

HHS Huskies Cross Country 2023

Dear Athlete:

The success of your high school season in the fall of 2023 is limited by the amount of training logged during the preceding summer. Summer training is designed to gradually build strength and endurance with small segments of speed worked into the training program, this is known as a summer base. As a result of a strong summer, your body will be capable of handling a higher intensity of workouts during the regular season. Therefore, the capability of your body to handle tougher workouts equals greater success or faster times during the FHSAA state series of the District, Region, and State Championships.

ALL ATHLETES MUST HAVE A 2023-2024 CLEARANCE IN THE ATHLETICCLEARANCE.COM PORTAL IN ORDER TO PARTICIPATE.*****

In order to create this scenario, the following keys to your success are essential in your training this summer:

1. Consistency
2. Partners / Group Runs
3. Speed / Hills
4. Alternatives – Bikes / Swimming

Aerobic base training group runs begin on Tuesday, May 30th, 2023. Summer runs are not mandatory. The first day of official practice is Monday - July 31st, 2023. This is prior to the first day of school. Practice will begin at 6:00pm at the track. Finally, how strong your season is, depends on **YOU** and your summer running. We must arrive in August in SHAPE for the season to be a success.

SEASON OVERVIEW 2023 - Tentative Schedule

Aug. 26 th	Trinity Prep Invitational	Oct. 7 th	HOKA FLR Invite
Sept. 2 nd	Deland Invitational	Oct. 14 th	Open Week
Sept. 9 th	Astronaut Invitational	Oct. 21 st	TBA – Meet Location
Sept. 16 th	Open Week	Oct. 28 th	SAC Championships (Oct. 26 th)
Sept. 23 rd	Hagerty Invitational	Nov. 4 th	District Championships
Sept. 30 th	FSU Invitational	Nov. 11 th	Regional Championships
		Nov. 17 th	State Championships @ FSU

Important Contact Information:

Coach Jay Getty	407-782-4015	Jay_Getty@scps.k12.fl.us
Coach Tracey Lager	407-383-2184	traceylager@gmail.com

Clermont – Hills Information:

The run in Clermont is mainly on clay and provides a great opportunity to run on some “real” hills to prepare for the upcoming season. Be sure and bring plenty of water, sunscreen, and snacks if you plan on visiting this remote location. CURRENTLY, THIS IS AN OUT AND BACK RUN ON FIVE MILE ROAD.

Directions to the Clermont Run: 417 South to 408 West / 408 West to the Florida Turnpike / FT to the Highway 50 Exit (#272) / Left on State Road 50 / Left on Highway 27 / Just past the Publix – turn left on “5 Mile Road” / North Bradshaw and Park / If you pass an old citrus packing building, you have gone to far!!!!!!!!!!!!

Follow us on Twitter: @HagertyCC for up-to-date information on trails runs and regular season info.

Summer Group Run Dates / Locations:

Tuesday	May	30 th	7:00AM	Solary Park @ the Round (Cucinella's Pizza)
Thursday	June	1 st	7:00AM	Trotwood Park – Winter Springs
Tuesday	June	6 th	7:00AM	Flagler Trail Head South – Snow Hill Road
Thursday	June	8 th	7:00AM	Econ Wilderness Area – Old Lockwood Road
Tuesday	June	13 th	-----	No Scheduled Run – Captiva Vacation
Thursday	June	15 th	-----	No Scheduled Run – Captiva Vacation
Tuesday	June	20 th	7:00AM	Oviedo on the Park – Meet at Big Parking Lot
Thursday	June	22 nd	7:00AM	Solary Park @ the Round (Cucinella's Pizza)
Tuesday	June	27 th	7:00AM	No Scheduled Run – FACA Coaches Clinic
Thursday	June	29 th	7:00AM	Trotwood Park – Winter Springs
Tuesday	July	4 th	TBA	Local 5K Race – Individual Participation
Thursday	July	6 th	7:00AM	Oviedo on the Park – Meet at Big Parking Lot
Tuesday	July	11 th	7:00AM	Econ Wilderness Area – Old Lockwood Road
Thursday	July	13 th	7:00AM	Solary Park @ the Round (Cucinella's Pizza)
Tuesday	July	18 th	7:00AM	Flagler Trail Head South – Snow Hill Road
Thursday	July	20 th	7:00AM	Oviedo on the Park – Meet at Big Parking Lot
Tuesday	July	25 th	7:00AM	Econ Wilderness Area – Old Lockwood Road
Thursday	July	27 th	6:00PM **	Solary Park @ the Round (Cucinella's Pizza)

Monday	July	31st	6:00PM	Hagerty High School – Track and Field Complex***
Tuesday	Aug.	1st	6:00PM	Hagerty High School – Track and Field Complex***
Wednesday	Aug.	2nd	6:00PM	Hagerty High School – Track and Field Complex***
Thursday	Aug.	3rd	6:00PM	Hagerty High School – Track and Field Complex***
Friday	Aug.	4th	N/A	No Practice Scheduled
Saturday	Aug.	5th	7:00AM	Clermont – 10 Mile / Hills – Select Athletes

Official practice dates for the 2023 season.

Total Group Run Dates Prior to the First Day of School: 14

Notes:

1. Attendance at the runs is NOT mandatory until July 31st,2023.
2. The off day listed for the week of training may be moved to another day.
3. Alternatives to running (biking, swimming, etc.) may be used to aid the recovery of legs from workouts. For example, instead of a 50 minute run, you could:
 - a. swim or bike for the full amount of time
 - b. split it: swim 25 / bike 25
 - c. run 25 / bike 25
 - d. run 25 / swim 25
4. Try and run one or two road races over the summer.
5. Finally, it is best to err on the side of caution then to run yourself into an injury that shortens your season.
6. Any questions, please feel free to call.

AEROBIC BASE TRAINING SCHEDULE
BEGINNERS - ROOKIES

Weeks 1 and 2: June 1st - Start Date

Sunday: 20 minutes
Monday: rest / off – lift
Tuesday: 30 minutes
Wednesday: 20 minutes
Thursday: 30 minutes
Friday: rest / off
Saturday: 20 minutes

Total: 120 minutes - 15 miles

Weeks 3 and 4: Trails begin together week 4

Sunday: 25 minutes
Monday: rest / off - lift
Tuesday: 30 minutes
Wednesday: 25 minutes
Thursday: 30 minutes
Friday: 20 minutes
Saturday: 20 minutes

Total: 150 minutes – 18.75 miles

Weeks 5 and 6:

Sunday: 30 minutes
Monday: rest / off - lift
Tuesday: 35 minutes
Wednesday: 30 minutes
Thursday: 35 minutes
Friday: 20 minutes
Saturday: 20 minutes

Total: 170 minutes - 21.25 miles

Week 7 and 8:

Sunday: 35 minutes
Monday: rest / off - lift
Tuesday: 40 minutes
Wednesday: 35 minutes
Thursday: 40 minutes
Friday: 20 minutes
Saturday: 20 minutes

Total: 190 minutes – 23.75 miles

Weeks 9 and 10:

Sunday: 40 minutes
Monday: rest / off - lift
Tuesday: 45 minutes
Wednesday: 40 minutes
Thursday: 45 minutes
Friday: 20 minutes
Saturday: 20 minutes

Total: 210 minutes – 26.25 miles

Weeks 11 and 12:

Sunday: 50 minutes
Monday: rest / off - lift
Tuesday: 45 minutes
Wednesday: 40 minutes
Thursday: 45 minutes
Friday: 30 minutes
Saturday: 20 minutes

Total: 230 minutes – 28.75

Summer Mileage – Approx: 268 @ 8:00 per mile

AEROBIC BASE TRAINING SCHEDULE
RETURNERS - INTERMEDIATE

Weeks 1 and 2: June 1st - Start Date

Sunday: 5 mile run, easy
Monday: rest / off
Tuesday: 6 miles
Wednesday: 4 miles (8x400)
Thursday: 6 miles
Friday: 5 miles
Saturday: 4 miles – strides/form work
Total: 30 miles each week

Weeks 3 and 4:

Sunday: 7 mile run, easy
Monday: rest / off
Tuesday: 6 miles
Wednesday: 5 miles – strides/form work
Thursday: 6 miles
Friday: 5 miles – tempo segment – 15 mins.
Saturday: 4 miles
Total: 33 miles each week

Weeks 5 and 6:

Sunday: 8 mile run, easy
Monday: rest / off
Tuesday: 7 miles
Wednesday: 6 miles – (4x800)
Thursday: 7 miles
Friday: 5 miles
Saturday: 3 miles – strides/form work
Total: 36 miles each week

Week 7 and 8:

Sunday: 10 mile run, easy
Monday: rest / off
Tuesday: 8 miles
Wednesday: 6 miles – strides/form work
Thursday: 7 miles
Friday: 4 miles – waterfall run
Saturday: 4 miles
Total: 39 miles each week

Weeks 9 and 10:

Sunday: 10 mile run, easy
Monday: 3 miles
Tuesday: 7 miles
Wednesday: 6 miles – (6x400, 3x800)
Thursday: 6 miles
Friday: 4 miles – tempo segment – 15 mins.
Saturday: 6 miles
Total: 42 miles each week

Weeks 11 and 12:

Sunday: 10 mile run, easy
Monday: 5 miles
Tuesday: 8 miles
Wednesday: 7 miles - strides / forms
Thursday: 6 miles
Friday: 3 miles – time trial effort
Saturday: 6 miles
Total: 45 miles each week

Total Summer Mileage: 450 Miles

AEROBIC BASE TRAINING SCHEDULE
RETURNERS – ADVANCED GROUP

Weeks 1 and 2: June 1st - Start Date
Sunday: 5 miles
Monday: 5 miles
Tuesday: 6 miles
Wednesday: 5 miles – (8x400)
Thursday: 6 miles
Friday: 5 miles
Saturday: 6 miles – strides/form work
Total: 38 miles each week

Weeks 3 and 4:

Sunday: 7 mile run, easy
Monday: 6 miles
Tuesday: 5 miles
Wednesday: 5 miles – strides/form work
Thursday: 6 miles
Friday: 5 miles – tempo segment – 20 mins.
Saturday: 7 miles
Total: 41 miles each week

Weeks 5 and 6:

Sunday: 8 mile run, easy
Monday: 6 miles
Tuesday: 7 miles
Wednesday: 6 miles – (6x800)
Thursday: 7 miles
Friday: 5 miles – mile 2 and 4 - HARD
Saturday: 5 miles
Total: 44 miles each week

Week 7 and 8:

Sunday: 10 mile run, easy
Monday: 6 miles
Tuesday: 8 miles
Wednesday: 6 miles - strides / forms
Thursday: 7 miles
Friday: 4 miles – Waterfall Run
Saturday: 6 miles
Total: 47 miles each week

Weeks 9 and 10:

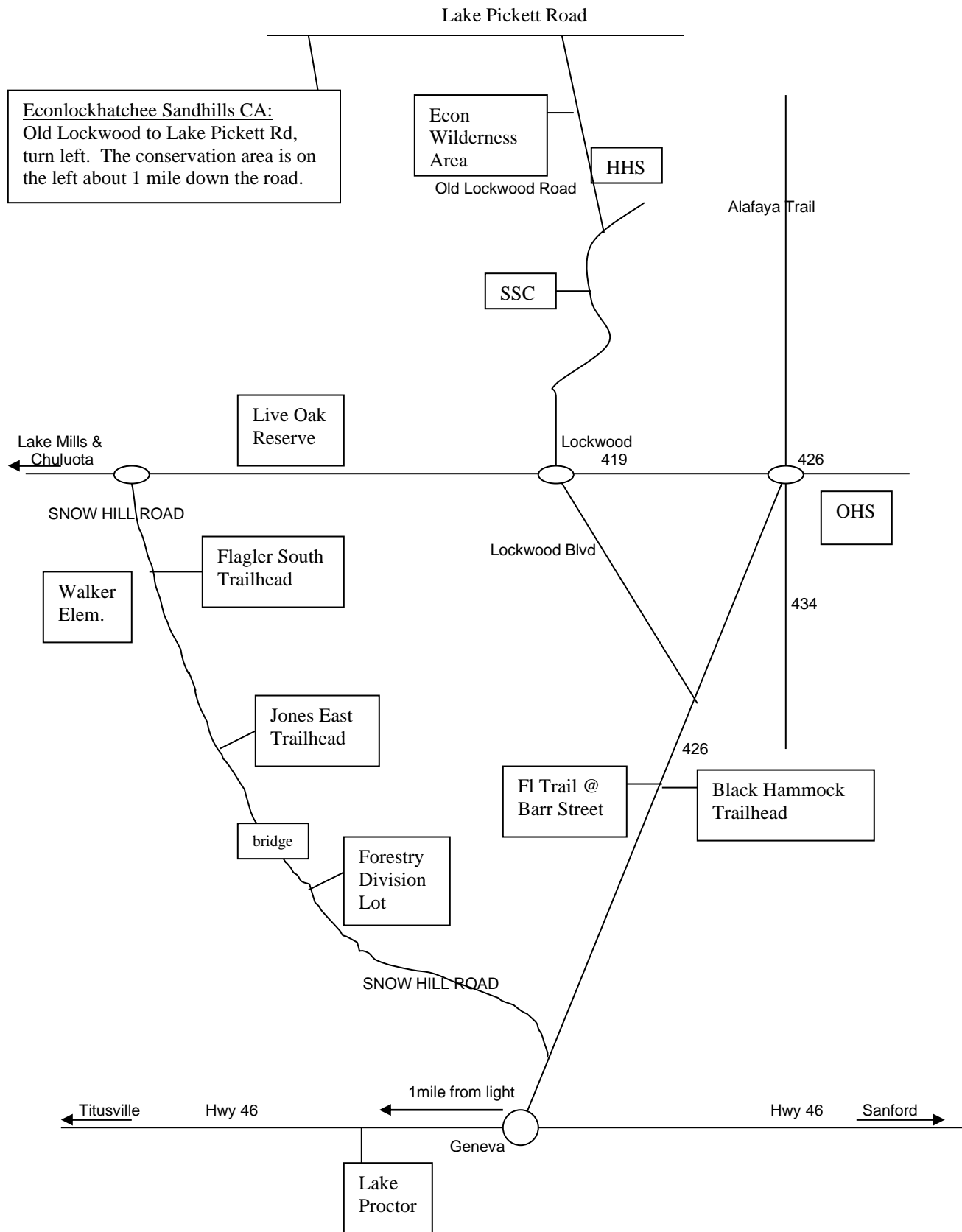
Sunday: 10 mile run, easy
Monday: 7 miles
Tuesday: 8 miles
Wednesday: 6 miles – (8x400, 4x200)
Thursday: 8 miles
Friday: 4 miles – tempo segment – 20 mins.
Saturday: 7 miles
Total: 50 miles each week

Weeks 11 and 12:

Sunday: 10 mile run, easy
Monday: 7 miles
Tuesday: 8 miles
Wednesday: 7 miles - strides / forms
Thursday: 9 miles
Friday: 5 miles – Time Trial Effort
Saturday: 7 miles
Total: 53 miles each week

Total Summer Mileage: 546 Miles

DIRECTIONS TO LOCAL AREA WOODED TRAILS



Hagerty Cross Country
Weekly CORE and STRENGTH Workouts

Monday	<u>100 Series:</u>	Push-Ups / Sit-Ups / Air Squats / Back Core *BC = Superman Pulses, Rocket Man Pulses, Short Arm Pulls, Long Arm Pulls, Swimmers *As many sets as necessary, or as few sets as necessary.*
Tuesday	<u>CORE Series:</u>	Push-Ups Sit-Ups Superman 3 Count Push-Ups Butterfly Sit-Ups Rocket Man Single Leg Push-Ups Scissors ABS Swimmers Low Plank Side Plank – L Side Plank – R In / Out ABS Moving Push-Ups Pissing Dog Leg Lifts Moving Hands Calf Raises High Plank 5 Count Push-Ups Burpies – 1,2,3,4,5 *30 Seconds ON / 30 Seconds OFF*
Wednesday	<u>PULL-UPS</u>	Band Assisted 20 Total – Any Set Combination
Thursday	<u>STRENGTH Series</u>	Overhead Press Air Squats (40) Arnold Press Single Leg Squat – L (20) Side Raises Single Leg Squat – R (20) Front Raises Crunches (40) Single Arm Fly Straight Leg Up Crunches (25) Double Arm Fly Side L Swings (20) Squat Pulls Air Squats (40) Single Curls Single Leg Squat – L (20) Double Arm Curls Single Leg Squat – R (20) Triceps Crunches (40) Running Arms (50) Straight Leg Up Crunches (25) Running Arms (50) Side L Swings (20) *Hand Weights / 12-15 Reps for each lift exercise.*
Friday	<u>PULL-UPS</u>	Unassisted 20 Total – Any Set Combination