

## GIRLS' CROSS COUNTRY 2018

1. Cross Country starts on August $27^{\text {th }}$ at $8: 00$ a.m. at the Roslyn High School Track. All athletes must have the following completed in order to participate.

- Completed registration through FamilyID.
- Current physical on file with the school nurse, must be on a Roslyn physical form. You can upload the physical form directly to your FamilyID account.
- Valid ImPACT concussion test
- Completed self-medicated form, if applicable.

2. Practice rain or shine: Please note we will be practicing at Bethpage State Park and/or maybe Christopher Morley Park as often as we can. These practices will be longer due to busing to and from the facility.

## 3. Practice Schedule

Monday August 27, 8AM-9:45AM
Tuesday August 28, 8AM-9:45AM
Wednesday August 29, 8AM-9:45AM
Thursday August 30, 8AM-9:45AM
Friday August 31, 8AM-9:45AM
Saturday September 1, 8AM-9:45AM
Tuesday September 4, 2:30PM-4:30PM
Wednesday September 5, 3:30PM-5PM
4. All Conference meets will be held at Bethpage State Park. Invitational meets will be held at Sunken Meadow State Park and our Annual Brown Invitational in Rhode Island. There will be meets added to the schedule as the season progresses. A select few will qualify for higher ranked meets at other locations.
5. It is our expectation that cross-country athletes will maintain excellent attendance at all practices and meets. Commitment and responsibility are vital ingredients for personal and team success.

- Absences from school will not be considered "cuts" from practices or games. They carry no consequences in terms of meet participation.
- Legal absences from athletic practices and meets are defined the same way that they are for school absences: school-sponsored trips or activities, days of religious observance, days of suspension from school and court appearances. Athletes may return to practice when they return to school after a legal absences:
- The following minimal consequences will apply to all illegal absences: Current Board Policy regarding Attendance Standards is as follows:
- For every single contest missed, the athlete will be benched for the next regular scheduled contest.
- For every two practices missed, the athlete will be benched for the next regular scheduled contest.
- The consequences for missed practices or contests will be the same for all high school athletes on any sport at any level.
- After the consequences are served, the return of individual athletes to regular play time or "starting time" will be left to the discretion of the individual coach.
Any individual exceptions to these attendance standards will be at the sole discretion of the Athletic Director.

6. Along with the Current Board of Education Attendance Policy, we will be limiting the number of unexcused absences from practices and meets during the season. We will allow only three unexcused absences; on the fourth, you will drop from the team.
7. Standards for Varsity:

To receive a Varsity letter you must attend all scheduled meets and practices listed, and a 5 k time of 23:00min in meets.
This season will begin a new point system in addition to running the Varsity Standard time.
You will be earning points the following way...
1 pt for attendance
2 pts for each meet you compete in.
3 pts for running your personal best in addition to the points earned for competing in a meet
5 pts for earning a spot in an Invitational meet (Top 50)
8. As a member of the Roslyn High School cross-country team, you represent your school and your community. Any behavior deemed inappropriate by the coaches or officials may result in loss of your letter and /or dismissal from the team.
9. Ongoing communications with your coach can be proactive towards resolving concerns and building healthy relationships. We are available to address any questions you have and to assist you towards achieving your goals for this season. Go Bulldogs!!!

Sincerely,
Vera Trenchfield- Girls’ Varsity Cross-Country Head Coach
Mark Valentino-Assistant Coach

## Summer <br> Cross Country Pre-season Workout 2018

(Starting July 1 ${ }^{\text {st }}$-August $18{ }^{\text {th }}$ 2018)

## Week \#1



## Week \#2

| Date:Sunday7/8 <br> STA. - 20 Min <br> INT. -30 Min <br> VET. -45 Min | Date: Monday-7/9 <br> STA. 20 Min <br> INT. 30 Min <br> VET. 45 Min | Date: Tuesday-7/10 <br> STA.-30 Min <br> INT. -40 Min <br> VET. -60 Min | Date: Wednesday7/11 <br> STA. - 20 Min <br> INT. -30 Min <br> VET. - 45 Min | Date: Thursday7/12 <br> STA. - 20 Min <br> INT. -30 Min <br> VET. -45 Min | $\begin{aligned} & \text { Date: Friday-7/13 } \\ & \text { STA. - } 20 \mathrm{Min} \\ & \text { INT. }-30 \mathrm{Min} \\ & \text { VET. }-45 \mathrm{Min} \end{aligned}$ | Date: Saturday 7/14 <br> STA. -20 Min <br> INT. - 30 Min <br> VET. -45 Min |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Workout: <br> Long Run | Workout: <br> Intervals | Workout: <br> Cross Training | Workout: <br> Tempo Run | Workout: <br> Easy Run | Workout: <br> Hills | Workout: |
| -Select the level that you are at from above and go at conversational pace | -20 or 30 sec pickups @ 5k pace. <br> -sprint for 20 or 30secs then jog for 10 sec <br> -repeat the above 48 times -then walk 1 min then repeat the sequence | -Bike Riding at a moderate pace, for the chosen time. | -warm up, then increase pace to an effort that is just beyond comfortable <br> -run 1 mile then jog for 1 minute, repeat 2-3 times as time permits | - Keep a steady pace | -warm up for 6 minutes -run up hill for 1 min @ little slower than 5k pace | OH |
| $\infty$ | $\circ \circ$ |  | $00$ |  |  |  |

## Week \#3

| Date: Sunday7/15 <br> STA. - 20 Min INT. -30 Min VET. -45 Min | Date: Monday-7/16 <br> STA. 20 Min <br> INT. 30 Min <br> VET. 45 Min | Date: Tuesday-7/17 <br> STA.-30 Min <br> INT. -40 Min <br> VET. -60 Min | Date: Wednesday7/18 <br> STA. -20 Min <br> INT. - 30 Min <br> VET. -45 Min | Date: Thursday7/19 <br> STA. - 20 Min <br> INT. -30 Min <br> VET. -45 Min | Date: Friday7/20 <br> STA. - 20 Min <br> INT. -30 Min <br> VET. -45 Min | Date:Saturday- $7 / 21$ STA. INT. VET. |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Workout: | Workout: | Workout: | Workout: | Workout: | Workout: | Workout: |
| Long Run | Intervals | Cross training | Tempo Run | Hills | Quarter-mile repeats | OFF |
| -Select the level that you are at from above and go at conversational pace | -Warm up for 10-15 minutes.. <br> - sprint for 20 seconds, then jog for 10 seconds -repeat 8 times -walk 1 minute -then repeat the sequence 2-4 times as time permits | -Run on the elliptical at an effort that feels like a 7 or 8 on a scale of 1 to 10 | -warm up, then increase pace to an effort that is just beyond comfortable <br> -run your desired time -then jog incorporate 5-30sec pickups with in your given time | -warm up for 6 minutes -run up hill for 1 min @ little slower than 5 k pace -repeat 3-4 times | -run quarter miles with a 4 minutes recovery -do as many as the time allows |  |
| $00$ |  | $00$ |  |  |  |  |
| * Please check the smiley face when you have completed the workout.. <br> *Each workout should start and end with a warm up and cool down 10- <br> *Stretch (see attached) <br> *Each day should include body planks, core work, pushups |  |  |  |  |  |  |

## Week \#4



Week \#5

| Date: Sunday-7/29 <br> STA. - 30 Min <br> INT. -35 Min <br> VET. -60 Min | Date: Monday7/30 <br> STA.-20 Min INT. -30 Min VET. -45 Min | Date: Tuesday7/31 <br> STA. - 20 Min INT. -30 Min VET. -45 Min | Date: Wednesday8/1 <br> STA. - 20 Min <br> INT. -30 Min <br> VET. -45 Min | Date: Thursday-8/2 <br> STA. - 25 Min <br> INT. - 35 Min <br> VET. -45 Min | Date: Friday-8/3 <br> STA.-15 Min <br> INT. -25 Min <br> VET. - 30 Min | Date: Saturday- <br> 8/4 <br> STA. <br> INT. <br> VET. |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Workout: | Workout: | Workout: | Workout: | Workout: | Workout: | Workout: |
| Long Run | Short Sprints | Mile Repeats | Tempo Run | Envelope Run | $\frac{\text { Short and }}{\text { Steady }}$ | $\mathrm{OFF}$ |
| -Select the level that you are at from above and go at conversational pace | -Run 100meterswalk 30 seconds -repeat 10 times | -3-4 mile repeats | -warm up, then increase pace to an effort that is just beyond comfortable <br> -run your desired time -then jog incorporate 5-30sec pickups with in your given time | -Jog 10 minutes <br> - Then do 30 seconds of push-ups, squats and crunches -1 min of planks and calf raises -90 seconds of walking lunges -repeat 2- 3 sets -lower body stretches | - 30 minutes or less, mediumintensity run -(you should feel breathless) |  |
| $00$ | $\circ \circ$ |  | $00$ |  |  |  |
| * Prease check the smiley face when you have completed the workout... <br> *Each workout should start and end with a warm up and cool down 10-15M <br> *Stretch (see attached) <br> *Each day should include body planks, core work, pushups |  |  |  |  |  |  |

## Week \#6



Week \#7

| Date: Sunday8/12 <br> STA. - 35 Min <br> INT. -45 Min <br> VET. -65 Min | Date: Monday8/13 <br> STA. - 20 Min <br> INT. - 30 Min <br> VET. -45 Min | Date: Tuesday8/14 <br> STA. - 20 Min <br> INT. -30 Min <br> VET. -45 Min | Date: Wednesday8/15 <br> STA. - 20 Min <br> INT. - 30 Min <br> VET. - 45 Min | Date: Thursday8/16 <br> STA.- 30 Min <br> INT. - 35 Min <br> VET. -45 Min | Date: Friday8/17 <br> STA. <br> INT. <br> VET. | Date: Saturday 8/18 <br> STA. <br> INT. <br> VET. |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Workout: | Workout: | Workout: | Workout: | Workout: | Workout: | Workout: |
| Long Run | $\frac{\text { One- Minute }}{\text { Repeats }}$ | $\frac{\text { Short and }}{\text { Steady }}$ | Tempo Run | Envelope Run |  |  |
| -Select the level that you are at from above and go at conversational pace | -run 1 minute as fast as you can (increasing stride length) -then jog for 2 minutes -repeat 7 times | -30 minutes or less, mediumintensity run -(you should feel breathless) | -warm up, then increase pace to an effort that is just beyond comfortable <br> -run your desired time -then jog incorporate 5-30sec pickups with in your given time | -Jog 10 minutes <br> - Then do 30 seconds of pushups, squats and crunches -1 min of planks and calf raises -90 seconds of walking lunges -repeat 2- 3 sets -lower body stretches | OFF | OFF |
|  | $00$ | $0$ |  |  | $0$ | $\circ 0$ |

*Please check the smiley face when you have completed the workout...
*Each workout should start and end with a warm up and cool down 10-15Min
*Stretch (see attached)
*Each day should include body planks, core work, pushups

One has heard from day 1 that breakfast is the most important meal of the day. It may or not be for the general public, but for distance runners it is crucial. All night long during deep sleep most of the blood glucose was processing in the liver as stored glycogen. We want to keep it there as fuel for the run later in the day. It is important to ingest carbohydrate into the body in the morning so blood glucose quickly returns to normal.

Following an endurance workout, it is important to ingest carbohydrate for the first 60 minutes to help progress recovery. Running is an appetite killer for many people but eating sports bars and drinking sports drinks is usually well received. The recommended ingestion rate is about 1.0-1.5 grams of carbohydrate per kilogram of body weight over the first 60 minutes of recovery. That is about 80 grams (average male body weight) or roughly 320 kilocalories.

The body is in need of nutrient following an endurance workout. Carbohydrate and fat for energy, and protein for bone and muscle re-modeling and repair. The time window for most effective recovery and absorption of nutrients is 2-4 hours following the workout. The meal should be a mix of all three nutrients and should total 34 grams per kilogram of body weight.

Hydration is a major factor in recovery following an endurance workout. External water sources are usually not easily found. Sharing a water bottle also means sharing viruses.

Simply put, the element iron is necessary for a hemoglobin molecule to hold oxygen to the red blood cell. While the average person only has about four grams of iron in their entire body it is essential to keep the level as high as possible. Red meat is the best source of iron for the body. Iron found in red meat is called heme iron and since it has already been absorbed and processed by another animal it is most readily absorbed by humans as they eat the red meat of the animal containing the iron. Iron supplements found in vitamins, etc., is called earth iron and has not been processed by another animal and is not readily absorbed. Humans absorb about $85 \%$ of heme iron and $18 \%$ of earth iron that they ingest.

Carbohydrates are energy particles and proteins are structure particles. A person needs energy for the day's activities including running. The body re-models, repairs, and grows tissue only in a deep sleep. Dinner is closest to bedtime so protein is best eaten later in the day.

Calcium and iron are two elements that are absorbed by the body in very similar ways. In the digestion process. The presence of both calcium and iron leads to competition between the two, and their total absorption both suffer. It is better to drink milk with carbohydrates (breakfast and lunch) and orange juice, which contains Vitamin C and helps transport iron, in the evening with dinner.

Humans, like all animals have deeply rooted body rhythms. There is no better example of this than sleep patterns. Sleep is the very best recovery tool so getting into a sleep routine is crucial. Adjusting to about the same length of sleep every night is important to recovery for distance runners. Binge sleep is not an effective recovery tool. Taking naps in the late morning or early afternoon my aid in recovery for a distance runner. Taking a nap after 3 pm merely disrupts the night-time deep sleep rhythms.

Naps are effective in recovery, but 90 minutes is much too long and is a sign of acute sleep deprivation. Naps should be 45 minutes or less.
Zinc has been shown to shorten the length of an upper respiratory tract infection (common cold) if taken on a regular basis. Roughly speaking, for most people, the symptoms of a cold are present for half the time if zinc is high in the immune system. If one waits until the symptoms of a cold to actually appear, and then start zinc supplementation, the symptom time has not been shown to shorten.

Stress fractures are a real concern for distance runners. Metatarsal fractures are the most common and tibia fractures are second. The body must repair stressed bones every night during deep sleep and sometimes it cannot keep up. The amount of calcium in the body is not usually the problem in not keeping up with re-modeling.
Vitamin D shortage is usually the issue.

Not only are sleep rhythms important but total length of sleep is also important in recovery. Growth hormones are only released from the pituitary gland during deep sleep. These are the hormones that promote tissue repair, re-modeling and tissue growth. They need lots of time.

Cell phones emit blue light that stimulates the central nervous system. Talk, and the thought behind it, both stimulate the frontal cortex of the brain. One should relax before going to sleep, not be stimulated

Foam rollers help muscles relax and blood to move back to the core. Both are involved in recovery following a distance run
Warm-up and cool-down are essential to what happens tomorrow and the next day. Cut the work short if time is an absolute issue, not the other essentials.
Most distance runners are obsessed with water intake. There are certainly geographic areas where they should be. For others, it is estimated that about $20 \%$ of distance runners show up for practice each day in a hyponatremic condition. They have too much body water and their sweat is way too dilute. Dilute sweat is ineffective in cooling the body.

Self-massage sticks are handy to have at practice and at home to use in pushing blood through muscles and pushing metabolites out after hard practices.

There are days one should just not run a workout. A light jog maybe, but not a workout that adds more stress to the systems. Runners are encouraged to "listen to their body" and then do not follow through when it tells them something.

Rest and recovery is a small part of practice. Most of this happens away from the team at home. Recreation needs to be adjusted. Being an athlete is not about what you have been given, but what you are willing to give up.

There is nothing more in the moment that sports. The carryover of this thought process to other areas of life is important to becoming a successful athlete and person.
Some people digest food more quickly than others. Carbohydrates are digested more readily than fats and proteins because they are water soluble. The digestive system needs blood, the muscular system needs blood. There will be conflict if they are operating simultaneously.
It is nice to have food prepared for us but that is not always possible. There is a tight 2-4 hour window where food must be consumed for effective recovery. Learn how to cook a few simple dishes. It is fun!

