athletes all across the State who want to be Missouri's best runners in November are running 500 miles over the summer. Our Oakville 500 mile program will get you to that magical total in a very safe way by building your mileage each week. We give you ranges for many of your runs. Run the high end of the range and you'll be over 500 for the summer!

350 Mile Club: 350 miles for the summer is still a great total and we encourage all of our returning runners to aim for this number. It takes a lot of dedication and requires running six days a week almost every single week all summer long. Runners with 350 or more miles on their legs coming into the season are much more likely to be ready for the hard workouts we'll be doing in the fall and they're certainly more likely to be setting PR's once the races begin.

150 Mile Club: We recommend the 150 mile club for incoming freshman or returning sophomores/juniors/seniors with very little running experience. It is important, even for beginners, to run over the summer so they are ready when practice begins in August. Trust us....you'll be glad you did!

DEFINITIONS:

Easy Runs- Easy runs will make up the vast majority of your summer running. On your easy runs you should be running at a pace that's slow enough to where you can carry on a conversation. These runs will help build aerobic endurance...a key factor in cross country running.

Cutdown Tempo Runs- Always warm-up before these workouts. The tempo run itself should start at 45 seconds slower than your 5k race pace and get 10 seconds each faster each mile. Always cool-down after the workout. 350 and 500 club should warm-up 2 miles and cool-down 2 miles. 150 club should go 1 mile.

Even Tempo Runs- These should be run at 20-30 seconds slower than your 5k race pace and the goal is to run each mile at the same pace. Just like the cutdown tempos you should always warm-up and cool-down before and after.

Tiger Core- Core work is essential for cross country runners. A strong core will keep your form strong even when you're tired and it will help you stay smooth even across rough terrain. See attached sheet for the full Tiger Core Routine.

Drills/Strides- The summer is the time for base training so we don't do a lot of fast running during these months. However, that doesn't mean we don't at least touch the speed just a little and drills/strides are the perfect way to do that. See attached sheet for more info.

TIGER CORE ROUTINE

For CORE, each exercise lasts for the same amount of time. Beginners should start at 15-30 seconds. The goal is to build to one minute for each.

1. Shoulder Crunches: only shoulders off the ground knees in crunch position.
2. Real Crunches: small of back touches the ground then up till stomach stops flexing.
3. Boat: shoulders and legs off the ground. Hold position.
4. Keel Boat (Floppy Fish): on stomach, arms and legs extended, right-left up, left-right up.
5. Side Crunches: on side with arms clasped in front.
6. Leg Over Crunch: one leg crossed in front, opposite arm around head, elbow to knee.
7. Leg Lifts: legs at 45 degrees, then just above ground , then back to 45 degrees.
8. Reverse Crunch: on stomach, hands clasped behind head, head and chest raises
9. Leg Up Crunches: legs bent in air, head up to legs lifting chest.
10. Bike-Kick: on back, legs in fast pedal, cross arms over the body with each leg stroke.
11. Up Dog Stretch: on stomach, feet and legs flat, head and chest stretch up, hips down.

DRILLS/STRIDES

Each Drill should be 30-50 meters in length (unless otherwise noted). Strides should be 100 meters.

1. Walking Skips: Just like a kid! Stay on your midfoot when you land and make sure your right arm swings as your left comes off the ground and vice versa.
2. Power Skips: Same as above but instead of walking we want you to power off the ground and get some air time!
3. Butt-Kicks: Keep your feet right underneath your butt. Don't "reach" back behind your butt. Your feet should spend very little time on the ground.
4. High Knees: Similar to above but now you raise your knee out in front of you parallel with you midsection. Get up and down as quickly as you can.
5. Bounds: Exaggerated running. No Skipping! Power off those toes and get a full range of motion.
6. Cariocas: Side-to-side drill. Check it out here: <http://www.youtube.com/watch?v=XjuE4DKw0Hg>
7. Backwards Running: Just like it sounds. Works the hamstrings. As you get better you'll go quicker and quicker.
8. Fast Feet: Imagine there is a tiny rope across the ground every few inches. Get up and down as quickly as possible and as many times as you can in about 20-25 meters.
9. Strides: Start out at an easy jog, then gradually increase speed to 85-90% max, jog back down the last 10 meters.

May 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21 E.R. 5-6 miles Drills/Strides	22 E.R. 5-6 miles <i>Tiger Core</i>	23 E.R. 5-6 miles	24 E.R. 5-6 miles <i>Tiger Core</i>	25 E.R. 5-6 miles	26 E.R. 7-8 miles
27 <i>Off</i>	28 E.R. 7-8 miles Drills/Strides	29 E.R. 7-8 miles <i>Tiger Core</i>	30 E.R. 7-8 miles	31 E.R. 5-6 miles <i>Tiger Core</i>		

Guide: L.R- long run, start slow and always run negative split
 ER- easy run (conversation pace)
 Cut down Tempo: Tempo Run getting 10 seconds faster per mile

Even Tempo: Tempo Run hitting the same pace each mile
 Drills/Strides and Tiger Core: See info Sheet for routine

June 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 E.R. 7 miles	2 E.R. 7-8 Miles
3 Off	4 E.R. 7 Miles Drills/Strides	5 E.R. 7 miles Tiger Core	6 Cut down Tempo 3 miles	7 E.R. 6 miles Tiger Core	8 E.R. 6 Miles	9 L.R. 8 Miles
10 Off	11 E.R. 7Miles Drills/Strides	12 E.R. 7 miles Tiger Core	13 Even Tempo 3 miles	14 E.R. 6miles Tiger Core	15 E.R. 6 Miles	16 L.R. 8-9 Miles
17 Off	18 E.R. 7 Miles Drills/Strides	19 E.R. 6 miles Tiger Core	20 Even Tempo 4 miles	21 E.R. 6 miles Tiger Core	22 E.R. 7 Miles	23 L.R. 9 Miles
24 Off	25 E.R. 6-7Miles Drills/Strides	26 E.R. 7 Miles Tiger Core	27 Even Tempo 4 miles	28 E.R. 7 Miles Tiger Core	29 E.R. 7 Miles	30 L.R. 9 Miles

Guide: L.R- long run, start slow and always run negative split

ER- easy run (conversation pace)

Cut down Tempo: Tempo Run getting 10 seconds faster per mile

Even Tempo: Tempo Run hitting the same pace each mile
Drills/Strides and Tiger Core: See info Sheet for routine

July 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Off	2 Off—Rest and Re-charge	3 Off—Rest and Re-charge	4 E.R. 7 miles	5 E.R. 7 miles Tiger Core	6 E.R. 7 miles	7 L.R. 10 miles
8 Off	9 E.R. 7-8 miles Drills/Strides	10 E.R. 7 miles Tiger Core	11 Cut down Tempo 4 miles	12 E.R. 7 miles Tiger Core	13 E.R. 7-8 miles	14 L.R. 10-11 miles
15 Off	16 E.R. 8 miles Drills/Strides	17 E.R. 7-8 miles Tiger Core	18 Cut down Tempo 5 miles	19 E.R. 7-8 miles Tiger Core	20 E.R. 8 miles	21 L.R. 11 miles
22 Off	23 E.R. 8 miles Drills/Strides	24 E.R. 8 miles Tiger Core	25 Even Tempo 5 miles	26 E.R. 8 miles Tiger Core	27 E.R. 8 miles	28 E.R. 8 miles
29 Off	30 E.R. 8 miles Drills/Strides	31 E.R. 8 miles Tiger Core				

Guide: L.R— long run, start slow and always run negative split
 ER— easy run, conversation (conversation pace)
 Cut down Tempo: Tempo Run getting 10 seconds faster per mile

Even Tempo: Tempo Run hitting the same pace each mile
 Drills/Strides and Tiger Core: See info Sheet for routine

August 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 <i>Even Tempo</i> 5 miles	2 <i>E.R. 7 miles</i> <i>Tiger core</i>	3 <i>E.R. 7 miles</i>	4 <i>E.R 7 miles</i>
5 <i>Off</i>	6 First Practice* OHS Track 8:00 a.m.	7 Practice OHS Track 8:00 a.m.	8 Practice JB Park** Time 8:00 ***	9 Practice Cliff Cave Time 8:00 ***	10 Practice OHS track Time 6:30 a.m. Early because of teacher meetings	11 No practice Run On Your Own Distance TBA
12 <i>Off</i>	13 Practice JB Park Time 6:30 am Early because of teacher meetings	14 Practice OHS Track Time 6:30 am Early because of teacher meetings	15 First Day of School Practice OHS Track Time 2:20 p.m.	16 Practice OHS Track Time 2:20 p.m.	17 Practice OHS Track Time 2:20 p.m.	18 Dual Meet w/ Mehville @ OMS 8:00a.m. Parents Meeting
19 <i>Off</i>	20 Practice After School* JB Park	21 Practice After School OHS Track	22 Practice After School Place Bee Tree	23 Practice After School Cliff Cave	24 Practice After School OHS Track	25 No practice Run On Your Own Distance TBA
26 <i>Off</i>	27 Practice After School JB Park	28 Practice After School OHS Track	29 Practice After School OHS Track	30 Lutheran South Inv. @ JB Park Race Times TBA	31 No practice Run On Your Own Distance TBA	<i>Sept. 1</i> No practice Run On Your Own Distance TBA

- Must have Blue Card to participate
- ** Meet by the Amphitheatre in Jefferson Barracks Park (pick-up same spot) - Cliff Cave practices meet at the pavilion
- *** Times for practices will be announced—usually 8:00 a.m. but may be as early as 6:00 a.m. depending on the heat
- **** Location of after school practices beginning on the 20th will depend on bus availability and driving permission forms

Fall Sports 2018



Begin Monday, August 6, 2018

Tryout/Practice Schedules will be available at our website www.OHSTigers.com and at school by the 4th of July.

In order to tryout/practice, student athletes **MUST** have the

following

⇒ **Current Physical** (dated after Feb. 1)

⇒ **Completed Permit Card** (available ONLY in the athletic office)

⇒ **\$100 Athletic Fee** (payable to Oakville Athletics)

⇒ **Current Insurance**

All items turned into the Athletic Office and students will receive a **BLUE card** to give the coach on the first day of

practice! *No blue card, no participation!*

Questions or concerns, contact Athletics at 314-467-7202 or

email: moras@msdr9.org

Check out our website at www.OHSTigers.com

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Or Facebook at [The Ohio State High School](https://www.facebook.com/OHSTigers)