

Summer running (or base) through the years

- Until the 1960's runners used a variety of training methods
- In the 1960's Arthur Lydiard changed the way a lot of people trained.
- Running boomed in the 70's and 80's and the US ran well on the world scene

The 90's

- Switched from higher mileage to "other" training methods
- Instant gratification vs long term goals
- Became a 5k society
- US distance running declined.

The late 90's and early 2000's

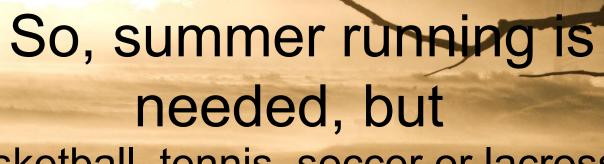
- Resurgence in the "old" ways
- Internet influence
- Many US runners moved up to the marathon and PR'd in shorter races!

Summer Running is...

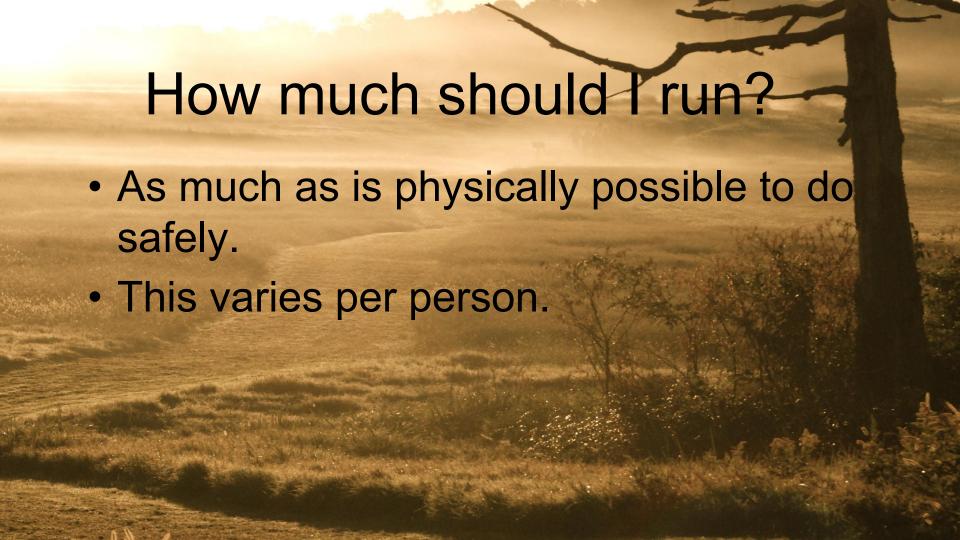
- Base the foundation for everything that follows. Gets you ready to train.
- The longest gap between competitive seasons
- Builds momentum into your xc season
- A chance to build aerobic development
- Your peak in XC season will depend on

The Science behind summer running or base building

- The goal is aerobic development maximal oxygen uptake (the bodies ability to take in and process oxygen)
- Develop cardiac output your hearts ability to deliver blood and therfore more......
- Oxygen your muscles are able to process oxygen and store/utilize glycogen as fuel.



- Basketball, tennis, soccer or lacrosse is not a substitue for summer running
- Cross training can help you...more on that later.



Putting together the summer plan

- How far?
- Miles vs minutes?
- What pace?
- Some people talk about "junk" miles
- Should you double?
- The little things





- Heat acclimatization
- Repeats, tempos, hills become easier and you can do more. The more you can do, the faster you become

Things to remember

- Listen to your body
- Keep your shoes up to date
- Do all the little things (hydrate, sleep, eat, sleep, etc
- Run with friends and team mates
- Run easy, plenty of time to get fast later in the fall
- Run trails if at all possible

Make it real

- Set goals for your xc season
- Write these goals down
- Also write down what you have to do to reach these goals
- Post these goals EVERYWHERE