

Summer Training Plan

Coach Mike



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I. Routine of Practice

(Locations may change based on locations of interested athletes)!

Location updates can be found in emails, @letsrunmoore Instagram Story, or Run Moore's Website.

a. Locations for practice

Monday: Wakefield Valley Golf Course @ 6:00 pm

Wednesday: Hashawha @ 6:00 pm

Friday: Westminster High School Track or McDaniel Track @ 6:00 pm (TBD)

Saturday: Wakefield Valley or McDaniel Track @ 8:00 am

* Workout plans/locations will be distributed each week through the coaching app *Final Surge*.

b. What to bring for practice (**required**)

- Water bottle (stay hydrated; it can get hot @ 6:00pm) – We will provide water to refill
- Running watch (doesn't need to be a GPS watch unless you want special functions; we measure runs based on time, **not** pace) – Available at Run Moore

What to bring for practice (**optional**)

- Towel
- Extra running shirt
- Light snack for after practice (granola bar, banana, etc.)

* Please label your belongings and stay organized.

c. Practice Process

1. Arrive to practice on time (we won't wait) and **sign the attendance sheet**. Serious runners are always timely (both in a race and in life) and regimented.
2. 5 minute warm-up run in assigned group (based on questionnaire; groups may change as we improve).
3. Stretch and warm-up routine.
4. Easy run/assigned workout.
5. After workout, cooldown.
6. Cooldown routine/post-run exercise.
7. **Sign out on the attendance sheet** and recover for next practice.

*For each practice, there will be a **folder for each group** with the current workout and the workout for the next day. **Additionally**, be sure to drink water throughout the practice process.

II. Coach Mike's Board and *Final Surge* App

Each afternoon at practice athletes should look at Coach Mike's Board. The board setup is as follows:

Camp Run Moore: Coach Mike's Board	
Warm-up This is where the warm up for each practice will be laid out.	Cooldown This is where your cooldown routine will be after the workout.
Workout This is where the workout of the day will be assigned (if you have any questions, this would be the time to ask Coach Mike).	Strength Routine After each routine, this will be where you will be assigned a set of bodyweight exercises that should be performed after each run.

*All information on the Board will be also on the *Final Surge* app:

Final Surge is a coaching platform application. **Please respond to the emails and register for your current calendar portal.**

Final Surge allows:

- For Coach Mike to communicate with all athletes in **one** space efficiently.
- Easy posting of workouts and running information (helpful in cases we don't meet).
- Athletes can easily send questions to Coach Mike.

* As an athlete, it is your responsibility to remember the workout and if you have any questions I will be there to help clarify what needs to be done.

** Please take the time to dive into your training and become a student of the sport. I love talking about running and if you have any questions on my thinking behind the process I would enjoy teaching you what I do and how I try to break it down.

III. Importance of a Warm-Up

Before every race, workout, easy run or long run, there should be some type of warm-up. These little warm-ups allow the body to get the blood flowing and get your muscles firing without a risk for injury. Every practice will have some type of warm-up. These take only about 10 mins to learn and about 2 mins to execute once the routine is set. Take some time in learning the routines laid out. Every team in the country has some type of warm-up before a run/workout and these are some of mine that I have learned over the years. These have changed a number of times and will continue to change for me in the future.

We have three warm-up variants (a, b, c):

Warm Up A	Warm Up B	Warm Up C
Easy Jog (25 meters)	Knee to chest	Clam shells
Side Shuffles (with arm circles)	Heel to Butt	Reverse clams
Side Shuffle (other side)	Heel to butt & knee to chest	Hip thrusts
A skip left side	Cross leg & stretch down	Side leg raises
A skip right Side	Grab heel & pull knee to chest	Glute raises
C skip right Side	Shuffle side to side	Travis stretch
C skip left side	Lunge opposite elbow to knee	Quick steps x30secs
AC skip combine	Up on toe, bring knee up & swing arms	
Walking lunge	Calf raises	
Walking lunge with twist		
Toes (in, out, funky, heel)		

IV. Supporting Habits

The coaching staff will monitor your training during official practices. It is your responsibility to take care of yourself outside of practice time and during the off-season. You have to decide your own level of commitment to your performance and to the goals of the team when you are making decisions.

I. Rest

- Your body cannot recover—and definitely cannot build—if you do not get sufficient rest. This is a significant challenge for most student-athletes. Stay on top of your schoolwork, papers and projects, and be consistent with your sleeping.

II. Diet

- I'm sure your parents nagged you about eating vegetables. They were 100 % right. Along with sufficient rest, your body must have sufficient nutrients to repair and build muscle tissue and red blood cells. Nutrient deficiencies can lead to symptoms of overtraining (lack of enthusiasm, diminishing performance levels, etc) and they can leave you susceptible to illness. Make sure that you are eating a balanced diet that provides enough calories for growth.
- As very active young adults, your caloric needs are far above the American “norm.” Most of you will be starving your bodies and inhibiting proper adaptation on 2000 calories a day. If you are not sure about the quality of your diet, keep a two-day log that includes what, how much, and when you ate. Try to estimate the number of total calories and calories from fat, protein, and carbohydrates. Look at the variety of foods you are eating.

III. Stress

- At every stage of life, stress becomes more prevalent and intense. We must continually learn new ways to manage these stress loads. The stress of high school and training does take its toll. Even more so in college! **Do not be afraid** to ask for help or advice in dealing with these challenges. All the coaches at Run Moore have gone through high school and collegiate running.

IV. Routine

- An established routine can help you manage, rest, diet, and stress. This routine should be maintained as much as possible through competitions—the morning of a meet is not a wise time to try new foods and/or bedtimes.

V. INJURY MANAGEMENT

This is another area where communication is vitally important. Within any course of training, the possibility of injury exists. Stressing your energy, muscular, skeletal, and mental systems can lead to any number of breakdowns. You cannot expect to train without working through some soreness; however, it is important to keep your coaches informed of what is going on. **Please** be conscious of how you are feeling and please reach out to Coach Mike if you feel any discomfort.

I HEREBY ASSUME ALL OF THE RISKS OF PARTICIPATING IN ANY/ALL ACTIVITIES ASSOCIATED WITH THIS EVENT, including by way of example and not limitation, any risks that may arise from negligence or carelessness on the part of the persons or entities being released, from dangerous or defective equipment or property owned, maintained, or controlled by them, or because of their possible liability without fault.

I certify that I am physically fit, have sufficiently prepared or trained for participation in this activity, and have not been advised to not participate by a qualified medical professional. I certify that there are no health-related reasons or problems which preclude my participation in this activity.

I acknowledge that this Accident Waiver and Release of Liability Form will be used by the event holders, sponsors, and organizers of the activity in which I may participate, and that it will govern my actions and responsibilities at said activity.

In consideration of my application and permitting me to participate in this activity, I hereby take action for myself, my executors, administrators, heirs, next of kin, successors, and assigns as follows:

(A) I WAIVE, RELEASE, AND DISCHARGE from any and all liability, including but not limited to, liability arising from the negligence or fault of the entities or persons released, for my death, disability, personal injury, property damage, property theft, or actions of any kind which may hereafter occur to me including my traveling to and from this activity, THE FOLLOWING ENTITIES OR PERSONS: Run Moore and/or their directors, officers, employees, volunteers, representatives, and agents, and the activity holders, sponsors, and volunteers;

(B) INDEMNIFY, HOLD HARMLESS, AND PROMISE NOT TO SUE the entities or persons mentioned in this paragraph from any and all liabilities or claims made as a result of participation in this activity, whether caused by the negligence of release or otherwise.

I acknowledge that Run Moore and their directors, officers, volunteers, representatives, and agents are NOT responsible for the errors, omissions, acts, or failures to act of any party or entity conducting a specific activity on their behalf.

I acknowledge that this activity may involve a test of a person's physical and mental limits and carries with it the potential for death, serious injury, and property loss. The risks include, but are not limited to, those caused by terrain, facilities, temperature, weather, condition of participants, equipment, vehicular traffic, lack of hydration, and actions of other people including, but not limited to, participants, volunteers, monitors, and/or producers of the activity. These risks are not only inherent to participants, but are also present for volunteers.

I hereby consent to receive medical treatment which may be deemed advisable in the event of injury, accident, and/or illness during this activity.

I understand while participating in this activity, I may be photographed. I agree to allow my photo, video, or film likeness to be used for any legitimate purpose by the activity holders, producers, sponsors, organizers, and assigns. The Accident Waiver and Release of Liability Form shall be construed broadly to provide a release and waiver to the maximum extent permissible under applicable law.

I CERTIFY THAT I HAVE READ THIS DOCUMENT AND I FULLY UNDERSTAND ITS CONTENT. I AM AWARE THAT THIS IS A RELEASE OF LIABILITY AND A CONTRACT AND I SIGN IT OF MY OWN FREE WILL.

Participant's Signature _____ Date _____ Participant's Name _____ Age _____
(Please print legibly.)
Parent/Guardian Signature _____ Date _____
(If under 18 years old, Parent or Guardian must also sign.) Emergency Contact #: _____

(PRINT AND BRING TO PRACTICE ON FIRST DAY)

Run Moore Running Questionnaire: (Please Email this back to Coach Mike) or (Bring to Practice!) Preferred if emailed back to Coach Mike... mikestetson@letsrunmoore.com

Name: _____

Number of years running: _____

High School you attend: _____

T-Shirt Size: _____ (we are playing around on with XC hats as well) TBD.

Shoe Size: _____

Email: _____ (mandatory for coaching app)

What is your goal for this program?

What is the most amount of miles you have ran in an average build to a season? If you don't know that's okay

Spring 2018 Race times: (if these apply please fill out times please).

What was your 2018 PR for the following races:

800: _____

1600: _____

3200: _____

XC 2017: _____

Cost of Program:

The payment of the program can be either paid in full on June 18, 2018. Workouts will be posted throughout the current day of practice.

Total cost: \$150 starting from June 18 – August 3....cash or charge!!

*option to drop in each practice as well. (Have to sign waiver each time and pay on site). Price per practice is \$5 dollars per practice.

Camp will feature :

- Strength Routines
- Stretching routines
- A strong base for cross country season
- Guest Speakers from accomplished Professionals in running circles and culinary specialties!

Each Athlete will Receive:

- Run Moore Camp t-shirt
- \$20 off RM Shoes
- Performance Socks
- New Running Friends

