



### **Spring Cross Country Training Program/Camp**

- We are offering two training camps to all 5<sup>th</sup> and 6<sup>th</sup> grade students in Harrisburg, ideally as way to prepare you for joining Cross Country in the fall of 2018.
- Our focus will be to prepare you with some basic skills and knowledge for the rigors of middle school and high school athletics – primarily the sport of CROSS COUNTRY.
- Each week will consist of specific training components and a topic of discussion to understand the intricacies of proper training.

**The program will conclude with a boy's and girl's 3k cross country style race hosted by our High School Harrisburg Cross Country athletes and coaches.**

- Each participant will receive a t-shirt and training provided by our Assistant HS Cross Country Coach – Eric Baird.

**Cost/Registration:**

**Register through Google form link on Harrisburg Home Page by Friday, March 2<sup>nd</sup> to guarantee a t-shirt!**

**-or-**

**[https://docs.google.com/forms/d/e/1FAIpQLSeNov4IZvZbyS5Zt9OyXyl\\_B9KCZdTqPXkvbROQu3sB93ahTw/viewform?c=0&w=1](https://docs.google.com/forms/d/e/1FAIpQLSeNov4IZvZbyS5Zt9OyXyl_B9KCZdTqPXkvbROQu3sB93ahTw/viewform?c=0&w=1)**

**\$50.00 payable to Harrisburg Cross Country – Payment due at first practice.**

**Dates:** Starts Tuesday, April 4/3, Race Day Monday, 4/30 at 6:00 at Tiger Stadium

- Monday and Wednesday at North Middle School
  - NMS, Endeavor, Explorer, Journey Schools, Horizon
- Tuesday and Thursday at South Middle School
  - SMS, Liberty, Freedom

**Time: 3:30-4:30**

4/3, 4/5 (SMS), 4/4 (NMS)

**Week 1 Focus:** Proper warm-up, stretching, running form drills, breathing, core work, proper pacing for distance running.

*Special topic: Nutrition*

4/9, 4/11 (NMS), 4/10, 4/12 (SMS)

**Week 2 Focus:** Build on warm-up and drills, introduce speed work through build-ups, Speed work on the track.

*Special topic: Hydration*

4/16, 4/18 (NMS), 4/17, 4/19 (SMS)

**Week 3 Focus:** Time Trial (practice race) – Utilize results for training and race goals

*Special topic: Sleep and Goal Creation*

4/23, 4/25 (NMS), 4/24, 4/26 (SMS)

**Week 4 Focus:** Build distance and strength, visualizing success.

*Special topic: Strength training*

**4/30 Race Day, 6:00 at Tiger Stadium**

Week 5 Focus: Race Specifics and Success

*Special topic: Why we love Cross Country!*