



## 2020 Shawnee Mission Northwest Cross Country Summer Running Information



### **Where and When:**

Starting on June 8th, we will meet at Element Fitness (79th and Quivira) each weekday at 7:15 AM to begin our workouts. The length of the workout will vary by the distance the athletes run. For younger/newer athletes, workouts will be around 45 minutes. As the summer progresses and the distance they run increases the workouts will take a little longer. Attendance is not required, but is highly encouraged. There will also be evening sessions available. The details of those sessions will come later via email.

If there is lightning in the area or heavy rain, we will not meet.

### **Why:**

Summer running lays the foundation for athlete fitness in the fall. During the summer we focus primarily on running “in breath”. This develops a form of fitness that better prepares the body to handle the rigors of fall workouts and racing. Each runner will be encouraged to run at their own pace, but running is the key. Runners should be able to run three miles—without stopping—by the end of the summer. Summer running is also a key to injury prevention. The body can adapt to great stress, but only with routine exposure to the stress of physical activity. A person who jumps right into a distance running program is far more prone to injury than a person who has progressed carefully through an increase in mileage over a longer period of time.

Becoming a good distance runner requires patience and daily commitment. Rarely do the best distance runners appear on the course having done no preparatory work.

### **What:**

We will provide routes for athletes to run based on what we know about the current level of fitness for each runner. These routes run along sidewalks and streets that surround Element Fitness.

It is important to realize that running at this time involves some interaction with automobile traffic. The greatest risk of severe injury for our athletes comes not from running, but from cars. It is important that athletes be familiar with the area and that they are always running with a buddy. We encourage running in groups both for safety and for runners to have a more enjoyable experience. Running alone is not as much fun as running with a team, and is dangerous.

Each session, runners will be provided instruction on different facets of distance running.

I would suggest that runners, who begin working on their own in the spring, record the total distance they run each week and bring that information to their first summer running session so we can make a plan for them based on their fitness. I have attached an example of our summer running log that you can use as a template for a spring running log.

### **Who:**

We plan to have coaches at the majority of summer workouts. Coaches will run routes to assess the progress of the runners, and provide instruction.

All of the coaches use summer-time to travel. Usually, our trips do not overlap. Our absence from workouts will be communicated in advance to the runners.

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