

Super * 25 * Workouts

Elite Coaches Reveal Cross-Country Training Essentials

Last issue, we did the boys. Teams are listed in order of 2007 Super 25 ranking.

The Girls

Fayetteville-Manlius (NY): #1

Coach: Bill Aris

Base Shake-up Workout

--THE PREMISE--

"During base running, the muscle memory of quicker running can be dulled if left unattended for too long. We occasionally add sets of untimed 200s to 'wake up' body and mind."

--THE WORKOUT--

--1 to 2M warm-up, stretching
--2 to 4 sets of 200s on grass or track, untimed
--each set consists of 4 x 200 w/100m jog between, and 200-400 recovery between sets
--2M cool-down

--THE PROCESS--

"The speed is never faster than 5k race pace, to assure that blood PH stays in a base phase realm."

Saugus (CA): #2

Coach: Rene Paragas

Cruise Interval Workout

--THE PREMISE--

"We do this workout every other week during summer base work and through end of October. It stresses the lactate threshold system and in breaking up our threshold work we get more access to water, as we often train in 100-degree weather."

--THE WORKOUT--

--2M warm-up, stretching and strides
--5 to 9 mile repeats using Jack Daniels' formula, 6:30 to 7:00 for our top girls, with 1:15-1:30 standing rest recovery.
--We do the intervals on two different XC courses. One is a flat field with 2 loops to the mile; the other is a rolling hill layout with several turns.
--3M cool-down, plus core work

--THE PROCESS--

"This workout allows us to get in a solid amount of quality with minimum stress on the body."

Hanover (NH): #4

Coach: Jim Eakin

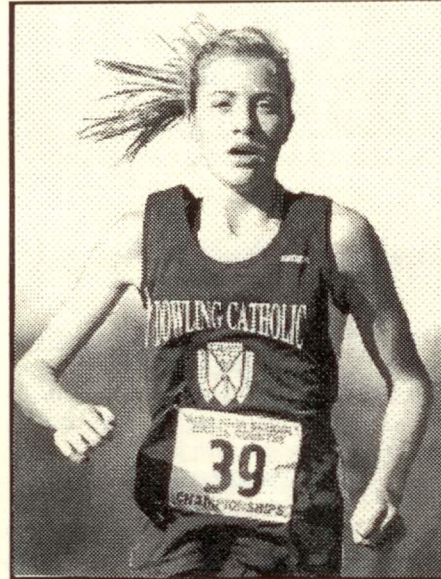
Gear-Changing Workout

--THE PREMISE--

"This is a tough early-season workout giving the sense that XC is not just slogging out miles but changing pace and pushing."

--THE WORKOUT--

--easy 15-min warm-up run, stretching, strides
--groups of 7-10 run a mile on



State champion Katie Flood of #15 Dowling Catholic (IA) profits from repeat miles, going from 6:10 to 5:30, with short rest.

grass, about 10 seconds faster than 5k race pace
--then 2 to 4 x 1200 w/3-4 min rest on hilly golf course, with "gear changes" based on the number of cones placed at different points
--15-20 min cool-down, plus core work

--THE PROCESS--

"As the season progresses, we do the mile but decrease the length of the other repeats while increasing the number of reps."

Burnt Hills (NY) #5

Coach: Shaun Zepf

Big Race Hill Workout

--THE PREMISE--

"We do this a week or two before a big race on a hilly course. This helps with both muscle and mental memory on raceday."

--THE WORKOUT--

--Usual warm-up of 7 to 8 min light jog; drills, push-ups, abs, form work; 2,000m tempo run @ 6:30-6:40 pace; stretching
--2-mile tempo run
--3 x hills @5k race pace
--1 min rest
--1 mile tempo run
--3 x hills @5k race pace
--2 min rest
--800 all-out

--THE PROCESS--

"I run this with the girls and discuss race strategy. The 800 shows them they have speed and strength even when tired. Some girls actually run a PR or close to it."

Lincoln-Sudbury (MA) #8

Coach: Chris Tarello

The Michigan Workout

--THE PREMISE--

"We emphasize the long run, and also believe in combining aerobic and anaerobic work as in a variation of the 'Michigan' workout, which I learned from former Wolverine Chris Danks."

--THE WORKOUT--

--hard 1200, 100 jog rest
--tempo mile, 100 jog rest
--hard 800, 100 jog rest
--tempo mile, 100 jog rest
--hard 400, 100 jog rest
--tempo mile, 100 jog rest
--hard 200

--THE PROCESS--

"Sometimes we use heart rate monitors to manage different aspects of a workout."

St. Mary's (OR) #10

Coach: Michael Bergmann

Non-Running Workouts

--THE PREMISE--

"We won the regional after being 6th at the 2k, and were 10th at NTN after being 18th at 2k, based on core strength rather than blazing speed."

--THE WORKOUT--

--hurdle mobility drills for flexibility and strength, especially in the hip flexors
--push-ups, sit-ups, planks, medicine balls
--In the winter off-season, most of the girls swim with 4 days of running per week. 6 of our 8 NTN girls were on the swim team. It's a strength-builder without the pounding.

--THE PROCESS--

"The core work and overall fitness has helped keep injury rate low while improving form and stride."

Warwick Valley (NY) #11

Coach: Richard Furst

Progression 800 Workout

--THE PREMISE--

"We do this after at least two meets so I can gauge race pace. This workout teaches patience and strategy, an avenue to develop PMA (positive mental attitude). If you run this wrong, you will suffer."