

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 2021-22 school year. After a year off, we're excited about getting back to running with the kids. It may seem odd for our 6th and 7th grade parents to suggest practices before a school year starts, but our 8th graders can tell you that our races come early in the school year. We'll typically have 1 to 2 meets in September (additional information will be forthcoming once we have confirmed race dates), so this will help prepare the kids to do their best right away. 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 an improvement.
2. One thing we stress is that there is no set pace that a child needs to run. You will see the first workout is a 1 mile run for time. The first workout is a starting point, and we can find their pace. Our goal throughout a season is for a student to improve upon their time, not their time vs. others.
3. Based on the point above, we know everyone has different fitness levels. If your child cannot 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 throughout the season. Do not let this be a reason not to join cross country.
4. Anyone can 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 me 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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Assistant Coach: Michael Fosco - foscom@district65.net

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 excellent to start with 3 runs per week.

Timers: Many kids these days have cell phones or smartwatches with a simple timer app that can be accessed. Many running apps are free and can track activity, including Mapmyrun, Human, Strava, Nike Run Club.

Run/jog days- These days are not meant to be run at full speed. They can be more experienced runners, but they should run below your race pace (your 1 mile time) for a majority. 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 kid's favorite run name. It comes from the Swedish training method, which translates- speed play. Think of HIIT training. We want to warm up (light jog) the first 5 to 10 minutes for this run. Then run hard for a set time 30 secs to 1 minute or more, followed by a 3 to 5 min walk/jog, then run/sprint again. 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 use 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 you are new to running or haven't run in a while, it's ok to walk if you have to. Our goal is 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 9th

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 mile run for time	2 mile run/jog	Rest	2 mile run/jog	Rest	2 mile run (race pace)

Week 2 Aug 16th

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 23rd

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 30th

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cross-train	2 run/jog	4mile run/jog	Rest	2mile run/jog	2 mile pace run	Rest

- In the 1st week of school, we will talk with kids in gym class about sign-ups and practice. Additional emails with practice times will be forthcoming.
- Any questions, please reach out to Mr. Fosco, Mr. O'Donnell, or myself (Mr. Connolly)