

Varsity Boys Cross Country

Welcome to the Roslyn High School Boys' Cross Country Team! My name is Coach Hamilton, and along with Coach Valentino, we are excited to welcome you to our program. The following letter details some basic information you will need for the upcoming cross country season, as well as some common questions about our program in general.

How do I join?

Practice officially begins on August 27 at 8 am. You must be listed on our roster and be cleared by the nurse to participate. In order for this to happen, you must register through [Family ID](#). The link can be found on the Roslyn Athletics Home Page. You will also need a current physical on file with the school nurse, which must be on a [Roslyn physical form](#). You can upload the physical form directly to your FamilyID account. You'll also need a valid ImPACT concussion test and completed [self-medicated form](#), if applicable.

What's the schedule for pre-season?

Date	Time	Location
Monday, August 27	8:30 am	High School Track
Tuesday, August 28	8:30 am	High School Track
Wednesday, August 29	8:30 am	High School Track
Thursday, August 30	8:30 am	High School Track
Friday August 31	8:30 am	High School Track
Saturday, September 1	8:30 am	High School Track
Monday, September 3	8:30 am	High School Track

What do I need to bring to practice?

You will need appropriate attire (shorts, shoes, t-shirt or tank top). We recommend that you purchase running shoes. This will help keep you healthy throughout your training and into your season. For distance runners, you will need to plan to replace your shoes every 400-600 miles depending on the shoe. For races, you may also wish to purchase racing spikes.

You will also need a bottle of water to stay hydrated and we recommend you either wear or bring sunscreen.

How do I prepare for the season?

In order to be totally prepared for pre-season we do recommend that you train over the summer. We have attached a summer training program that you are welcome to follow. The way to read the schedule is to look at the mileage goal for the week and then plan your runs accordingly. This will offer you some flexibility about what days you choose to train. For example, if your mileage goal for the summer is to be at 30 miles when you are at 100%, then that first week you are only aiming to accomplish 15 miles. You can split this up over the course of 3 to 4 days. If miles are too difficult for you to figure out, you can also think of it in terms of minutes, which are also listed on the plan.

I hope this letter is useful and that many of your questions have been answered, however if more concerns arise please do not hesitate to contact me at khamilton@roslynschools.org

Thank you! And I'm looking forward to a great 2018 cross country season!

Sincerely,

Kristen Hamilton

Boys' Cross Country Coach

Summer Training Plan 2018

Week	Days Run	Weekly Mileage	Longest Run	HILLS	FARTLEK	SRIDES
2018 Summer Suggested Training progression		100%= 25-30 miles or 200-240 minutes	45 Minutes	Hills that take at least 45 seconds to climb	Surges at XC race pace 2 mile warm up/ 2 mile cool down	On soft surfaces; emphasize form and turnover; 2-3 times per week
(Pre summer training) June 11-30	Gradually increase amount of days run	Comfortable pace/ Cross train as appropriate				
Week 1 (Jul 2- 8)	Increase consistency of runs	50% of goal mileage		Include hills in distance runs		As you feel
Week 2 (July 9-15)	3-4 days	60% of mileage goal	50% of longest run	Include hills in distance runs		As you feel
Week 3 (July 16-22)	5-6 days	60-70% of mileage goal	60% of longest run	Include hills in distance runs		As you feel
Week 4 (July 23-29)	5-6 days	70% of mileage goal	70% of longest run	Include hills in distance runs	30 second surges in the middle of run as you feel	As you feel
Week 5 (July 20-Aug. 5)	5-6 days	70-80% of mileage goal	80% of longest run	Include hills in distance runs	45 second surges in the middle of run as you feel	As you feel
Week 6 (Aug. 6-12)	6-7 days	80% of mileage goal	90% of longest run	Include hills in distance runs	60 second surges in the middle of run as you feel	4x100
Week 7 (August 13-19)	6-7 days	90% of mileage goal	100% of longest run	Include hills in distance runs	8 x 60 second surge at race pace	6x100
Week 8 (August 20-26)	6-7 days	100% of mileage goal	100% of longest run	Include hills in distance runs	6x 90 second surges	8x100