Training information for Punxsy Boys Cross Country

Here is what I recommend for training this week, depending on what your plans are for Foot Locker, Indoor Track and Field, etc.

1. For those of you who are going to Foot Locker Northeast Regionals on November 26th and will participate in Indoor Track and Field starting November 18th, I am recommending you take a **minimum of 1 week off** with no running starting today. I feel that you can’t continue training at a high level with no mental or physical break. A week isn’t really enough, but I can understand that you want to be in decent shape for Foot Locker. Please do not continue running after a long cross country season, train and run Foot Locker, and go into Indoor Track and Field without at least one week of rest.
2. If you are going to Foot Locker and are not doing Indoor Track and Field, I recommend you continue training until after Foot Locker and then take at **least three weeks** off before resuming training. I will be providing training plans for those of you who are not doing Indoor Track and Field, but they will not begin until around mid-December at the earliest.
3. If you are not doing either Foot Locker or indoor track and field, you should take your three weeks off now and you can resume running after Thanksgiving. You can just do some casual running after taking your three weeks off and then start with some actual training in mid-December.
4. If you are doing another sport over the winter other than track and field, I recommend trying to run on the weekends when you have more time. Even if you can run for 30-45 minutes both of those two days it is better than doing nothing except your sport all winter.

It would be good if everyone planning on doing cross country next fall would participate in outdoor track and field this spring if you are not doing another sport. You are expected to run/train over the winter/spring even if you are not doing either indoor or outdoor track and field. If you want to be good at running you need to run.

I will make sure you have time off after track and field in the spring before starting the summer running program. I want everyone eager to resume training once we begin the summer cross country training, so don’t worry about not getting some time in late May and early June. I will give you three weeks where you should not do any running before starting our training plan for the summer.

It is important that you train in a logical, progressive and sequential manner. I will provide you with a sound running program for over the winter. If you are doing Indoor Track and Field, follow the program provided by Coach Snyder and not what I give you-that is only for those not doing Indoor track and field.

Rest can be as important as training, so make sure you are getting mental and physical rest now after the long cross country season. Foot Locker is for fun and motivation, not performance, so you don’t need to do much in way of preparation for it. Just rest, do some easy/steady running and strides and you will do well. Let me know if you need anything and I will be in touch. I am planning on meeting with the Foot Locker competitors maybe once this week so I’ll let you know. Until then just rest and relax a bit.