

Welcome Boltz XC Runners! Whether you are returning to the team next fall or joining us for the first time, I'm excited that you are interested in running and all the wonderful things that come with it. In August, we will start with our usual camp the week before officially starting practice on August 22.

Although summer running is optional, taking the time in the summer to run will create a launching pad and will prepare you well for early season practices and meets, as well as create a solid aerobic base that will help you to have a successful xc season.

Here are a few guidelines before you hop into training...

1. **Have fun! Please enjoy your summer break and all the swimming, vacationing, playing, and relaxing it brings.** That being said, this training plan should take no more than 45 minutes of your time away from those fun activities each day that you run. Your workouts can be fun too! Run with a family member, friend, or dog; time moves much quicker when someone else is running/biking beside you.
2. **Build into your training It is important to ease into training and to avoid doing too much too quickly.** Do not worry about how fast you are running during the first couple weeks of training but instead focus on running the entire length of time without stopping. Summer running should be done at an easy pace - a pace you can run and discuss your favorite ice cream flavors with a partner.
3. **You can run more than I've included on this plan.** This plan is meant to be a starting point for young runners. I know some of you are comfortable running longer than I've included in this plan. You know yourself. Regardless of your current fitness, please follow step 2.
4. **Take care of yourself.** Water is your best friend! Be sure that you are drinking more water than other (sugary) drinks. A little Gatorade or other sports drink is fine *after* a hot summer run as well. **If at all possible, avoid running in the heat of the day and run in the morning or evening instead.** Go through our warm-up drills (later in this document) before your run, & spend *no less* than 5 minutes stretching your muscles after a workout to prevent cramping, tight, and sore muscles.
5. **Enjoy as many fresh fruits and veggies as you can.** It would be silly to put bad gasoline in a Lamborghini. Make sure to fuel your super engine with good foods, too. Fresh produce will also help keep you hydrated.

Our official XC practice will begin on Monday, August 22st. We will meet under the shade trees at the front of the school. Practices will be Monday through Friday, 3PM until 4:15PM. Our XC camp will be held on August 8-9 and 12-14 from 3-4 PM. I suggest beginning these summer workouts as soon as you can so you might start the season strong, but obviously vacations, summer sports, and other plans may get in the way. Don't fret if something gets in the way of completing or running one workout; hop back into the plan when you can!

Although I have included the suggested beginning week of June 3, this plan may be started and followed whenever. Workout and Rest Days (no running days – feel free to play another sport, bike, or swim on these days) may be rearranged to best fit your schedule.

Summer Training Plan

I suggest beginning these workouts as soon as you can to establish a weekly routine. Obviously vacations, summer sports, and other plans may get in the way. The following is a guide - don't fret if something gets in the way of completing or running a workout; hop back into the plan when you can! My hope is that you have some fun establishing a running routine for yourself.

Active in another sport this summer? That's awesome! Feel free to modify this plan as you need.

Although I have included the suggested beginning week of June 3rd -9th, this plan may be started and followed whenever. Rest Days (non running days – feel free to play another sport, bike, or swim on these days) may be rearranged to best fit your schedule. For each workout session, start with an easy 5 minute jog followed by the dynamic stretches described below. Follow each workout session with no less than 5 minutes of static stretches described below.

Use the included training log to keep track of your training over the summer. Please do not feel like you have to follow the plan exactly. **Some running this summer is better than none** - even better if you can increase your minutes of running each week by a little. If you have been training and would like to run more than listed, please feel free to increase as you can. Be careful no to do too much too soon, however.

Bring your completed and signed training log to XC camp for prize drawing.

Week ONE (June 3-9) GOAL = 65 minutes

- Monday – Run 15 minutes comfortable
- Tuesday – Rest Day
- Wednesday – Run 15 minutes comfortable
- Thursday – Rest Day
- Friday – Run 15 minutes comfortable
- Saturday – Run 20 minutes comfortable
- Sunday – Rest Day

Week TWO (June 10-16) GOAL = 65 minutes

- Monday – Run 15 minutes comfortable
- Tuesday – Rest Day
- Wednesday – Run 15 minutes comfortable
- Thursday – Rest Day
- Friday – Run 15 minutes comfortable
- Saturday – Rest Day
- Sunday – Run 20 minutes comfortable OR Father's Day 5K

Week THREE (June 17-23) GOAL = 70 minutes

- Monday – Run 15 minutes comfortable
- Tuesday – Rest Day
- Wednesday – Run 15 minutes comfortable
- Thursday – Rest Day
- Friday – Run 15 minutes comfortable
- Saturday – Run 25 minutes comfortable
- Sunday – Rest Day

Week FOUR (June 24-30) GOAL = 70 minutes

- Monday – Run 15 minutes comfortable
- Tuesday – Rest Day
- Wednesday – Run 20 minutes comfortable
- Thursday – Rest Day

- Friday – Run 15 minutes comfortable
- Saturday – Run 20 minutes comfortable
- Sunday – Rest Day

Week FIVE (July 1-7) GOAL = 75 minutes

- Monday – Run 15 minutes comfortable
- Tuesday – Run 20 minutes comfortable or Firecracker 5K
- Wednesday – Rest Day
- Thursday – Run 15 minutes comfortable
- Friday – Rest Day
- Saturday – Run 25 minutes comfortable
- Sunday – Rest Day

Week SIX (July 8-14) GOAL = 75 minutes

- Monday – Run 15 minutes comfortable
- Tuesday – Rest Day
- Wednesday – Run 20 minutes comfortable
- Thursday – Rest Day
- Friday – Run 15 minutes comfortable
- Saturday – Run 25 minutes comfortable
- Sunday – Rest Day

Week SEVEN (July 15-21) GOAL = 80 minutes

- Monday – Run 15 minutes comfortable
- Tuesday – Rest Day
- Wednesday – Run 25 minutes comfortable
- Thursday – Rest Day
- Friday – Run 15 minutes comfortable
- Saturday – Run 25 minutes comfortable
- Sunday – Rest Day

Week EIGHT (July 22-28) GOAL = 80 minutes

- Monday – Run 15 minutes comfortable
- Tuesday – Rest Day
- Wednesday – Run 25 minutes comfortable
- Thursday – Rest Day
- Friday – Run 15 minutes comfortable
- Saturday – Run 25 minutes comfortable
- Sunday – Rest Day

Week NINE (July 29-August 4) GOAL 85 minutes

- Monday – Run 15 minutes comfortable
- Tuesday – Run 15 minutes comfortable
- Wednesday – Run 15 minutes comfortable
- Thursday – Rest Day
- Friday – Run 15 minutes comfortable OR Mountain Avenue Mile
- Saturday – Run 25 minutes comfortable
- Sunday – Rest Day

Week TEN (August 5-11) GOAL 90 minutes

- Monday – Run 15 minutes comfortable
- Tuesday – Run 15 minutes comfortable
- Wednesday – Rest Day
- Thursday – XC Camp

- Friday – XC Camp
- Saturday – Run 30 minutes comfortable
- Sunday – Rest Day

Dynamic Stretches (before running)

- [High knees](#)
- [Butt kickers](#)
- [Open and Close the gate](#)
- [Scoops](#)

Static Stretches (after running)

- [Standing Quad](#)
- [Hamstring](#)
- [Calf Stretch](#)
- [Pretzel Stretch](#)

Core Training (3 times per week)

- [Elbow Plank](#) (30-60 seconds)
- [Bicycle Crunches](#) (2 sets of 20-30 repetitions)
- [Superman](#) (2 sets of 20)
- [Push Ups](#) (2 sets of 10) - It's OK to be on your knees if you need

Fort Collins Summer Running Races

Fort Collins has several summer races that are very kid friendly. I've also included these as optional activities on the training plan and training log. Participation in these events requires an entry fee and runners usually receive a t-shirt and/or food. I am planning on running in most of these events and would love to see a big Boltz crowd in the field. Having said that, please do not feel obligated to participate in these events - they are all great events in our community.

[Father's Day 5K](#) (Sunday, June 16)

[Firecracker 5K](#) (Tuesday, July 4)

[Mountain Avenue Mile](#) (Friday, August 9)

[Human Race \(5K or 10K\)](#) (Saturday, August 10)

[Rocky Mountain Lobo Invitational](#) 1.5 mile (Saturday, August 17) - this is usually a great kick-off event for us!

Boltz XC Camp

Our XC camp will be held on August 8-9 (Thursday and Friday) and 12-14 (Monday - Wednesday). We will meet under the trees in front of the school from 3-4PM. Camp is optional for runners, but it is a great opportunity to get to know coaches and team members (and we usually have popsicles on one or two of the days).

Helpful Videos

- Running Form: <https://www.youtube.com/watch?v=-UCZ3nSXnEE>
- Essential Running Technique: <https://www.youtube.com/watch?v=3RlvKMxPMr0>
- Proper Breathing: <https://www.youtube.com/watch?v=V-2szNtHea4>
- Running Form Drill: Warm up stretch <https://www.youtube.com/watch?v=6H8WLFyavWk>
- 3 Running Exercises to get Faster: https://www.youtube.com/watch?v=A8HC4rnQX_k

Boltz Cross Country Summer Mileage Log 2024

Use this training log to keep track of your running minutes this summer. Don't worry about how many miles you are running; it's better to think about running for time rather than distance. It's also much easier to track your running time.

Athlete Name: _____

Grade in 2025-2025: _____

Week of	Monday Running Minutes	Tuesday Running Minutes	Wednesday Running Minutes	Thursday Running Minutes	Friday Running Minutes	Saturday Running Minutes	Sunday Running Minutes	Week Total Running Minutes
June 3								
June 10							Father's Day 5K	
June 17								
June 24								
July 1				Firecracker 5K				
July 8								
July 15								
July 22								
July 29								
August 5				XC Camp Begins	Mountain Avenue Mile	Human Race		

I verify that my child has completed the above documented running for the summer of 2024.

Parent Name: _____

Parent Signature: _____

Date: _____