

A misty, golden-hour landscape with a tree silhouette on the right. The sun is low on the horizon, creating a warm, hazy atmosphere. The foreground is a grassy field, and the background shows rolling hills or mountains. A large tree trunk and branches are visible on the right side of the frame.

Summer Running

Is it *really* necessary?

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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 what you did over the summer

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 therefore more.....
- Oxygen - your muscles are able to process oxygen and store/utilize glycogen as fuel.



So, summer running is
needed, but

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

How much should I run?

- As much as is physically possible to do safely.
- This varies per person.

Putting together the summer plan

- How far?
- Miles vs minutes?
- What pace?
- Some people talk about “junk” miles
- Should you double?
- The little things
- Make sure you have “drop back weeks”

The LONG RUN

- The most important run of the week
- About 15% of your total weekly mileage
- Can be a secret speed/strength workout

Other summer running benefits

- 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**