

Off Season Running Recommendations:

- Run 3 days/week if possible.
- Spread your runs out as best you can so that you are not running 2-3 days in a row and then skipping 3-4 days of running!
- If you can and WANT to run 4 days, that's great! Just make sure you have good shoes (not worn out and it's wise to wear true **RUNNING** shoes) and listen to the body.
- If you are overly tired on any given day, make it a rest day or VERY short, easy run day!

Suggestions for your workouts (in this order and with at LEAST one rest day between):

- **Longer Easy Paced Run** - Up to 45-60 minutes - injury free 7th and 8th graders can work toward 60 minutes, 3rd-6th graders can stick to about 45 minutes. Weekends are usually a good day for the long run!
- **Shorter Easy Run** - 20-30 minutes at relaxed pace
- **"Grab Bag" Run** - see below for options to choose from!
- **IF** running a 4th day, do another **Shorter Easy Run** - 20-30 minutes at relaxed pace

"Grab Bag" Run - Pick One!! (All workouts are approximately 30 minutes - younger runners can cut the workout time down as necessary!)

Always start with 5 minutes of EASY jogging to warm up!

These workouts can be done either outside or on the treadmill!

- **Pickup Run:** After your 5 minutes of easy warm up running, run 30 seconds at race pace effort, then run 3:30 at easy pace (total circuit of 4 minutes). Do this circuit 4 more times for a total of 5 times - (20 minutes). Finish with 5 minutes of additional EASY running to cool down!
- **Hilly Run:** If you are outside, after your 5 minutes of easy running, run a 15-20 minute route (this can be in a circuit around your neighborhood or with a parent at a park, etc.) that has some hills. When you get to a hill, run hard up the hill until you are well over the top. If there is an immediate downhill, push down the other side too! The rest of the run should be VERY easy running. If you are on the treadmill, after warmup, add 5-6% incline for 30 seconds at a time (with 2 minutes between hills) and if possible, add a little speed to challenge you in getting up the hill. Think about good form/posture on the hills! Drive the elbows back and get your knees up! Keep nice tall shoulders as well. After your 15-20 minutes of hill running, finish with your 5 minutes of EASY cool down running! Try to log a total run time of 25-30 minutes if possible!
- **20-30 Minute Out and Back Run:** For this workout, the 5 minutes of easy warm up running is included. If you are outside, you will be running "out" for HALF the run, and then you will turn around and run back the same way you came. Whatever total amount of time you choose, run the first "out" half as easy running. For instance, if you choose to run 20 minutes total time, your first 10 minutes will be run easy. As soon as your watch reads 10:00, you will turn around and try to get home in LESS than 10:00. The idea is NOT to start sprinting at the turnaround! Just gradually pick up your pace a little bit and

see if you can get back in 30-40 seconds faster than you went out! If you are able to, extend your "out" to 15 minutes and try to get back in 14:30 or a little less! If you are on the treadmill, bump up your speed by just 2-3 digits (Example: if you ran 10 minutes at 6.5 mph, then try to run at 6.7 or 6.8 mph for a little over 9 minutes - this will be the same as doing the outdoor version!) The key to this run is to make sure you are starting nice and easy or you will either not be able to pick up the pace after you turn around, or you will be working WAY too hard to make it happen. This isn't meant to be a HARD workout - just a challenging one :)

- **Fartlek Run:** After your 5 minutes of easy warm up running, do 20 minutes (or less if needed) of random pickups, some short and very fast (15 seconds or so) and others longer and not as fast (up to 1 minute). Remember to put PLENTY of rest between each pickup so you have completely caught your breath and are ready to go again - at least 2-3 minutes between. Finish with the last 5 minutes being VERY easy running to cool down!
- **Mini-Tempo Run:** Again, the easy warm up is included in this run. Choose your workout total time (between 20-30 minutes). Start with 10 minutes at a VERY comfortable/easy pace, then run 8-12 minutes at a brisk pace (make a wise choice based on your age/fitness level and total workout time!) This is NOT HARD RUNNING, just BRISK - a pace you can MAINTAIN for at least 8-12 minutes. Finish the *remainder* of between 20-30 minutes (whichever amount of **total** running time you have chosen) at a VERY EASY cool down pace.

Reminders:

- Stretch well after you run! Hold each stretch for at least 30-40 seconds!!
- Get some protein in right away after you run long or harder runs
- Drink plenty of water after you run, but be careful of taking too much in the hour before you run...side stitches are never any fun!
- Don't eat within 2 hours of your runs if possible....save your appetite for after the run!
- HAVE FUN!!! This is ALL about learning to run well and enjoying the healthy bodies we have. Many kids aren't able to run - let's be grateful that we can and have a fun time developing into stronger, faster runners!!

Happy Running!!!!

Coach T