

Off-Season? Never heard of it.

Coach Danny Webb's Number: (812) 345-2093

What you need: Good running shoes AND a digital wrist watch with lap/split function.

Why we train: Summer Conditioning is optional; however, if you want to succeed during the season you must work harder than other surrounding area cross country teams. Columbus North was ranked 1st in the nation last year and the Bloomington schools are consistently ranked in the top 15 in the state. If you want to be a good runner start training in August; however, if you want to be a GREAT runner start training with your teammates in June.

Summer Schedule: Attached is a schedule of where & when we plan on meeting throughout the summer. The Hoosier Nest is the shelter house located across from the fire tower in the park. We have a friendly arrangement with the park to use their facilities throughout the year in order to train. Upon entering the park let the gate keeper know that you are with Brown County Cross Country. Do not abuse this privilege and always follow all park rules while driving and running in the park. On Tuesdays we will meet at Eagle Park and Thursday workouts will be held at the high school track. If the weather is severe or dangerous, conditioning will be cancelled.

Training:

- “Long” runs should be done at conversation pace. If you are breathing so hard that you can't talk to your running buddy, then you are running too fast during a long run. Long runs are meant to keep you fit and strengthen your muscles.
- “Fartlec” runs are meant to simulate race conditions in order to prepare your lung, legs and mind for being competitive.
- “Up-tempo” should be run at no slower than 30 to 60 seconds slower than race pace.

Injury:

If you feel you might be injured take the proper steps to assure that your injury does not get worse: 1) Take 1 or 2 days off from any physical activity 2) Ice the inflamed area twice/day 3) Talk to your coaches and/or physician for more specific instructions. If you are hurt you can't train. Stay healthy!

Consistency & Commitment:

Never, ever take more than 2 days off in a row from working out. If you need a break from running, take advantage of cross training. Options for cross training include: biking, swimming, plyometrics, basketball, ultimate frisbee, etc..... Set a goal, make a plan, and stick to it!

Teamwork:

Cross country is not an individual sport. Having a team to train with will make you a better runner and make training more enjoyable. Teammates are great for encouraging competition, holding each other accountable, and depending on when times get tough. Success does not happen on accident. It takes years of hard work and determination.

All runners who participate in at least 20 official summer conditioning practices will receive a special, dry-fit BCXC summer training shirt.

~ June 2011 ~							
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Totals
		1	2	3	4	5	
6 ABE'S CAMP	7 ABE'S CAMP	8 ABE'S CAMP	9 ABE'S CAMP	10 ABE'S CAMP	11	12	
13 Hoosier Nest 6:00 pm Group A: 7 miles Long Group B: 5 miles	14 Eagle Park 6:00 pm Group A: 5 miles Fartlec Group B: 3 miles	15 Hoosier Nest 6:00 pm Group A: 5 miles Trail 10 + Strides Group B: 4 miles	16 Track 6:00 pm Group A: 3 miles Timed Mile & Frisbee Group B: 3 miles	17 Group A: 4 miles Easy Group B: Day Off	18 Group A: 4 miles 3 Up Tempo Group B: 3 miles	19 Group A: Day Off Group B: Day Off	28 18
20 Hoosier Nest 6:00 pm Group A: 8 miles Long Group B: 6 miles	21 Eagle Park 6:00 pm Group A: 5 miles Timed K's Group B: 3 miles	22 Hoosier Nest 6:00 pm Group A: 5 miles Bike Trail + Strides Group B: 4 miles	23 Track 6:00 pm Group A: 3 miles Timed 800 & Frisbee Group B: 3 miles	24 Group A: 5 miles Easy Group B: 4 miles	25 Group A: 4 miles 3 Up Tempo Group B: 4 miles	26 Group A: Day Off Group B: Day Off	30 24
27 Hoosier Nest 6:00 pm Group A: 8 miles Long Group B: 6 miles	28 Eagle Park 6:00 pm Group A: 5 miles Fartlec Group B: 4 miles	29 Hoosier Nest 6:00 pm Group A: 6 miles Ogle Lake & Strides Group B: 5 miles	30 Track 6:00 pm Group A: 3 miles Timed Mile & Frisbee Group B: 3 miles	Notes:			30 25

~ July 2011 ~								
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Totals	
27 Hoosier Nest 6:00 pm Group A: 8 miles Long Group B: 6 miles	28 Eagle Park 6:00 pm Group A: 5 miles Fartleck Group B: 4 miles	29 Hoosier Nest 6:00 pm Group A: 6 miles Ogle Lake Loop Group B: 5 miles	30 Track 6:00 pm Group A: 3 miles Timed Mile & Frisbee Group B: 3 miles	1 Group A: 4 miles Easy Group B: 4 miles	2 Group A: 4 miles Tempo Group B: 4 miles	3 Group A: Day Off Group B: Day Off	30 26	
4 Moratorium Week	5 Moratorium Week	6 Moratorium Week	7 Moratorium Week	8 Moratorium Week	9 BCXC CHALLENGE Moratorium Week	10 Moratorium Week	35 30	
11 Hoosier Nest 6:00 pm Group A: 10 miles Long Group B: 7 miles	12 Eagle Park 6:00 pm Group A: 5 miles 4 min x 5 Group B: 5 miles	13 Hoosier Nest 6:00 pm Group A: 7 miles Strahl Lake Loop Group B: 7 miles	14 Track 6:00 pm Group A: 5 miles Time Mile & Frisbee Group B: 5 miles	15 Group A: 6 miles Easy Group B: 5 miles	16 Group A: 5 miles 3 Up Tempo Group B: 5 miles	17 Group A: Day Off Group B: Day Off	38 34	
18 Hoosier Nest 6:00 pm Group A: 9 miles Long Group B: 8 miles	19 Eagle Park 6:00 pm Group A: 6 miles Fartlec Group B: 5 miles	20 Hoosier Nest 6:00 pm Group A: 8 miles Trail 8/Campground Group B: 6 miles	21 Track 6:00 pm Group A: 5 miles Time 800 & Frisbee Group B: 5 miles	22 Lower Shelter **7:00 am** Group A: 6 miles Easy Group B: 6 miles	23 Group A: 6 miles 3 Up Tempo Group B: 5 miles	24 Group A: Day Off Group B: Day Off	40 35	
25 Hoosier Nest 6:00 pm Group A: 10 miles Long Group B: 9 miles	26 Eagle Park 6:00 pm Group A: 6 miles 5 k Fun Run Group B: 6 miles	27 Hoosier Nest 6:00 pm Group A: 6 miles Bike Trail + Strides Group B: 4 miles	28 Track 6:00 pm Group A: 3 miles Timed Mile & Frisbee Group B: 3 miles	29 Group A: 4 miles Easy Group B: 3 miles	30 Group A: Day Off Group B: Day Off	31 Group A: 6 miles Leave for Camp Group B: 5 miles	35 30	
Notes:								