



Sayreville Middle School Cross Country – Fall 2018

Students will not be able to attend or participate in cross country try outs until they are cleared. A cleared list will be posted outside the boys and girls lockers rooms on the first day of school. You should also receive a letter stating that you have been cleared.

***Start Date: Tuesday, September 11, 2018**

All athletic clearance information is posted on www.sayrevillek12.net under the athletics link. Directions are also attached to this packet.

All CLEARED athletes should come prepared for tryouts with the following items:

- **Supportive running shoes**
- **Appropriate attire**
- **Water**
- **Sunscreen**

Summer Running Tips

- **Run when the temperatures are cooler (Early morning or later at night)**
- **Make sure you are hydrated! Drink water before, during, and after.**
- **Purchase a good pair of running shoes.**
- **Run at an easy pace to start. As a guide use the talk test. If you are running with someone you should be able to hold a conversation easily.**
- **Aim to run 3 – 4 times per week.**
- **Use time or distance as your guide. Each week look to increase your distance or increase your time. See the table attached for reference.**

Middle School Cross Country FAQ

- **A middle school cross country course is approximately 1.5 miles long.**
- **Cross Country is NOT run on the track so every course will be different.**
- **Our “Home” course will be located at Kennedy Park or Borough Hall.**
- **Finish times will typically range from 8 minutes to 20 minutes.**

Contact Coach Anderson with any additional questions or concerns Cheryl.anderson@sayrevillek12.net

TRAINING GUIDELINES

Rule #1 - Enjoy the Summer

Relax. Enjoy the time off from school. Have fun with your friends. Go to the pool, beach, whatever. If, after observing Rule #1 you have time for summer training, it can really help you in the fall competitive season.

Rule #2 - Run at an Easy, Steady Pace

You should run at a steady, jogging pace. If running with a partner, you should be able to talk comfortably with them. The goal of summer training is to build your endurance - we will add speed work in the fall.

Rule #3 – Get a good pair of running shoes.

Road Runner Sports is an excellent place to get a good pair of running shoes, but they are a little expensive. However, once you know the type of shoe you need you can then search to find the best deal. You should NOT be running in converses, basketball shoes.

Beginner - Little to no experience running

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	5 minutes/.5 mile		5 minutes/.5 mile		5 minutes/.5 mile		Optional Fun Run
Week 2	5 minutes/.5 mile		7 minutes/.75 mile		5 minutes/.5 mile	Optional Fun Run	
Week 3	7 minutes/.75 mile		7 minutes/.75 mile		5 minutes/.5 mile		Optional Fun Run
Week 4	7 minutes/.75 mile		10 minutes/1 mile		5 minutes/.5 mile		10 minutes/1 mile

TRAINING SCHEDULE

Beginners/Intermediate

Week 1-3

Run 3-4 days per week, 10-20 minute runs - you should build up to a point where you can run the entire time comfortably without stopping. Cross train (swim, bike, etc.) on off days.

Week 4-6

Run 4-5 days per week, 20-25 minute runs. Rest and/or cross train on off days.

Week 7-10

Run 5 days per week, 25-30 minute runs. Rest and/or cross train on off days.

Intermediate / Advanced

Week 1-3

Run 4-5 days per week, logging 12-15 miles per week. Rest and/or cross train on off days

Week 4-6

Run 5 days per week, logging 15-20 miles per week. Rest and/or cross train on off days.

Week 7-10

Run 5 days per week, logging 20-25 miles per week. Rest and/or cross train on off days.