

**Chute Cross Country**  
**Pre-season Introduction Workout Schedule**

Good Afternoon Parents and Chute Students,

My name is Shawn Connolly and I am one of the cross country coaches along with Mr. Tim O'Donnell and Mr. Fosco. Welcome to the upcoming 2019-20 school year. It may seem early to start talking about practice a month before school but parents of incoming 6th graders can ask our 7th and 8th grade students, the season starts right away. We have our first meet on 09/10/9 at Regina Dominican High School which doesn't give us a whole lot of time once the school year begins. In order to give our kids the chance to perform at their best we're encouraging students who are interested in participating in the Chute Cross Country team to practice over the summer. Attached below is an example schedule for working out over the summer. A couple of points to note:

1. This workout schedule is just a suggestion, it is by no means mandatory. If your child doesn't feel well or expresses soreness/fatigue we always encourage rest. Running hurt only leads to further injuries not improvement.
2. One thing we stress is there is no set pace that a child needs to run at. You will see the first workout is a 1 mile run for time. This is so your child can have a starting point and we can find their pace. Our goal over the course of a season is for a student to improve upon their time, not their time vs others.
3. Based on point above we know everyone has different fitness levels. If your child is not able to run a mile without stopping to walk and that is ok, in fact we encourage students to walk if they need to. Again our goal is to improve over the course of the season. Do not let this be a reason not to join cross country.
4. Anyone is welcome to join cross country and participate in the meets as long as they are in good standing with their classes, just like every other sports team.

If you have any questions please feel free to contact myself or Mr. O'Donnell. We will be sending out more information regarding meets as they are finalized. We look forward to having your child join us this season.

Shawn Connolly & Tim O'Donnell

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### Example Practice Schedule

A couple of notes: For most of the races- 7th and 8th graders our races are 2 miles, for 6th grade the course is 1mile to 1.5miles. This schedule is an example schedule kids can modify based on involvement in other activities/sports, etc. The goal is 3-4 runs per week. If your child is new to long distance running it's perfectly fine to start out with 3 runs per week.

Timers: A lot of kids have smartphones if so there's a simple timer that can be used to clock time and have your child write them down. A good app to use is Mapmyrun which can keep track for them and it's free.

Run/jog days- These days are not meant to be run at full speed. For more experienced runners they can be but for a majority they should be run below your race pace (your 1 mile time). Typically you want to be between 60-80% of your pace. So if I run a 6 minute mile, I would be looking to run a mile around 10 to 10min 30secs. These runs are to train the body to run further and build that reserve energy.

Fartlek Runs- Every middle school kids favorite run name. It's actually comes from the swedish training method which translates- speed play. For this run we want to warm up (light jog) the first 5 to 10 minutes. Then run hard for set time 30 secs to 1 minute or more, followed by a 3 to 5 min walk/jog, then run/sprint again. For those new to running distance or who can't run a mile without breaks may want to start with 30 seconds of hard running, with a minute walk/jog. Again if students are using a smartphone they can use a timer for the interval running otherwise a watch works just as well.

Rest/Cross-train: Cross-training just means anything other than running- whether it's taking a walk, going on a bike ride, swimming.

Race pace: Treat these runs like you are running in a race. Time your run on these days. Again if your new to running or haven't run in awhile it's ok to walk if you have to. At the end of the day our goal to improve over time, so if your first race pace is slower than you'd like that's fine we've got all season to improve.

Week 1 Aug 5th

| Monday              | Tuesday | Wednesday      | Thursday                 | Friday         | Saturday | Sunday                 |
|---------------------|---------|----------------|--------------------------|----------------|----------|------------------------|
| 1 mile run for time | Rest    | 2 mile run/jog | Fartlek Run (20-25 mins) | 2 mile run/jog | Rest     | 2 mile run (race pace) |

Week 2 Aug 12th

| Monday      | Tuesday        | Wednesday      | Thursday | Friday                   | Saturday | Sunday         |
|-------------|----------------|----------------|----------|--------------------------|----------|----------------|
| Cross-train | 2 mile run/jog | 3 mile run/jog | Rest     | Fartlek Run (25-30 mins) | Rest     | 3 mile run/jog |

Week 3 Aug 19th

| Monday      | Tuesday          | Wednesday | Thursday       | Friday                | Saturday | Sunday         |
|-------------|------------------|-----------|----------------|-----------------------|----------|----------------|
| Cross-train | 2 mile race pace | Rest      | 3 mile run/jog | Fartlek Run (30 mins) | Rest     | 3 mile run/jog |

Week 4 Aug 26  
SCHOOL STARTS!

- The 1st week of school we will start practice on Wednesday Aug 28th. Additional emails with practice times will be forthcoming. We have practice 4 days a week, attendance at every practice is not required but recommended.
- Any questions please reach out to Mr. Fosco, Mr. O'Donnell or myself (Mr. Connolly)