

# North Callaway Thunderbird and Lady Bird Cross Country

## Summer Packet 2015

**"Champions do not become champions when they win the event, but in the hours, weeks, months and years they spend preparing for it. The victorious performance itself is merely the demonstration of their championship character."**

**-T. Alan Armstrong"**

I cannot begin to tell you how excited I am that you have expressed interest in the North Callaway Cross Country Program. This is my third year as head coach at North Callaway. This will be the second season of having a Junior High Team as well as a high school that has been around a while. As we as a team, try and build a highly successful program, it is dependent on athletes that are willing to work hard and bring others into this sport.

This packet is a tool to assist you in your physical preparation for the 2014 XC season. You must add the work ethic, attitude, toughness, determination, and most importantly, the commitment to derive the benefit from what is in the print. The work has been planned for you, now you must work the plan.

This packet was designed with the intent of providing a comprehensive, efficient, productive, and safe approach to your physical preparation as a North Callaway XC athlete. This program is designed to help you come into the season at the optimal level of conditioning. I encourage each of you to find a local 5K's and do no more than two just for fun. This will give you good experience racing at the 3.1 mile distance.

### **CHOOSING TO WIN!**

This program has been prepared to meet the following objectives:

- To increase and maintain your body strength levels for improved performance and reduce likelihood of serious injury
- To increase you functional muscular mass-this will enhance your ability for greater power output
- To keep your percentage of body fat at an efficient level
- To improve muscular endurance
- To improve cardiovascular/cardiopulmonary efficiency
- To improve quickness and speed
- To acclimate your system to the heat and humidity of summer

Please call/text me 573-310-1449 or email me [ccraghead@nc.k12.mo.us](mailto:ccraghead@nc.k12.mo.us) if you ever have any questions.

**\*NEW THIS YEAR\*** - I am going to try and get together a couple times a month and do a workout as a team. I will let you know these dates as soon as I get my children's ball and swim schedule. I would like everyone who can attend to attend. These will be times when we can get to know each other and help keep us accountable to working out.

**Key Dates:**

**First High School Practice Aug 3rd (MUST HAVE PHYSICAL and signed insurance form)**

**First Middle School Practice Aug 17 (MUST HAVE PHYSICAL and signed insurance)**

**Tentative Practice Schedule (subject to change)**

**Aug 3-7 and Aug 10-14 – Practice at 7:00pm-8:30 High School Only**

**Aug 17-19 -- Practice at 7:00pm-8:30. I know the students and I will have an open house one of these nights so, this is tentative only.**

**School Starts Aug 20.**

**High School - Monday August 3rd** is the first day of XC practice. We will meet at the concession stand NC track @ 7pm.

Each one of you is expected to follow this program to the best of your ability. If you cannot perform an exercise for whatever reason we will find an alternative exercise for you. If you ever have any problems, questions, or injuries that require alternative workouts, feel free to contact (call/text) me at 573-310-1449 or email at [ccraghead@nc.k12.mo.us](mailto:ccraghead@nc.k12.mo.us)

The times listed on the plan are what I would like you to run. If you cannot do that much time break it up. If it says run 30 min, and you can only go 10 without stopping, do 10, walk for 10, and then finish with 10 more running. Continue to build up your endurance.

M-W-F is core days (see attached)

T-Th is leg circuit days (see attached)

Run with a partner when you can. This helps you be more accountable and it is more fun. Get with them and make it a partner(s) run.