**Spanish Fork High School Cross Country - Summer Running Program 2018**

Each athlete will be given a summer running program that you need to use as a guide for your summer training. These are geared to best prepare you for the Fall Season and to keep you injury free. These are split into three levels:

Level One – Geared at those entering 9th grade and those 10th-12th graders who may have never run track distance events or cross country previously.

Level Two – This is for the majority of our girl runners who have competed in track/cross country previously at the high school level. Many of our boy JV runners will also follow this program.

Level Three – This is for our varsity boys. A few of our varsity girls and JV boys runners will be asked to follow this program

The coaches will suggest the proper training level for each of you to begin the season. We will adjust which training program best fits you as the summer progresses as some will quickly adapt and can begin following a higher level and others might need to drop down a level due to time demands or injury. Summer Workouts are where championship teams are made. We want all athletes to build a base so that when we begin to do more speed specific workouts in the fall you will remain injury free.

Starting June 18th we will meet at the Spanish Fork Sports Park Monday through Thursday at 7:00am for a team run. On Fridays we will meet at 7:00am at the Spanish Fork Reservoir for our team run. Bring a towel on Friday if you want to soak your legs after our workout in the reservoir. If you are unable to run with the team you are expected to run on your own. The team runs will be a great way to get to know others on the team, to receive helping tips on running form/training/injury prevention from coaches and to build the proper mileage base to be best ready for our upcoming cross country season. Plus, group runs are fun as we will explore much of Spanish Fork and the surrounding areas on foot. May 28th – June 17th you are on your own to begin to follow the proper training program and to begin to build a base.

Every Friday is breakfast Fridays. Bring your favorite cold cereal each week. The coaches will provide the milk, bowls and spoons and an occasional surprise treat.

Every Sunday send to coach Cable a text at 801-319-4268 or an email with your weekly mileage. To be eligible to attend our mountain running camp you must run 75 miles between May 29th and August 5th Send your first email or text to Coach Cable on Sunday June 3rd. 5 bonus miles for all who do it the first week.

All athletes who run 300 miles by August 31st will receive a Spanish Fork High School 300 Mile Club shirt.

Our summer running camp will be held in the mountains near Mount Pleasant Utah August 6th -8th. Everyone can attend as long as they meet the mileage requirement and pay the $30 camp fee by July 31st. See separate information sheet on details about the camp.

We look forward to an amazing summer and a fulfilling upcoming fall cross country season. We compete in a very competitive region 10. Your summer work will be rewarded with Fall success. We will travel to Idaho for the Bob Firman Invitational (all team members), to Arizona for the Nike Southwest Championships (varsity runners only) and to California for the Footlocker championships (all team members are invited).

If you have any questions please contact one of the coaches:

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Our Cross Country web site is http://sfhstrack.weebly.com/cross-country.html#/