

EDISON CHARGERS CROSS-COUNTRY SUMMER 2019

2016, 2017, 2018 BOYS and GIRLS SBC CHAMPS!!!!!!!!!! Do you want to REPEAT? Do you want to make SBC HISTORY? No school in SBC Cross Country history has had both the boys and girls teams win four consecutive titles in the same years. We have that chance and the drive to that dream starts Monday June 3rd. As the saying goes “Championships are won in June and July.” While I still believe summer training should be flexible and informal, I want you to understand, what you do this summer can make a substantial difference in the kind of team we become next fall. Nothing is more important to your 2019 cross-country season than beginning it enthusiastically and maintaining that passion through the entire season. For that reason, summer training should never feel like a burden. However, if you want to improve significantly next year, **there is not single factor more likely to get you there, than consistent running over the next several months.**

Your summer training doesn't need to be highly structured to be effective. As I mentioned before, my primary concerns are that you enjoy running and that you begin the regular cross-country season with great enthusiasm. The amount you train this summer depends on your previous experience, your schedule, and your commitment to personal improvement.

Those of you who are new to the sport will benefit greatly from using the summer to gradually build a foundation of consistent running and getting to know your teammates. For those who have been training consistently for a year or more, your summer running should be less rigorous than it is during the school year, but it should allow you to begin the season with a tremendous aerobic base and a readiness to work hard. Whether your goal is to feel comfortable at the start of the season, win an SBC championship or to become All-Ohio, **the next several months are the ticket that will get you there.**

The first conditioning workout is 8:00 a.m. on Monday, June 3rd at Edison Park in Milan and will continue that week meeting on Tuesday, Wednesday and Friday. Our long runs will be conducted on Saturdays at the **Rails to Trails** path off Heartland Center Road in Collins at 8 a.m. **Summer conditioning times and locations may vary (later in the summer) as we try to mix things up and keep the running fresh.**

This year's team camp will be from **July 23 - July 26** at Mohican Wilderness Campground located south of Loudonville. This will be an “Edison only” camp where you will have the opportunity to bond with your teammates, train for the upcoming season, enjoy activities such as mini-golf, canoeing, tubing, archery, ziplining etc. In order to participate you must have an updated physical and emergency medical form on file at Edison High School. The cost of camp is **\$110**. More information will be available later this summer. Tree Frog Canopy Ziplining will be an additional cost of **approximately** \$60.00 and about \$30 more for those doing night ziplining.

*Daily summer mileage will be tallied through the use of our Garmin watches or a conversion of minutes per mile. All runs must be recorded on your Running2Win account. Coaches will monitor your mileage and a weekly tally must be completed by the end of the current week. You will sign up by going to **www.running2win.com**. create an individual account then join the team **Edison Charger Cross Country**.
Team ID is T-147299155010-18

If you are planning to run the Mohican Nine Challenge, it is imperative you make efforts to attend as many conditioning workouts as possible. The Mohican Nine Challenge will coincide with our team camp July 26-July 29. Attached are the conditions to qualify for this annual event.

Practice officially begins Thursday August 1st, though, I hope to see you before mandatory practice starts. Don't forget you must have a physical and all the proper forms filled out **prior** to that first practice or **going to camp**. If you have questions call or email me or contact coaches Caponi at **mecaponi@gmail.com** or 330-714-5898 or Rospert at zrospert@gmail.com or 419-677-9155.

For more information about the Edison Cross Country program go to www.edisonxc.com

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General Guidelines for Summer Training

1. Run three to five days the first week you return or start your training.
2. Once you resume training, do not let three consecutive days pass without running.
3. Listen to your body and let it dictate your volume and intensity. If you're feeling great, take advantage of it and go faster or farther. If you're feeling rotten, run for fifteen minutes, take a swim, ride your bike, throw a Frisbee around, or rest.
4. Most of your running should be steady moderate to low intensity mileage. Don't construe this as plodding or daisy picking pace. It's also fine to do a fartlek or a tempo run once a week starting in July.
5. You may want to run a few races, that's fine, but limit yourself to two races during the summer. A couple good races to hit would be Huron Booster's 5K and the Berlin Heights Basket Run 5K. There are other, more competitive races towards Cleveland if you are really interested in testing your fitness.
6. You can accomplish a great deal this summer but be sensible and have fun with it. Two months of base mileage in June and July could substantially improve your cross-country season; however, your primary goal should be to begin the season ready to work **AND** certain that you will maintain your excitement through the conference and the state tournament.
7. Running is a very basic sport which you can do by yourself. It is nice to have that support group but when you can't get together with teammates you need to find the self motivation to lace up the shoes and get out on your own.

