

2018 Wakefield Warriors
Cross Country
Team Memo June 13, 2018

 @runwakefield
<http://warriorshsathletics.com>

WELCOME to a new season of Cross Country at Wakefield High School!

CROSS-COUNTRY WILL BEGIN ON WEDNESDAY AUGUST 1, 2018 @ 8:00AM.

We will meet on the Wakefield Track at 7:45AM rain or shine. Workouts will last 1.5 to 2.0 hours.

The required VHSL physical form is available on the Wakefield webpage, under the Athletics menu. This form must be completely filled out, signed and brought to the ATC, Ms. Kigin, in the Training Room. The Training Room will be open on Tuesday 7/31/18. You may refer to the Wakefield webpage, Wakefield Athletics, Fall Sports for further information, regarding training room hours and specific location. You may also contact Ms. Kigin at: Rebecca.kigin@apsva.us, for additional information regarding clearances. You will be given a clearance form, which **you must bring with you** to the first day of Cross-country practice in order to participate.

No clearance form...No practice...No exceptions!!!

On the first day of practice:

1. Bring proper sports attire, which should include shorts, top, socks, warm up if needed, and good running shoes. **EVERYONE MUST ALSO BRING THEIR OWN WATER BOTTLE (32oz)**. For good shoe advice, selection and a 10% to 15% discount visit, **Pacers** (15%) (Alexandria 703-836-1463, Clarendon 703-248-6883 or Pentagon Row 703-415-0277) or **Potomac River Running** (10%), (Falls Church 703-790-3338 or Arlington 703-243-2332).
2. Remember that you must be cleared by Ms. Kigin to participate.
3. There will be a short team meeting on the track at 7:45AM, followed by a short work out...a 4 lap (1 mile) warm-up, dynamic stretches/foam rolling & drills, striders, short easy workout, 2 lap cool down, and stretch/foam rolling. Please remember that you are encouraged to be able to **run** 3 miles the first day of practice.

The practice schedule will be as follows: Wednesday, 8/1 through Friday, 8/24 we will meet at 8:00 AM & potentially in the evening (4:00 PM) for a second practice each day. There is also a strong possibility for we will hold an off campus training camp in Maryland from 8/13 - 8-17. (More info pending) Starting Monday, 8/27 practice will be from 3:30 PM - 5:30 PM for the remainder of the season.

Lastly, we will be hosting an All-Comers track meet at Wakefield on Saturday July 14th, 2018 from 8:00 AM - 2:00 PM. All cross country members are needed to attend in order to run the event and earn their XC team t-shirt.

Yours in running!

Coach A & Coach Giff

adam.alderton@apsva.us

giovanni.gift@apsva.us

2018-19 Wakefield Warriors Summer XC Workouts

WELCOME future Warrior!

If you like to run, like a challenge, want to get in the best shape of your life, want to get fit for another sport, or are just bored and need something to do then Cross Country is the sport for you!

The following summer workouts are intended to teach you pacing, while giving you a solid base with an easy progression to build on for next season. For it to make a difference you must feel refreshed. If your legs are getting tired, you need to either slow down the pace or cut the mileage. With that being said these workouts should not make you tired or feel lethargic. Drink Plenty of Fluids and make sure you are thoroughly warmed up before starting your workout.

You have the choice of Workout A or B. It's your decision as to which one you will choose to follow. **Before each daily workout you should do: a 4 lap (1 mile) warm-up, dynamic stretches/foam rolling & drills, striders, then workout A or B, 2 lap cool down, and stretch/foam rolling.** The idea is to be consistent and honest about your workouts this summer. Keep a log of everything that you do. Good luck and enjoy the summer.

***The workouts are intended to begin on June 25, 2018**

Workout A (In miles) the idea is to run 4 / 5 days a week as indicated. You can substitute Saturday for Friday etc., if your schedule or the weather will not permit you to follow the schedule below.

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 (6/25-6/28)	1mi	2mi	1mi	1mi	3mi
Week 2 (7/2-6)	2	1	2	1	3
Week 3 (7/9-13)	3	2	2	2	3+
Week 4 (7/16-20)	3+	2	3+	2	5
Week 5 (7/23-27)	4*	2	3+	2	5
Week 6 (7/30-8/3)	5	3	5	2	4!

3+ = 1 easy/1 hard/ 1 easy

4* = 1 easy / 1 hard / 1 easy/1 hard

4! = 1 hard / 2 easy / 1 hard

Workout B (In miles) the idea is to run 4 days a week. You may pick the days, but Monday, Wednesday, Friday plus alternating Tuesday and Thursday easy runs is good because it gives you a rest/easy day between the runs. Always try to have 1 rest day or 2 at the end of each week in summer.

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 (6/25-6/28)	1mi	1mi	1mi	0mi	2mi
Week 2 (7/2-6)	1	0	2	1	2
Week 3 (7/9-13)	2	1	2	0	2
Week 4 (7/16-20)	2	0	3	1	3
Week 5 (7/23-27)	3+	2	2	0	3+
Week 6 (7/30-8/3)	3+	0	3	2	3+

+ = 1 easy / 1 hard / 1 easy

If you successfully complete the summer workouts you will be ready for Wakefield XC!!!

The XC season will start Wednesday August 1, 2018 at 8:00AM. We will see you at 7:45AM on the Wakefield track. Get cleared for the season. Ms. Kigin, our athletic trainer, will be available starting Monday July 30th at 9:30AM. Call 703-228-6722 for her summer office hours. If you have any further questions please email Coach Alderton (adam.alderton@apsva.us) or Coach Giffit (giovonni.giffit@apsva.us)

GOOD LUCK XC WARRIORS.

YOU'RE HARD WORK THIS SUMMER WILL PAY DIVIDENDS AND LEAD YOU TO SUCCESS DURING THE XC SEASON NEXT YEAR AND BEYOND!!!