

**Mid-Distance/Distance**

**Summer Training Packet 2014**

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**Tentative Fall 14/15 Plan**

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**Cross Country Summer Training Information**

* *All training in the summer is NOT Mandatory until August 18th. That is, all runs and workouts, should they not occur, will not have repercussions by the coach or institution.*
* The recommended start date is June 3rd that coincides with the “plan.”
* Please take at least 2 weeks completely OFF after your last competition
* You will have several weeks of “Base Training” prior to our quality training which will begin about 24 weeks counting back from Cross-Country Nationals on December 6th in Louisville, Kentucky. Regionals are in Evansville, Indiana.
* You may use bearcatsxc.com to track your workouts throughout the summer, everyone will need to start tracking by August 18th.
* The MANDATORY move-in date is August 16th, please consider the following:
  + You may move in after 6pm to the dorm/apartment you will have for the fall semester.
  + You must report for your physical appointment at 12pm or 2pm on August 17th in the fitness center before you may practice.
  + You MUST have proof insurance and proof of Sickle Cell Test before you may practice
* The first Team practice will be at 6am on Monday, August 18th, meet at the I.M. Gym and begin walking with your new and old teammates.

**Training Principles – Before You Begin**

* Men will be training for 10km and Women for 6km. If you run the 1500m and down primarily in track, your Quality days will be adjusted slightly every other week. Some of you are primarily 400-800m runners who will be reporting and participating in Cross Country. Please note the difference in workouts that is indicated by (4-8)
* Determining your Weekly Mileage
  + Those of you who are returning:
    - Men’s distance runners will begin at 30 miles per week unless you and I have discussed a better suggested beginning for you.

**Individuals Starting at 30 Miles per week:**

**Cycle 1: Weeks 1-3 (Tue - 5, Wed - 5, Thurs - 4, Fri - 5, Sat - 4, Sun - 7) = 30 Miles**

**Cycle 2: Weeks 4-6 (Tue - 5, Wed – 4 and 4, Thurs - 6, Fri - 6, Sat - 4, Sun - 10) = 39 Miles**

**Cycle 3: Weeks 7-10 (Tue – 4 and 6, Wed – 4 and 5, Thurs - 7, Fri - 5, Sat - 4, Sun - 11) = 46 Miles**

**Cycle 4: Weeks 11-14 (Tue – 4 and 6, Wed – 4 and 5, Thurs - 8, Fri - 7, Sat - 7, Sun - 13) = 54 miles**

* + - Women’s distance runners will begin at 25 miles per week unless you and I have discussed a better suggested beginning for you.

**Individuals Starting at 25 Miles per week:**

**Cycle 1: Weeks 1-3 (Tue - 4, Wed – 4, Thurs - 4, Fri - 4, Sat - 4, Sun - 5) = 25 Miles**

**Cycle 2: Weeks 4-6 (Tue - 6, Wed – 3 and 4, Thurs - 4, Fri - 5, Sat - 4, Sun - 8) = 34 Miles**

**Cycle 3: Weeks 7-10 (Tue - 3 and 5, Wed – 4 and 4, Thurs - 5, Fri - 6, Sat - 4, Sun - 10) = 41 Miles**

**Cycle 4: Weeks 11-14 (Tue – 3 and 6, Wed – 4 and 4, Thurs - 7, Fri - 7, Sat - 6, Sun - 12) = 49 Miles**

* + - (4-8) will begin at 15 miles per week unless you and I have discussed a better suggested beginning for you.

**Individuals Starting at 15 Miles per week:**

**Cycle 1: Weeks 1-3 (Tue - 4, Wed - 0, Thurs - 4, Fri - 0, Sat - 4, Sun - 3) = 15 Miles**

**Cycle 2: Weeks 4-6 (Tue - 4, Wed – 3, Thurs - 4, Fri - 3, Sat - 4, Sun - 6) = 24 Miles**

**Cycle 3: Weeks 7-10 (Tue – 3 and 4, Wed – 3 and 3, Thurs - 4, Fri - 3, Sat - 4, Sun - 7) = 31 Miles**

**Cycle 4: Weeks 11-14 (Tue – 4 and 5, Wed – 3 and 4, Thurs - 5, Fri – 5, Sat - 4, Sun - 9) = 39 miles**

**Avoiding Injuries**

* **Please do not “spike” your training at any time. If you have a hard effort, please warm-up longer and prepare your body better.**
* **Stay consistent with surfaces throughout each day. Your body adapts to training surfaces every single run… try not to go from hard road to soft grass during run and certainly not for a long period of time.**
* **Keep track of your shoes. I am not a firm believer in the notion that we must all buy a shoe that is for our foot strike (pronation, etc.); however, if we are in shoes that are poorly constructed, cheap, or old…we WILL have problems.**
* **Do not skip workouts or tasks if you intend for it to “ALL COME TOGETHER.” In the training program, everything is there to ensure fitness and appropriate strength for the elite athlete. If we are to stay healthy and improve within ourselves, we must do it all and not cut. For instance, if I were to do all of the workouts and none of the additional runs, I will not develop the necessary cardiovascular benefits nor will I recover adequately for the next workout.**
* Stay AWAY from JUNK miles! Junk miles are when you run slow. Think about all of the joggers that you see every day on treadmills and on the streets… they can’t do what you do! We don’t jog, we run!
* Be safe! Run before the sun or after!

**Elements of the Training Program**

Think of your training as a 21 day cycle. Each 21 days have specific goals and aspects of training that allow your body time to adapt before the next cycle. Each cycle will have more miles and new additions with a specific amount of units for each training principle. Below are the principles to be thought of as LAYERS. Each layer may be added or subtracted throughout the season.

|  |  |  |  |  |  |  |
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| **“C” Crispy or Coasting Pace (not easy)** | **“Q” or Quality Day Workouts** | | | **FnM** | **IP** | **R** |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| **Aerobic** | **Lactate Threshold and Tempo** | **Aerobic Capacity** | **Anaerobic Capacity** | **Form, Mobility, Core Development** | **Weights, Strength, and Injury Prev.** | **Recovery/Health** |
| *Distance Running at “C” pace(crispy or coasting)* | *Steady State runs at estimated threshold pace* | *Also known as Interval Pace. @ or about 5k/10k race pace.* | *Hard efforts above VO2 max pace.* | *Drills, Strides, flexibility exercises, yoga, plyos, med balls.* | *Both in and out of weight room. Strength and stamina devel.* | *Swimming, Massage, ice baths, proper sleep and nutrition.* |
| *Develop cardiovascular adaptation. Heart rate between 160 and 180 (or 70-80% max hr.)* | *Increased adaptation to hard efforts. Anaerobic tolerance. Easy to recover from.* | *Can include hills, 2-8 min of hard efforts with moderate to good recovery.* | *More important for 1500 and down. Will be slower in early training phases.* | *To improve running economy. Emphasis on developing elite running form.* | *Important for developing overall strength and compensating for weaknesses.* | *Very important to recovery and the health of your mind and body.* |

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| **Macrocycle 1**  **Jun 9–Nov 30 (25 weeks)** | | | | | **Macrocycle 2**  **Dec 1-Jun 7 (27 weeks)** | | | | |
| **Cycle 1**  **2 weeks** | **Cycle 2**  **2 weeks** | **Cycle 3**  **3 weeks** | **Cycle 4**  **3 weeks** | **Cycle 5**  **3 weeks** | **Cycle 1**  **3 weeks** | **Cycle 2**  **3 weeks** | **Cycle 3**  **3 weeks** | **Cycle 4**  **3 weeks** | **Cycle 5**  **3 weeks** |
| **6/09-6/22**  **Begin Activity**  **Introduction to training principles**  **Preparation for base phase** | **6/23-7/06**  **Base Miles and intro to general development of strength and mobility** | **7/07-7/27**  **Workouts begin.**  **Time-Trial conducted to establish fitness.**  **Progressions begin.** | **7/28-8/17**  **Progressive fitness development.**  **Strength, recovery, and injury prevention IMPORTANT** | **8/18-9/07**  **Training at McKendree begins. Time-Trial at opening to establish fitness.** | **12/1-12/21**  **Establish indoor GOALS Recovery week followed by suggested fitness maintenance over break.** | **12/22-1/11**  **Maintenance of fitness**  **Brief training week into competition phase** | **1/12-2/1**  **Competition phase:**  **Achievement of qualification times, etc.** | **2/2-2/22**  **Competition phase:**  **Achievement of qualification times and personal bests**  **MEET WITH HEAD COACH INDIVIDUALLY** | **2/23-3/15**  **Championship Segment**  **NCAA Qualifying GLVC Conference Championships**  **NCAAs** |
| **Cycle 6**  **3 weeks** | **Cycle 7**  **3 weeks** | **Cycle 8**  **3 weeks** | **Cycle 9**  **3 weeks** | **END MACRO ONE** | **Cycle 6**  **3 weeks** | **Cycle 7**  **3 weeks** | **Cycle 8**  **3 weeks** | **Cycle 9**  **3 weeks** | **END MACRO TWO** |
| **9/08-9/28**  **Competition season begins. Emphasis at this time on building Aerobic capacity.** | **9/29-10/19**  **Continued competition. Team-time and individual performance evaluations**  **MEET WITH HEAD COACH INDIVIDUALLY** | **10/20-11/09**  **Set-up for championship segment. Plateau mileage.**  **Quality important in training** | **11/10-11/30**  **Championship Segment.**  **GLVC Championships and Regionals**  **FAST-CAT TRIALS** |  | **3/16-4/5**  **Adjustment of technique**  **Preparation for and establish Outdoor season and goals** | **4/6-4/26**  **Competition phase: Achievement of qualification times, etc.** | **4/27-5/17**  **Competition phase:**  **Achievement of qualification times and personal bests**  **MEET WITH HEAD COACH INDIVIDUALLY** | **5/18-6/7**  **Championship Segment**  **NCAAs**  **Recovery Phase** |  |

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| **ESTIMATED UNITS PER WEEK/PER CYCLE (*not updated*)** | | | | | | | |
|  | Aerobic | Lactate Threshold and Tempo | Aerobic Capacity | Anaerobic Capacity | Form, Mobility, Core Development | Weights, Strength, and Injury Prev. | Recovery/Health |
| Cycle 1 | 4-6 | 0 | 0 | 0 | 1-2 | 1-3 | ALL ☺ |
| Cycle 2 | 6-7 | 0 | 0 | 0 | 2 | 2-3 | ALL ☺ |
| Cycle 3 | 7-8 | 1-2 | 1 | 0 | 2 | 2-3 | ALL ☺ |
| Cycle 4 | 6 | 1-2 | 1 | 0 | 2 | 2-3 | ALL ☺ |
| Cycle 5 | 6 | 1-2 | 1 | 0 | 2 | 2-3 | ALL ☺ |
| Cycle 6 | 6 | 1-2 | 1 | 1 | 2 | 2-3 | ALL ☺ |
| Cycle 7 | 6 | 1-2 | 1 | 1 | 2 | 1-2 | ALL ☺ |
| Cycle 8 | 5 | 0-1 | 1 | 1 | 1 | 1 | ALL ☺ |
| Cycle 9 | 4 | 0-1 | 1 | 1 | 1 | 1 | ALL ☺ |

**Distance Crew**

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| **Individuals Starting at 15 Miles per week:**  **Cycle 1: Weeks 1-3 (Tue - 4, Wed - 0, Thurs - 4, Fri - 0, Sat - 4, Sun - 3) = 15 Miles**  **Cycle 2: Weeks 4-6 (Tue - 4, Wed – 3, Thurs - 4, Fri - 3, Sat - 4, Sun - 6) = 24 Miles**  **Cycle 3: Weeks 7-10 (Tue – 3 and 4, Wed – 3 and 3, Thurs - 4, Fri - 3, Sat - 4, Sun - 7) = 31 Miles**  **Cycle 4: Weeks 11-14 (Tue – 4 and 5, Wed – 3 and 4, Thurs - 5, Fri – 5, Sat - 4, Sun - 9) = 39 miles** | | | | | | |  |  | **May** | | | | | |  |
| **Individuals Starting at 21 Miles per week:**  **Cycle 1: Weeks 1-3 (Tue - 4, Wed - 3, Thurs - 4, Fri - 3, Sat - 4, Sun - 3) = 21 Miles**  **Cycle 2: Weeks 4-6 (Tue - 4, Wed – 4 and 4, Thurs - 4, Fri - 3, Sat - 4, Sun - 7) = 30 Miles**  **Cycle 3: Weeks 7-10 (Tue – 3 and 4, Wed – 4 and 4, Thurs - 4, Fri - 5, Sat - 4, Sun - 9) = 37 Miles**  **Cycle 4: Weeks 11-14 (Tue – 4 and 6, Wed –4 and 5, Thurs - 6, Fri - 5, Sat - 4, Sun - 11) = 45 Miles** | | | | | | |  | **Mo** | **Tu** | **We** | **Th** | | **Fr** | **Sa** | **Su** |
|  |  |  | **1** | **2** | | **3** | **4** | **5** |
| **Individuals Starting at 25 Miles per week:**  **Cycle 1: Weeks 1-3 (Tue - 4, Wed – 4, Thurs - 4, Fri - 4, Sat - 4, Sun - 5) = 25 Miles**  **Cycle 2: Weeks 4-6 (Tue - 6, Wed – 3 and 4, Thurs - 4, Fri - 5, Sat - 4, Sun - 8) = 34 Miles**  **Cycle 3: Weeks 7-10 (Tue - 3 and 5, Wed – 4 and 4, Thurs - 5, Fri - 6, Sat - 4, Sun - 10) = 41 Miles**  **Cycle 4: Weeks 11-14 (Tue – 3 and 6, Wed – 4 and 4, Thurs - 7, Fri - 7, Sat - 6, Sun - 12) = 49 Miles** | | | | | | |  |  |  |  |  | |  |  |  |
|  | **6** | **7** | **8** | **9** | | **10** | **11** | **12** |
| **Individuals Starting at 30 Miles per week:**  **Cycle 1: Weeks 1-3 (Tue - 5, Wed - 6, Thurs - 4, Fri - 6, Sat - 4, Sun - 5) = 30 Miles**  **Cycle 2: Weeks 4-6 (Tue - 5, Wed – 4 and 4, Thurs - 6, Fri - 6, Sat - 4, Sun - 10) = 39 Miles**  **Cycle 3: Weeks 7-10 (Tue – 4 and 6, Wed – 4 and 5, Thurs - 7, Fri - 5, Sat - 4, Sun - 11) = 46 Miles**  **Cycle 4: Weeks 11-14 (Tue – 4 and 6, Wed – 4 and 5, Thurs - 8, Fri - 7, Sat - 7, Sun - 13) = 54 miles** | | | | | | |  |  |  |  |  | |  |  |  |
|  | **13** | **14** | **15** | **16** | | **17** | **18** | **19** |
| **Individuals Starting at 35 Miles per week:**  **Cycle 1: Weeks 1-3 (Tue - 5, Wed - 6, Thurs - 7, Fri - 6, Sat - 5, Sun - 6) = 35 Miles**  **Cycle 2: Weeks 4-6 (Tue – 6, Wed – 4 and 5, Thurs - 7, Fri - 5, Sat - 6, Sun - 11) = 44 Miles**  **Cycle 3: Weeks 7-10 (Tue – 4 and 6, Wed – 4 and 5, Thurs - 7, Fri - 6, Sat - 6, Sun - 13) = 51 Miles**  **Cycle 4: Weeks 11-14 (Tue – 4 and 6, Wed – 4 and 8, Thurs - 8, Fri - 7, Sat - 8, Sun - 14) = 59 miles** | | | | | | |  |  |  |  |  | |  |  |  |
|  | **20** | **21** | **22** | **23** | | **24** | **25** | **26** |
| **Individuals Starting at 40 Miles per week:**  **Cycle 1: Weeks 1-3 (Tue - 6, Wed - 7, Thurs - 7, Fri - 7, Sat - 6, Sun - 7) = 40 Miles**  **Cycle 2: Weeks 4-6 (Tue – 6, Wed – 4 and 6, Thurs - 8, Fri - 7, Sat - 6, Sun - 12) = 49 Miles**  **Cycle 3: Weeks 7-10 (Tue – 4 and 6, Wed – 4 and 7, Thurs - 8, Fri - 7, Sat - 6, Sun - 14) = 56 Miles**  **Cycle 4: Weeks 11-14 (Tue – 5 and 6, Wed – 5 and 8, Thurs - 9, Fri - 8, Sat - 7, Sun - 16) = 64 miles** | | | | | | |  |  | Optional  miles |  | Optional  miles | |  | Optional  miles |  |
|  | **27** | **28** | **29** | **30** | | **31** |  |  |
| **Individuals Starting at 45 Miles per week:**  **Cycle 1: Weeks 1-3 (Tue - 7, Wed - 7, Thurs - 8, Fri - 7, Sat - 8, Sun - 8) = 45 Miles**  **Cycle 2: Weeks 4-6 (Tue – 7, Wed – 4 and 7, Thurs - 8, Fri - 7, Sat - 8, Sun - 13) = 54 Miles**  **Cycle 3: Weeks 7-10 (Tue – 4 and 6, Wed – 5 and 7, Thurs - 9, Fri - 7, Sat - 8, Sun - 15) = 61 Miles**  **Cycle 4: Weeks 11-14 (Tue – 5 and 7, Wed – 5 and 8, Thurs - 9, Fri - 8, Sat - 10, Sun - 17) = 69 miles** | | | | | | |  |  | Optional  miles |  | Optional  miles | |  | Optional  miles |  |
|  |  | | | | |  |  |  |  | | | | | |  |
|  | **June** | | | | |  |  |  | **July** | | | | | |  |
| **Mo** | **Tu** | **We** | **Th** | **Fr** | **Sa** | **Su** |  | **Mo** | **Tu** | **We** | **Th** | **Fr** | | **Sa** | **Su** |
| **2** | **3** | **4** | **5** | **6** | **7** | **8** |  |  | **1** | **2** | **3** | **4** | | **5** | **6** |
|  | C | C | C | C | C | C |  | OFF/R | TT/IP2 | a.m.- C + FnM1  p.m.- E | RB2 | C + FnM2 | | C+S | L |
| **9** | **10 (cycle1)** | **11** | **12** | **13** | **14** | **15** |  | **7** | **8(cycle3)** | **9** | **10** | **11** | | **12** | **13** |
| OFF/R | C+FnM1 | C | C+S+FnM2 | C | C+S | C |  | OFF/R | a.m. – C  p.m. - Q1 | a.m.- RB1  p.m.- C | C+S | Q2 + SPD | | C+S | Q3 |
| **16** | **17** | **18** | **19** | **20** | **21** | **22** |  | **14** | **15** | **16** | **17** | **18** | | **19** | **20** |
| OFF/R | C+IP1 | C + FnM1 | C+S | C + FnM2 | RB2 | C |  | OFF/R | a.m. – RB2  p.m. Q1 | a.m.- C + FnM1  p.m.- C | C+S | Q2 + FnM2 | | RB2 | L |
| **23** | **24 (cycle2)** | **25** | **26** | **27** | **28** | **29** |  | **21** | **22** | **23** | **24** | **25** | | **26** | **27** |
| OFF/R | Up2+1-mile Time Trial+  S + CD1 | a.m.- C  p.m.- C +FnM1 | C+S +IP1 | C + FnM2 | C+S+RB1 | L |  | OFF/R | a.m. – C  p.m. -TT | a.m.- C + FnM1  p.m.- C | Q1 | C+ FnM2 | | Q2 | RB1 |
| **30** |  |  |  |  |  |  |  | **28** | **29(cycle4)** | **30** | **31** |  | |  |  |
| OFF/R |  |  |  |  |  |  |  | OFF/R | a.m. – C  p.m. Q1 | a.m.- C + FnM1  p.m.- C | Q2+W |  | |  |  |

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|  | **August** | | | | |  |
| **Mo** | **Tu** | **We** | **Th** | **Fr** | **Sa** | **Su** |
|  |  |  |  | **1** | **2** | **3** |
|  |  |  |  | C + FnM1 | Q3 | L |
| **4** | **5** | **6** | **7** | **8** | **9** | **10** |
| OFF/R | a.m. – C+S  p.m. Q1 | a.m.- C + FnM1  p.m.- C | Q2 | C + FnM2 | RB2 | Q3 |
| **11** | **12** | **13** | **14** | **15** | **16** | **17** |
| OFF/R | a.m.- C | a.m. – C + FnM1  p.m. Q1 | a.m.- C | a.m.- C + FnM2 | **MOVE-IN DATE**  a.m. ¾ L | **Physicals&**  **Compliance**  p.m. - RB2 |
| **18** | **19** | **20** | **21** | **22** | **23** | **24** |
| 6am-C+FnM  12pm-TBD  7pm-C+S | 6am-TT  12pm-P  7pm-C+S |  |  |  |  |  |
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| **KEY** | | |
| Abbr | Term/s | Definition/Science/Explanation |
| TT | Time-Trial | Most of our training paces will be based on our current V02 Max. The time-trial conversion chart indicates what paces your time and current fitness level are associated with. These paces will keep us from running faster than our current level of fitness. Running too fast, too hard, too soon, etc., will increase the potential for injuries. Train SMART! |
| L | Long Run | 25% of weeks mileage (50 miles a week = 12.5) |
| S | Strides | Good form, running tall, etc. Do these on the same surface as your run focusing on quick turnover. NOT A SPRINT!!! Do 6-8 60-100ms |
| C | Crispy Running | We don’t run Easy unless “Easy” is specified. Crispy is somewhere between Easy and Threshold. For men usually between 6:30 and 7:00. For women between 7:30 and 8:00. |
| R | Recovery | Swimming, Massage, ice baths, proper sleep and nutrition |
| IP | Injury Prevention | Both in and out of weight room. Strength and stamina development |
| FnM | Form and Mobility | Drills, Strides, flexibility exercises, yoga, plyos, med balls. |
| RB | Rehab | Incorporated to help individuals recover |
| Q | Quality | Quality days are workout days |
| E | Easy | Doesn’t happen often but it should when you listen to your body correctly. Sometimes men try to run 6:40s and they run 7:15 or struggle to break 7… Sometimes women try to run sub 8 and can’t, as well. Listen to your body! Sometimes it tells you after 3 it’s enough… but it also says no after 3 and feels good after 8… Keep that in mind! |

**Time-Trial Conversion Chart**

**July 2nd = 2-mile time trial July 23rd = 2-mile time trial August 20th = Time Trial with team**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **VDOT** | **2-mile Trial** | **5k Equiv** | **Crispy (C)** | **Threshold (T)** | | | **Interval (Aerobic Capacity (I)** | | | | **Repetitions (Anaerobic Capacity) (R)** | | |
| **#** | **Time** | **Time** | **Range** | **400m** | **1000m** | **Mile** | **400m** | **1000m** | **1200m** | **1600m** | **200** | **400** | **800** |
| 38 | **15:49** | 25:12 | 9:20-9:50 | 2:07 | 5:17 | 8:30 | 1:57 | 4:53 | 5:51 | 7:48 | :55 | 1:51 | 3:42 |
| 39 | **15:29** | 24:39 | 9:10-9:40 | 2:03 | 5:08 | 8:16 | 1:54 | 4:45 | 5:42 | 7:36 | :54 | 1:48 | 3:36 |
| 40 | **15:08** | 24:08 | 9:00-9:30 | 2:01 | 5:04 | 8:08 | 1:52 | 4:40 | 5:36 | 7:28 | :53 | 1:46 | 3:32 |
| 41 | **14:49** | 23:38 | 8:53-9:23 | 1:59 | 5:00 | 8:00 | 1:50 | 4:35 | 5:30 | 7:20 | :52 | 1:44 | 3:28 |
| 42 | **14:31** | 23:09 | 8:45-9:15 | 1:57 | 4:53 | 7:51 | 1:48 | 4:30 | 5:24 | 7:15 | :51 | 1:42 | 3:24 |
| 43 | **14:13** | 22:41 | 8:36-9:06 | 1:55 | 4:48 | 7:43 | 1:46 | 4:25 | 5:18 | 7:04 | :50 | 1:40 | 3:20 |
| 44 | **13:56** | 22:15 | 8:28-9:00 | 1:53 | 4:43 | 7:34 | 1:44 | 4:20 | 5:12 | 6:56 | :49 | 98 | 3:16 |
| 45 | **13:40** | 21:50 | 8:20-8:50 | 1:51 | 4:38 | 7:26 | 1:42 | 4:15 | 5:06 | 6:48 | :48 | 96 | 3:12 |
| 46 | **13:25** | 21:25 | 8:12-8:42 | 1:49 | 4:33 | 7:18 | 1:40 | 4:10 | 5:00 | 6:40 | :47 | 94 | 3:08 |
| 47 | **13:10** | 21:02 | 8:04-8:34 | 1:47 | 4:27 | 7:10 | 98 | 4:05 | 4:54 | 6:32 | :46 | 92 | 3:04 |
| 48 | **12:55** | 20:39 | 7:58-8:28 | 1:46 | 4:25 | 7:05 | 97 | 4:03 | 4:51 | 6:28 | :45 | 91 | 3:02 |
| 49 | **12:41** | 20:18 | 7:50-8:20 | 1:44 | 4:20 | 6:57 | 95 | 3:58 | 4:45 | 6:20 | :44 | 89 | 2:58 |
| 50 | **12:28** | 19:57 | 7:46-8:16 | 1:42 | 4:16 | 6:52 | 94 | 3:55 | 4:42 | 6:16 | :44 | 88 | 2:56 |
| 51 | **12:15** | 19:36 | 7:38-8:08 | 1:40 | 4:11 | 6:44 | 92 | 3:50 | 4:36 | 6:08 | :43 | 86 | 2:52 |
| 52 | **12:02** | 19:17 | 7:34-8:04 | 99 | 4:09 | 6:40 | 90 | 3:48 | 4:33 | 6:04 | :42 | 85 | 2:50 |
| 53 | **11:50** | 18:58 | 7:26-7:56 | 97 | 4:04 | 6:32 | 89 | 3:43 | 4:27 | 5:56 | :41 | 83 | 2:46 |
| 54 | **11:39** | 18:40 | 7:22-7:52 | 96 | 4:01 | 6:27 | 88 | 3:40 | 4:24 | 5:52 | :41 | 82 | 2:44 |
| 55 | **11:28** | 18:22 | 7:18-7:48 | 95 | 3:58 | 6:23 | 87 | 3:37 | 4:20 | 5:48 | :40 | 81 | 2:42 |
| 56 | **11:17** | 18:05 | 7:10-7:40 | 93 | 3:53 | 6:15 | 85 | 3:33 | 4:15 | 5:40 | :39 | 79 | 2:38 |
| 57 | **11:06** | 17:49 | 7:06-7:36 | 92 | 3:50 | 6:10 | 84 | 3:30 | 4:12 | 5:36 | :39 | 78 | 2:36 |
| 58 | **10:56** | 17:33 | 7:02-7:32 | 90 | 3:46 | 6:04 | 83 | 3:27 | 4:09 | 5:32 | :38 | 77 | 2:34 |
| 59 | **10:46** | 17:17 | 6:58-7:28 | 89 | 3:43 | 5:59 | 82 | 3:25 | 4:06 | 5:28 | :38 | 76 | 2:32 |
| 60 | **10:37** | 17:03 | 6:54-7:24 | 88 | 3:40 | 5:55 | 81 | 3:22 | 4:03 | 5:24 | :37 | 75 | 2:30 |
| 61 | **10:27** | 16:48 | 6:50-7:20 | 87 | 3:36 | 5:50 | 80 | 3:20 | 4:00 | 5:20 | :37 | 74 | 2:28 |
| 62 | **10:18** | 16:34 | 6:46-7:16 | 85 | 3:34 | 5:45 | 79 | 3:18 | 3:57 | 5:16 | :36 | 73 | 2:26 |
| 63 | **10:10** | 16:20 | 6:42-7:12 | 84 | 3:32 | 5:41 | 78 | 3:15 | 3:54 | 5:12 | :36 | 72 | 2:24 |
| 64 | **10:01** | 16:07 | 6:38-7:08 | 83 | 3:29 | 5:36 | 77 | 3:13 | 3:51 | 5:08 | :35 | 71 | 2:22 |
| 65 | **9:53** | 15:54 | 6:34-7:04 | 82 | 3:26 | 5:32 | 76 | 3:10 | 3:48 | 5:04 | :35 | 70 | 2:20 |
| 66 | **9:45** | 15:42 | 6:30-7:00 | 81 | 3:24 | 5:28 | 75 | 3:07 | 3:45 | 5:00 | :34 | 69 | 2:18 |
| 67 | **9:37** | 15:29 | 6:26-6:56 | 80 | 3:21 | 5:24 | 74 | 3:05 | 3:42 | 4:56 | :34 | 68 | 2:16 |
| 68 | **9:30** | 15:18 | 6:22-6:52 | 80 | 3:20 | 5:20 | 73 | 3:02 | 3:39 | 4:52 | :33 | 67 | 2:14 |
| 69 | **9:23** | 15:06 | 6:18-6:48 | 79 | 3:17 | 5:13 | 72 | 3:00 | 3:36 | 4:48 | :33 | 66 | 2:12 |
| 70 | **9:16** | 14:55 | 6:14-6:44 | 78 | 3:14 | 5:13 | 71 | 2:58 | 3:33 | 4:44 | :32 | 65 | 2:11 |
| 71 | **9:09** | 14:44 | 6:12-6:42 | 77 | 3:12 | 5:09 | 70 | 2:56 | 3:31 | 4:42 | :32 | 64 | 2:10 |
| 72 | **9:02** | 14:33 | 6:10-6:40 | 76 | 3:10 | 5:06 | 70 | 2:55 | 3:30 | 4:40 | :32 | 64 | 2:08 |
| 73 | **8:55** | 14:23 | 6:06-6:36 | 75 | 3:08 | 5:02 | 69 | 2:53 | 3:27 | 4:36 | :31 | 63 | 2:06 |
| 74 | **8:49** | 14:13 | 6:02-6:32 | 74 | 3:06 | 4:59 | 68 | 2:50 | 3:24 | 4:32 | :31 | 62 | 2:05 |
| 75 | **8:43** | 14:03 | 6:00-6:30 | 73 | 3:04 | 4:56 | 67 | 2:49 | 3:22 | 4:30 | :30 | 61 | 2:03 |
| 76 | **8:37** | 13:54 | 5:58-6:28 | 73 | 3:02 | 4:53 | 67 | 2:48 | 3:21 | 4:28 | :30 | 61 | 2:02 |
| 77 | **8:31** | 13:44 | 5:54-6:24 | 72 | 3:00 | 4:50 | 66 | 2:45 | 3:18 | 4:24 | :30 | 60 | 2:00 |
| 78 | **8:25** | 13:35 | 5:50-6:20 | 71 | 2:58 | 4:46 | 65 | 2:43 | 3:15 | 4:20 | :29 | 59 | 1:58 |

**Progressive Threshold Chart**

**All Numbers Correspond With Minutes-Per-Mile**

|  |  |
| --- | --- |
| **VDOT** | **Pace** |
| **38** | 9:00 |
| **40** | 8:27 |
| **42** | 8:00 |
| **44** | 7:39 |
| **46** | 7:25 |
| **48** | 7:16 |
| **50** | 7:03 |
| **52** | 6:51 |
| **54** | 6:43 |
| **56** | 6:31 |
| **58** | 6:20 |
| **60** | 6:08 |
| **62** | 5:52 |
| **64** | 5:44 |
| **66** | 5:37 |
| **68** | 5:30 |
| **70** | 5:20 |
| **72** | 5:13 |
| **74** | 5:08 |

**Ex: Q1 = 20 minutes at Progressive Threshold beginning**

***If you ran 11:28 for 2 miles, your VDOT is 55. Your PT pace is 6:15. The progression will begin at 20 minutes and then move up 5 minutes every 2 weeks. Until we run 45-50 minutes.***

**5k Development Progressive Pace Chart**

**All Numbers Correspond With Minutes-Per-Mile**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **VDOT** | **20x200** | **16x300** | **12x400** | **10x500** | **8x600** | **6x800** | **5x1000** | **3x1mile** |
| **40** | 0:57 | 1:26 | 1:55 | 2:24 | 2:54 | 3:51 | 4:39 | 7:43 |
| **42** | 0:55 | 1:23 | 1:51 | 2:18 | 2:47 | 3:42 | 4:27 | 7:24 |
| **44** | 0:53 | 1:20 | 1:46 | 2:13 | 2:40 | 3:33 | 4:17 | 7:07 |
| **46** | 0:51 | 1:17 | 1:42 | 2:08 | 2:34 | 3:25 | 4:07 | 6:51 |
| **48** | 0:49 | 1:14 | 1:39 | 2:03 | 2:29 | 3:18 | 3:58 | 6:36 |
| **50** | 0:47 | 1:11 | 1:35 | 1:59 | 2:24 | 3:11 | 3:50 | 6:23 |
| **52** | 0:46 | 1:09 | 1:32 | 1:55 | 2:19 | 3:05 | 3:43 | 6:10 |
| **54** | 0:44 | 1:07 | 1:29 | 1:52 | 2:14 | 2:59 | 3:35 | 5:58 |
| **56** | 0:43 | 1:05 | 1:26 | 1:48 | 2:10 | 2:53 | 3:29 | 5:47 |
| **58** | 0:42 | 1:03 | 1:24 | 1:45 | 2:06 | 2:48 | 3:22 | 5:36 |
| **64** | 0:38 | 0:58 | 1:17 | 1:36 | 1:56 | 2:34 | 3:06 | 5:09 |
| **66** | 0:37 | 0:56 | 1:15 | 1:34 | 1:53 | 2:30 | 3:01 | 5:01 |
| **68** | 0:36 | 0:55 | 1:13 | 1:31 | 1:50 | 2:26 | 2:56 | 4:53 |
| **70** | 0:35 | 0:53 | 1:11 | 1:29 | 1:47 | 2:23 | 2:52 | 4:46 |
| **72** | 0:34 | 0:52 | 1:09 | 1:27 | 1:45 | 2:19 | 2:48 | 4:39 |
| **74** | 0:34 | 0:51 | 1:08 | 1:25 | 1:42 | 2:16 | 2:44 | 4:32 |

**IMPORTANT DATES/SCHEDULE FALL 2014**

September 5th - XC- USI-Steggemoller Classic

September 7th - VOLUNTEER – RAMS GAME NOON

September 12th – XC – SIUE

September 21st - VOLUNTEER – RAMS GAME NOON

October 4th - XC- Greater Louisville Classic Louisville, KY

October 11th - XC- LEWIS

October 13th - VOLUNTEER – RAMS GAME 7:30pm

October 15th – JOG-A-THON

October 19th - VOLUNTEER – RAMS GAME NOON

October 25th - XC- Home or Pre-Regionals or Off

November 8th - XC- GLVC Championships Lewis Romeoville, IL

November 16th - VOLUNTEER – RAMS GAME NOON

November 20th and 21st FASTCAT TRIALS - Lebanon, IL

November 22nd - XC- NCAA CC Midwest Regionals – USI Evansville, IN

November 30th - VOLUNTEER – RAMS GAME NOON

December 6th - XC- NCAA Division II Nationals Louisville, KY

December 6th – TF – PRINCIPIA?

December 11th – VOLUNTEER – RAMS GAME 7:25pm

December 21st – VOLUNTEER – RAMS GAME 3:05pm

**IMPORTANT DATES/SCHEDULE SPRING 2015**

January 7th – ALL – Move-In

January 9th - TF – MIZZOU (PARTIAL TEAM)

January 17th – TF – LEWIS (FULL TEAM)

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  | | |  |  | |
|  | **FORM AND MOBILITY** | | |  | **FORM AND MOBILITY** | |
|  | **FnM1 (30-45min)** | | |  | **FnM2 (30-45min)** | |
|  | Hip Flexor Push x 5 each Leg | | |  | Hurdles x 6-10h | |
|  | Giant Walking Lungh x 50m | | |  | *Walkover strght, bckward x 2 each leg x 2* | |
|  | Single-Leg Running x 40m E.L. | | |  | *Full Overs Fwd Bckwd x 2 each, OVR/UNDR* | |
|  | Hill Sprints x 8 Seconds | | |  | *Sideways Strght leg, bent leg* | |
|  | Single=Leg Pistol Squat | | |  | Myrtle x 10 each | |
|  | 3-Way Calf Raises x 10 each dir. | | |  | *Clams, Lateral Raises Toe in, neu, out, Dnky,* | |
|  | Superman x 10 x 3 Way | | |  | *Dnky whip, fire hy, kne cir fw/bck, STAND..* | |
|  | Myrtle | | |  | *Ltrl Leg, Lin Leg, Lin Bent* | |
|  | *Clams, Lateral Raises Toe in, neu, out, Dnky,* | | |  | Body Weight x 15 each | |
|  | *Dnky whip, fire hy, kne cir fw/bck, STAND..* | | |  | *Superman, Normal Situp, V-Sit, Strght leg* | |
|  | *Ltrl Leg, Lin Leg, Lin Bent* | | |  | *Crunches, Twisting Situp, Superman twst,* | |
|  | Lunge Matrix | | |  | *Iron Cross, Windshield Wipers, Leg Clmbr* | |
|  | *Frnt, angle, Side, Angle, Bckward (Switch)* | | |  | Skip Drills x 10 x 50m | |
|  | Drills-x 50m | | |  | *Skips: Fwrd, SideX2, Bckwrd- Side Slide(SW)* | |
|  | *A-Skip, B, C, Funnys, High Knee, Butt Kick* | | |  | *KaraokeX2, Sngl Leg Swtch, FunnysX2* | |
|  | *Fwd, Bckwd, Sideways, Strght legs, Fast legs* | | |  | Planks-30s Each Moving Throughout | |
|  | *Sidwys swipe+slide, Karaoke high, ovr/+PVC* | | |  | *Forward, Side, Side, Backward x 2* | |
|  | Bands | | |  |  | |
|  | *Knee up, Hmstrng curl, Strght leg, in/out/* | | |  |  | |
|  | *Fwd/Back; Calf push/pull/sideways.* | | |  |  | |
|  |  | | |  |  | |
|  |  | | |  |  | |
|  | **INJURY PREVENTION** | | |  | **INJURY PREVENTION** | |
|  | **IP1 (30min)** | | |  | **IP2 (80yrd Stride Btween Each) (20min)** | |
|  | Med Balls 10 each w/ dbl, 5 each w/ sngl | | |  | All = 15-30 reps | |
|  | *Overhead w/ stp, Chst Psh, SingleArm Psh* | | |  | Team Choice: Must Include…. | |
|  | *OverBhind, Sqt Push, Side throw swtch* | | |  | *Pushups* | |
|  | *Ab crunch push/throw* | | |  | *Squats* | |
|  | Kettle Bells x 10 or 30s each | | |  | *Lunges* | |
|  | *Ovr Head Swing, Dbl Clean, Clean press* | | |  | *Squat Jumps* | |
|  | *Waiter walk, Suitcase walk, hrt bt contin.* | | |  | *Lunge squat switch leg jumps (lol)* | |
|  | *Ovr head squat, squat + hrt bt. Head circles* | | |  | *Sit ups* | |
|  | Bounding x 10 touches each | | |  | *Side squats* | |
|  | *Single leg dist&hght, double leg fb hashs* | | |  | *Laying on side straight leg lifts* | |
|  | *Skips for Height, Skips for distance* | | |  | *Hops* | |
|  | *Small Single Hops, Funnys :)* | | |  | *Supermans* | |
|  | Plyos | | |  | *Etc.* | |
|  | *10 double up, 5 single up E.L.* | | |  |  | |
|  | *10 dbl dwn, 10 dbl catch singl raise* | | |  |  | |
|  | *Hurdl Hops Dbl,single leg running* | | |  |  | |
|  | Shin Strength | | |  |  | |
|  | *Heel Walks, Toe Walks, Strght Leg Stretch* | | |  |  | |
|  | *Band strength: Calf Pull, Push, Side Pull* | | |  |  | |
|  | PVC Drills | | |  |  | |
|  | |  |  | | |
| **COOL DOWN** | |  | **REHAB** | | |
| **DOWN1 (15min) (Light Days)** | |  | **RB1 (30min)** | | |
| 1 Mile Jogging | |  | 8min jog | | |
| Walk Drills x 10 for 30m | |  | 2laps Jog Curve Stride Straight | | |
| 5 min Stretching (free) | |  | 6 x 50m (Stride, Slide(alt), Bckward-RPT) | | |
|  | |  | Walk Drills x 10 for 30m | | |
| **DOWN2 (25min) (Med Days)** | |  | Rope Stretches (5min) | | |
| 2 Miles Jogging | |  | *Strght Lg, Knee 2 Chest, Strght Leg Calf* | | |
| Walk Drills x 10 for 30m | |  | *Bnt Leg Pull Ham, Bnt Leg Pull Calf* | | |
| *StrgtLeg,Scoops, Dplng, KneChst, HamPull* | |  | *IT Band Cross - On Side: Ankle to Bck* | | |
| *Lng twist- March: Fwd, Side, Side, Bckward* | |  | Roll (Foam, Balls, Etc.) (10 min) | | |
| Rope Stretches | |  |  | | |
| *Strght Lg, Knee 2 Chest, Strght Leg Calf* | |  | **RB2 (45min)** | | |
| *Bnt Leg Pull Ham, Bnt Leg Pull Calf* | |  | 20min jog | | |
| *IT Band Cross - On Side: Ankle to Bck* | |  | 2laps Jog Curve Stride Straight | | |
|  | |  | 6 x 50m (Stride, Slide(alt), Bckward-RPT) | | |
| **DOWN3 (35min) (Hard Days)** | |  | Walk Drills x 10 for 30m | | |
| 3 Miles Jogging | |  | Rope Stretches (10 min) | | |
| Walk Drills x 10 for 30m | |  | Roll (Foam, Balls, Etc.) (5 min) | | |
| Rope Stretches | |  | *ICE BATH (15 min)* | | |
| Roll (Foam, Balls, Etc.) (5min) | |  |  | | |
| *Clvs, Quads, Ham, Glute, IT* | |  |  | | |
|  | |  |  | | |
|  | |  |  | | |
| **WARMUPS** | |  | **WARMUPS** | | |
| **UP1 (20min) (EASY)** | |  | **UP3 (35min) (MEDFAST)** | | |
| 10 min Running | |  | 15 min Running | | |
| Walk Drills x 10 | |  | Walk Drills x 10 | | |
| *StrgtLeg,Scoops, Dplng, KneChst, HamPull* | |  | Rope Stretches (5min) | | |
| *Lng twist- March: Fwd, Side, Side, Bckward* | |  | Skip Drills x 10 | | |
| Strides x 4 | |  | Pogos x 3 x 40m | | |
| Skip Drills x 10 | |  | Mnts x 3 x 40m | | |
| *Skips: Fwrd, SideX2, Bckwrd- Side Slide(SW)* | |  | Bounds x 50m | | |
| *KaraokeX2, Sngl Leg Swtch, FunnysX2* | |  | *Singl Skip Hgh/Dis, FB lines singl, dbl, 10hop* | | |
|  | |  | 30m-60m-90m | | |
| **UP2 (35min) (MEDSLOW)** | |  |  | | |
| 20 min Running | |  | **UP4 (45min) (HARD)** | | |
| Walk Drills x 10 | |  | 20 min Running | | |
| Rope Stretches (5min) | |  | Walk Drills x 10 | | |
| *Strght Lg, Knee 2 Chest, Strght Leg Calf* | |  | Rope Stretches (5min) | | |
| *Bnt Leg Pull Ham, Bnt Leg Pull Calf* | |  | Skip Drills x 10 | | |
| *IT Band Cross - On Side: Ankle to Bck* | |  | Myrtle x 10 of Each | | |
| Skip Drills x 10 | |  | *Clams, Lateral Raises Toe in, neu, out, Dnky,* | | |
| Pogos x 3 x 40m | |  | *Dnky whip, fire hy, kne cir fw/bck, STAND..* | | |
| Mnts x 3 x 40m | |  | *Ltrl Leg, Lin Leg, Lin Bent* | | |
| 4 min @ Thresh | |  | Bounds | | |

**MCKENDREE UNIVERISTY**

**FALL 2014 ACADEMIC CALENDAR**

Monday, August 4 August Four-Week Classes Begin

Saturday, August 30 August Four-Week Classes End

**August 20-24, 2014 New Student Orientation**

Monday, August 25 Classes Begin

Friday, August 29 Last day to withdraw from a course with a 100% refund

(5th day of class) Last day to add a course\*

Last day to withdraw from a course without receiving a “W”\*

*Monday, September 1 Labor Day – No Classes (Saturday classes will meet on Saturday)*

Tuesday, September 8 Last day to withdraw from a course with a 75% refund

(10th day of class)

Monday, September 22 Last day to withdraw from a course with a 50% refund

Thursday, October 16 1st Half Semester Classes End

*Friday, October 17 Fall Break – No Classes*

Monday, October 20 2nd Half Semester Classes Begin

October 24 – 26 Homecoming

Tuesday, November 4 Last day to withdraw from a full semester course

(50th day of class)

*November 26-30 Thanksgiving Holiday – No Classes (Wednesday – Sunday)*

Friday, December 5 Last Day of Regular Class Sessions

**December 8-11 Final Exams (Monday - Thursday)**

\*These dates apply to full-semester courses. Please see half-semester calendars for one-month, six-week and eight-week withdrawal dates

This calendar and future calendars are available on the McKendree web site:

http://www.mckendree.edu/offices/academic-records/academic-calendar.php