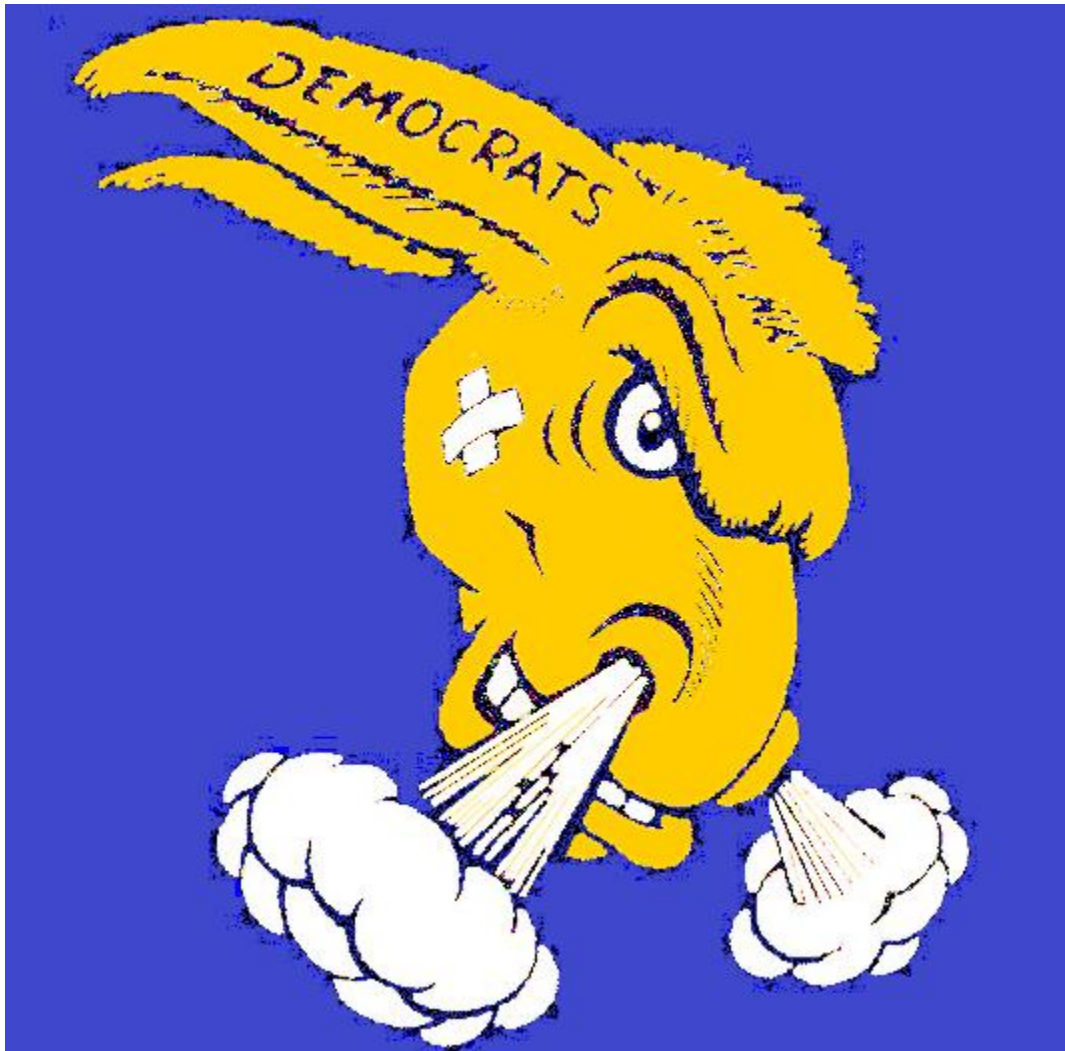


Jefferson High School Cross Country



Team Handbook

Contact Information

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In This Handbook

What is Cross Country

What to Bring

Team Rules

Weather Related Information

Other References

Team Incentives

Coaching Philosophy

Types of Runs

Training Plan Overview

Setting Goals

Meet Day

Nutrition

Recovery

Recommended Reading

Athletes to Research

Warm-Up/Cool-Down

Running Routes

What is Cross Country

Cross Country is an outdoor running sport with races of varying distances. Varsity and junior varsity races are five kilometers (3.1 miles), and novice races are 3 kilometers (1.86 miles). The races take place over natural terrain, often including grass, dirt, and gravel. It is a fall season sport, but training takes place year round!

What to Expect

Running!

And weights, drills, stretching, breathing exercises, team fun, and more!

Cross Country is a team sport. Athletes support each other while running, develop team tactics for races, and score as a team at meets. You do not have to try out or survive roster cuts to make the team. Cross Country is great on its own but also a great way to maintain your athletic base for other sports!

Being on the team means you will receive coaching, attention, and time. In return, teammates offer their best effort, support for each other, attend practices, and participate in meets.

Training

Training for the Cross Country season begins in the late spring and continues through the fall season. Off-season weights and runs are also held during winter, and all Cross Country athletes are encouraged to participate in Track & Field in the spring, with a focus on distance and middle distance events (3000m, 1500m, 800m). We run in the rain, snow, fog, heat, etc. Practice may be adjusted for lightning or poor air quality (see weather related information).

Warm-up – we complete the same warm-up prior to every practice or race. Warming up gets the blood moving and muscles activated to prevent injury. This is also the time to get mentally prepared and focused for the workout. See the back of the handbook for the warm-up routine so you can have it at home!

Workout – workouts vary (see Type of Runs), but always include running. Sometimes speed work or hills are included or repeats on the track, depending on the day.

Drills, strength exercises, speed work, games, team building – these activities work on the other aspects of Cross Country, like good form, finishing strong, teamwork, enjoying the effort, and gaining muscle memory for body awareness.

Cool down and stretch – we complete a consistent stretch routine after every workout to relax major muscle groups and start the body's natural recovery process. Stretching is an important aspect of cooling down to begin muscle recovery, maintain flexibility, and prevent injury. This means that the body can get stronger sooner. The stretching routine is also at the back of the handbook.

Meets

Warm-up – as in practice, we begin with the same warm-up routine. Begin warming up at the time specified by the coach. Warming up before a race also includes a short, easy run, which can range from 1 to 3 miles, depending on the athlete's needs. Mental preparation is also key during race warm-ups.

Race! – This is what we are training for! Racing can be tough, but nothing beats crossing the finish line after running a solid race to your best effort!

Cool down and stretch – cool downs begin with a light run of 1 to 2 miles. We will follow the cool down jog with our typical stretch routine.

What to Bring

All members of the Jefferson High School Cross Country Team must have a kit bag at all practices and meets!

Fill your kit bag with the following items:

- Water bottle – 1 L recommended
- Appropriate work-out attire – running shorts, pants, or tights; running shirt; socks; sports bra
- Team uniform
- Running shoes – 2 pair
- Post workout snack (and after school, pre-workout snack if needed)
- Sweats, outer layers, or change of athletic clothes
- Towel
- Digital wrist watch with stopwatch function
- Racing flats or spikes

Do not lose or forget these items or your kit bag!

Team Rules

Joining and participating on the Jefferson High School Cross Country Team requires commitment. You, your teammates, and your coaches are responsible for improving our program.

Teamwork, Effort & Attitude, Respect

1. Support your teammates – Cross Country is a team sport!
 - a. Set high expectations for yourself and your teammates to fully participate in practice and improve! Help your teammates cross the finish line by encouraging them to be at practice, complete workouts, and set new personal bests.
2. Be coachable – trust the knowledge and experience of your coaches, and be adaptable to training and guidance.
3. Put forth the effort to succeed – running is an honest sport. Your work ethic is critical to our success. You will get out of it what you put in!
4. Respect yourself, your teammates, your coaches, your opponents, and the sport. Your actions matter.
 - a. Our conduct reflects our attitude – No Swearing.
 - b. Take your improvement seriously – Be Focused.
 - c. Leave a good impression – Who Are We?

Attendance

1. Daily attendance is mandatory.
 - a. Cross Country is a team sport and your teammates depend on you!
 - b. Consistency is the best predictor of success.
2. Athletes should arrive on time or early to practice, dressed in their running attire and running shoes.
 - a. Your coaches and teammates are counting on you to be there and start on time.
 - b. Make every effort to limit absences and tardies.
 - c. Habitual absences and tardies can affect participation in meets.
 - d. If an absence or tardy is unavoidable, communicate promptly! Have a plan for completing the upcoming workout or work with the coach on a plan to complete the workout in a timely fashion.
*You cannot cram workouts or just run harder the next day. Schedule wisely!
3. Communicate all impending absences to the head coach at least 24 hours in advance. All efforts should be made to schedule outside activities away from practice time.
 - a. Examples of excusable absences:
 - i. Illness or emergency communicated by parent or guardian
 - ii. Medical appointments unable to be scheduled away from practice time
 - iii. Academics such as test retakes. The athlete should try to schedule academic needs before school or during study periods/off blocks/flex time to avoid conflict with practices and meets.
 - b. Do not schedule after-school activities or appointments on meet days.
4. Injured athletes will have alternate workout activities and are expected to attend practices and meets.

Communication

1. Communicate in a timely manner
 - a. Absences and Tardies
 - b. Injuries
 - c. Academics
 - d. Goals

Academics

1. Dominate in the classroom! – Remain eligible by turning in homework and scoring well on tests
 - a. Homework/Studying
 - b. Projects/Papers
 - c. Tests
 - d. Take care of these to participate fully in practices and meets

Uniforms

1. Team uniforms are to be worn at all competitions. Take care of them!
2. Athletes shall remain in their uniforms at all times before and after their races.
3. The complete uniform must be returned undamaged at the end of the season.
4. Uniforms are not proper workout attire for practices. Reserve them for races only.

Extracurricular races are not permitted without explicit approval from the head coach.

Violations to team rules can affect participation in competition or varsity points accumulation.

Refer to PIL Athletics or OSAA for registration, physical, and eligibility requirements.

Weather Related Information

Cross country is an outdoor sport. Be prepared to run outside in the rain, fog, heat, cold, snow, etc. Below are the two instances in which weather may affect practice.

Lightning – 30 minute rule

When thunder is heard or a close-to-ground lightning bolt is seen, the storm is close enough for a lightning strike in the area. Outdoor activities will be suspended for 30 minutes. Alternate indoor locations may be selected to continue practice. Any subsequent thunder or lightning will reset the 30-minute clock.

Air Quality Guidelines

The Air Quality Index will be monitored using Oregon Department of Environmental Quality (DEQ) website or the Environmental Protection Agency Air Now website. If air quality is expected to be impacted or declining, the air quality will be monitored throughout the day. If the Air Quality Index reaches 151 or greater, practice will be moved indoors. For AQI 101-150, the workouts may be modified for sensitive individuals.

Other References

Portland Interscholastic League www.pilathletics.com

Oregon School Activities Association www.osaa.org

National Federation of State High School Associations www.nfhs.org

Team Incentives

Varsity Letter Points

To earn a Cross Country Varsity Letter, an athlete must accumulate **40** varsity letter points over the season.

Registration and physical/updated medical card on file by first day of official practice	5 pts
Return issued uniform and equipment at end of season	5 pts (5 pts deducted if not returned or damaged)
100% attendance; no tardies each week – in the track room, ready to warm up at 3:45 pm	1 pt per week (11 pts available)
Compete in meet at Varsity Level	1 pt per race (10 pts available)
Compete in meet at Junior Varsity level	½ pt per race (5 pts available)
Recruit new team member who actively participates and finishes the season	5 pts per recruited athlete
Earn personal records throughout the season	1 pt per new record
Improve race times over the season	1 pt
Win a JV race	3 pts per race
Win a Varsity race	10 pts per race
Qualify for State	10 pts

Flying Donkey T-Shirt

Log you mileage! Runners accumulating 100 total training miles will receive a Flying Donkey t-shirt. Mileage numbers will be added to the shirt at 500 mile increments as additional training miles are completed. (500 miles is roughly equivalent to a full training season – Summer-Fall or Winter-Spring, averaging approximately 25 miles per week.)



Coaching Philosophy

Athletics are a valuable feature of the educational experience!

Cross Country success requires commitment, perseverance, discipline, and wisdom. Nothing is more rewarding than achieving one's goals through proper planning, preparation, and execution. Jefferson High School Cross Country coaches are committed to providing each athlete a championship-level experience. This includes dedicated workouts, training time, and personalized attention to foster an enjoyment of running, a team ethic, and an opportunity to excel together.

The science (and art) of training to run has been studied and developed by Jefferson High School coaches and others. Our team can benefit from those experiences, and an athlete can maximize their own personal success when they have the knowledge to develop as a runner. Our cross country training plans are built based on known training concepts. We look forward to sharing with Jefferson High School athletes the "how" and "why" of cross country training and the excitement of doing one's best with Jefferson High School athletes!

Types of Runs

Steady State: Relatively short to moderate run at runner's natural aerobic pace. These make-up the bulk of the training mileage.

Long Run: Longest run of the week at a steady state pace, this is one of the most important runs of the week. The function of this run is to increase endurance.

Recovery: Short run performed at an easy pace. Adds some mileage and maintains activity. Recovery runs often follow harder workouts like repeats, hills, or fartleks.

Fartlek: "Speed play" in Swedish. Mix of paces and length at variable effort during an otherwise steady state run.

Tempo: Sustained run at lactate threshold intensity, a fast pace that can be sustained for 20-30 minutes. These runs are preceded by warm-up miles and followed by cool-down miles.

Repeats: Shorter segments of fast running with easy jogging, walking, or standing recovery.

Hill Repeats: Repeated segments of uphill running. These runs build run strength, aerobic power, and fatigue resistance.

*Effort and pace are related, but they are not the same.

Effort describes the amount of energy you are using. Pace describes the speed at which you are traveling.

Effort numbers: A scale from 0 to 10

- 0 – Standing or Sitting
- 1 – Walking
- 2 – Easy Jog (Warm-Up, Cool-Down, Recovery Run)
- 3 – Steady State – Moderate Endurance Running
- 4 – Fast Endurance Running (approx. 5000m race effort)
- 5 – Fast Endurance Running (approx. 3000m race effort)
- 6 – Fast Endurance Running (approx. 1500m race effort)
- 7 – Fast Endurance Running (approx. 800m race effort)
- 8 – Medium Sprint (approx. 400m race effort)
- 9 – Fast Sprint (approx. 200-100m race effort)
- 10 – Full Sprint (reserved for elite athletes)

On Race Day:

2 – 3: Warm-Up/Cool-Down

4 – 6: Cross Country Race Effort

7 – 9: Finishing Kick

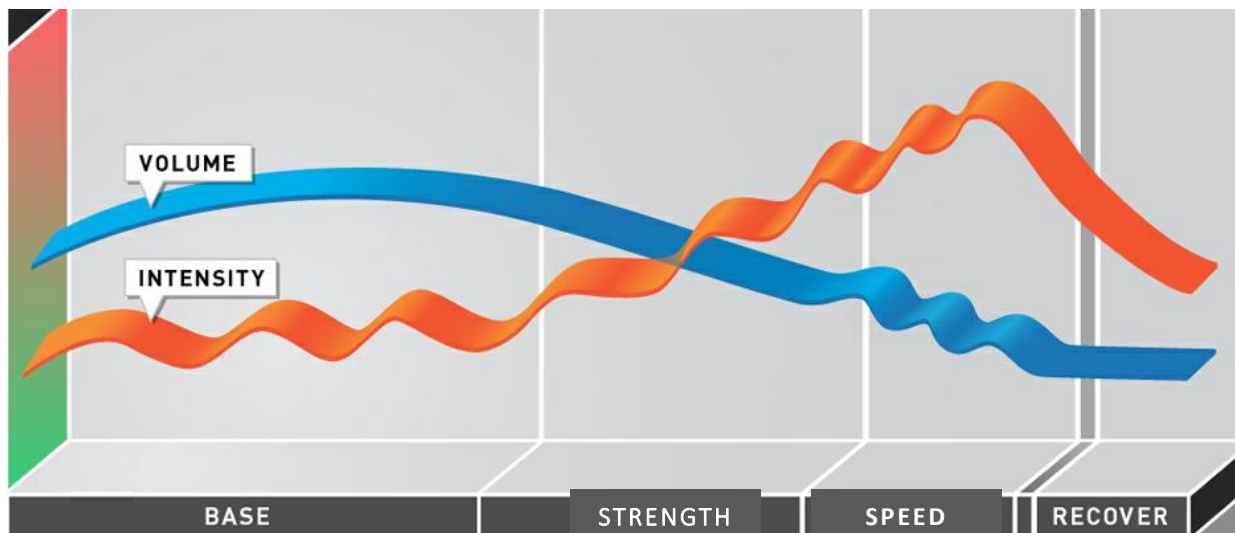
Training Plan Overview

Designing a training plan for the cross country season involves training phases and training cycles. Your coaches create a plan for your season incorporating these methods.

Keys to Running Performance

1. Coordination
2. Conditioning aerobic energy system
3. Cardiovascular and muscular endurance
4. Strength
5. Speed
6. Performance
7. Nuances of running
 - a. Flexibility
 - b. Race technique and strategy
 - c. Recovery

Continue below for a general overview of the macro, meso, and micro training cycles.



The gray blocks shows the macrocycles, the waviness of the orange line represents the mesocycles.

Macro Periodization: The longest cycle – incorporates the overview of the entire training season.



Base Phase – developing aerobic foundation. Training involves time and mileage, less focus on top speed.

Goals: Build cardiovascular and muscular endurance, improve VO2 Max, increase base mileage and long run distance

Strength Phase – developing muscular strength. Training may involve longer repeats, more hill running, weights, core exercises, and plyometrics.

Goals: Increase muscular strength, raise lactate threshold, improve economy of running, maintain mileage, VO2 max, and long runs, maintain coordination at faster paces

Speed Phase – fine tuning speed for best race performance. Training involves higher intensity workouts like repeats and intervals.

Goals: Maximize cardiovascular efficiency, muscle memory of quickness, form, and turnover

Peak Racing – performing at key meets and races. Training is tapered to ensure full strength for important races.

Goals: Top physical and mental preparedness for racing, maximize energy stores

Recovery – recovering properly after a high intensity season. Training is further tapered for one to three weeks. Cross training, like cycling, pool running, swimming, hiking, and other active sports are important during this phase to maintain a base level of activity. Movement is an important part of recovery.

Goals: Muscle rest and recovery after the season and training cycle, mental rejuvenation, and enjoyment of the activity

Mesocycle – specific block of training 3-4 weeks long – incorporating goals of macrocycle and structure of microcycle.

Week 1: Starting mileage

Week 2: Increased weekly mileage

Week 3: Increased weekly mileage with increased distance for long run

Week 4: Recovery week back to week 1 or 2 mileage

Microcycle – usually consists of the 7-day training week, hard day/easy day pattern; structure depends on the macrocycle phase – see examples throughout the season below.

Running plans will be adapted for brand new runners with increased off days and shorter runs to start.

Late Spring – Summer

Summer Training

Base Phase

Example week:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
Low	3 mi	2 mi	4 mi	2 mi	3 mi	5 mi	off	19 mi
High	4 mi	4 mi	6 mi	4 mi	4 mi	8 mi	off	30 mi
Type Effort #	Steady 3-3+	Recovery 2-3	Fartlek 3-4+	Recovery 2-3	Steady 3-3+	Long Run 3	Active Rest	

Fall

Cross Country Season begins!

Strength Phase

Example week:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
Low	4 mi	3 mi	4 mi	3 mi	4 mi	6 mi	off	24 mi
High	5 mi	4 mi	5 mi	4 mi	5 mi	8 mi	off	31 mi
Type Effort #	Repeats 3-5+	Recovery 2-3	Hills 3-5+	Recovery 2-3	Steady 3-3+	Long Run 3	Active Rest	

Racing starts!

Speed Phase

Example week:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
Low	4 mi	3 mi	4 mi	3 mi	4 mi	6 mi	off	24 mi
High	5 mi	4 mi	5 mi	4 mi	5 mi	8 mi	off	31 mi
Type Effort #	Repeats 3-6+	Recovery 2-3	Race Race	Recovery 2-3	Repeats 3-6+	Long Run 3	Active Rest	

Winter

Recovery Phase and Pre-Season Track

Example week:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
Low	3 mi	off	3 mi	off	2 mi	5 mi	off	13 mi
High	4 mi	off	4 mi	off	4 mi	6 mi	off	18 mi
Type Effort #	Steady 3-3+	Active Rest	Steady 3-3+	Active Rest	Recovery 2-3	Long Run 3	Active Rest	

Spring

Track Season

All cross country runners are strongly encouraged to participate in distance track and field. This is part of building for the next cross country season.

Workouts will vary based on athlete's events and meet schedule. Periodization for distance track athletes will be similar to cross country.

Setting Goals

Each season, we set goals for the team and for each athlete.

SMART goal method:

Specific (simple, sensible, significant)

Measurable (meaningful, motivating)

Achievable (agreed, attainable)

Relevant (reasonable, realistic and resourced, results-based)

Time bound (time-based, time limited, time/cost limited, timely, time-sensitive)

Examples:

I want to improve my personal best in the 5K this season by sticking to my workout plan and not missing a run.

I want to increase my long run distance by the end of September by attending practice every day.

Meet Day

Plan your race strategy leading up to the meet

Maintain proper nutrition and hydration

Maximum rest beginning at least 2 nights before race day

Prepare your kit bag the day before

Wear your team attire to school on race day and change into your uniform before leaving campus

Stay relaxed before the race

Use the warm up to prepare mentally

Follow the strategy

Execute and see the results

Nutrition

Nutrition and hydration are extremely important aspects of running. Eating enough of the right calories, carbohydrates, fats, and protein increases your ability to perform at a high level, helps prevent injuries, enhances muscle repair, and replenishes energy stores. Athletes can burn an extra 100 calories per mile!

Healthy food reminders: lean proteins, plant-based proteins, colorful fruits and vegetables, complex carbohydrates like whole grains, brown rice, quinoa, healthy fats like nut butters, raw unsalted nuts, olive oil, avocados. Eating a naturally colorful diet will help ensure necessary vitamins and minerals are consumed. Unless recommended by your doctor, supplements and vitamins should not be required.

Water is the best source for hydrating. Minimize fruit juice and sports drinks due to sugar content. Sports drinks diluted with water (50/50) are acceptable when electrolyte replacement is needed. Do not consume energy drinks due to caffeine and diuretic content.

In addition to maintaining a healthy, balanced diet, athletes need to pay attention to **when** to eat as well.

Eating before Exercise

- Eat well and hydrate enough throughout the day.
- Drink at least 2+ liters or 64+ ounces of water minimum daily. Drinking large quantities of water during the workout can lead to stomach cramps or uncomfortable sloshing in the stomach.
- Sports drinks are ok to replenish electrolytes after hot or intense workouts, if diluted with water.
- Meals need to be eaten 2-4 hours prior to working out.
- A carbohydrate rich snack that is easily digested can be consumed 30-60 minutes prior to practice if needed.
 - Fruit or dried fruit
 - Sports bar
 - Small nut butter and jelly sandwich
- During training, practicing what to eat and drink before and after workouts helps athletes determine what to eat on race days.

Eating after Exercise

- Bring a post-workout snack to consume before or immediately after stretching.
- Muscles are most receptive to nutrients within 15 minutes after a workout. Replenishing energy stores begins muscle recovery and makes us stronger.
- Examples:
 - Sports or protein bar
 - Fruit or dried fruit
 - Nut butter and jelly sandwich
 - Diluted sports drink or protein drink
 - Smoothie with yogurt and fruit

Eating for Recovery

- Protein aids in repair of damaged muscle tissue and stimulates development of new tissue. Studies show that small amounts of protein before, during, and immediately after exercise improves recovery and performance.
- Healthy fats help absorb needed vitamins and minerals in addition to providing longer duration fuel.
- Nutrition for recovery begins with an after-workout snack, and continues at each meal.
- Meal ideas for after workout:
 - Sandwich on whole grain bread with lean protein and veggies plus dairy or non-dairy milk
 - Rice bowl with plant protein source and beans, avocado, and salsa with whole grain chips or tortilla
 - Stir fry with veggies plant protein or lean protein, broccoli, peppers, rice

Recovery

Developing peak performance not only involves working hard and miles of running, but proper recovery to allow muscles to repair and prevent injury. Running and maintaining a successful season is a priority. Staying healthy helps your teammates too!

Coaches provide recovery instructions and ideas, but recovery is the athlete's responsibility! This list highlights some common recovery techniques.

Injury Prevention

- The first step of recovery is preventing fatigue or injury. Avoid the necessity of frequent ice and foam rolling.
- Keep workouts within your ability and increase effort and intensity over the season.
- Run consistently. You cannot make up for lost time by running harder on the days you show up.
- Stay lightly active outside of practice to maintain mobility, flexibility, energy, and prevent tight muscles.
- On the other end, avoid strenuous high intensity sports or activities that you are not actively participating in or training for.
- Be safe and aware during cross training activities. Unfamiliar activities have increased risk of injury.
- Avoid risky adventures during the season, like skateboarding, football, parkour, etc.
- Follow instructions and complete exercises provided during physical therapy.

Stretching

- Static stretching is saved for after workouts to increase flexibility, relax tight muscles, and increase blood flow to bring repair mechanisms to the muscles.
- Static stretching should not be performed before or during workouts.

Ice or cold whirlpool

- Applying ice to sore areas decreases inflammation and swelling.
- Cold whirlpool or bath provides generalized cooling to decrease inflammation and swelling.
- Although muscle repair requires some inflammation, keeping inflammation in check with cooling prevents excess tissue and cellular damage.

Massage

- Massaging affected areas with the hands is another way to help the muscles recover.
- Gentle massage with the hands and fingers can even be used immediately before, after, or during a workout.
- Massage helps increase blood flow and muscle relaxation with lower risk of injury.

Foam rolling

- Foam rolling massages muscle tissue to break up adhesions where the muscles are sticking together as they repair.
- Blood flow increases in the area to bring repair cells to the area.
- It is important to foam roll correctly to avoid further damage to sore areas. Foam roll muscles next to and opposed to injured area. Do not apply direct and firm rolling on sore or injured areas.
- Foam rolling may work best when conducted just before bed, a few hours after the workout is complete, or in the morning.

Compression

- Compression can prevent excessive swelling and also increases blood flow when applied at correct pressures.
- Compression can also help align muscles and joints to track in the correct posture.

Recommended Reading

The Complete Book of Running by James Fixx – it's old, but it's a classic!

Once a Runner: A Novel by John L Parker Jr – great imagery of training and racing (Coach's favorite)

Duel in the Sun: Alberto Salazar, Dick Beardsley, and America's Greatest Marathon by John Brant

First Ladies of Running: 22 Inspiring Profiles of the Rebels, Rule Breakers, and Visionaries who Changed the Sport Forever by Amby Burfoot

Running for My Life by Lopez Lomong

PRE: The Story of America's Greatest Running Legend by Tom Jordan

14 Minutes: A Running Legend's Life and Death and Life by Alberto Salazar

Brain Training for Runners by Matt Fitzgerald

Lore of Running by Tim Noakes

Athletes to Research

World Cross Country Champions

- Craig Virgin
- Paul Tergat
- Kenenisa Bekela
- Grete Waitz
- Maricica Puică
- Zola Budd
- Lynn Jennings
- Derartu Tulu
- Paula Radcliffe
- Tirunesh Dibaba

Notable Middle Distance and Distance Athletes

- Bernard Lagat
- Jordan Hasay
- Jenny Simpson
- Mary Cain
- Paavo Nurmi
- Steve Prefontaine
- Jakob Ingebrigtsen
- Lopez Lomong
- Haile Gebreslassie
- Abebe Bikila
- Henry Rono
- Lasse Viren
- Ron Clarke
- Kipchoge Keino
- Sebastian Coe
- Jim Ryun
- Craig Virgin
- Wes Santee
- Tegla Loroupe
- Alberto Salazar
- Galen Rupp
- Matthew Centrowitz
- Shalane Flanagan
- Courtney Frerichs
- Emma Coburn
- Bridget Franek
- Daniel Komen
- Emil Zatopek
- Mary Decker
- Deena Kastor

Warm-Up

Arm circles (forward/reverse; small/medium/large)
Arm Swings (up/down; across the body)
Shoulder circles (forward/reverse)
Head leans/Neck Rolls (side-to-side/down and across/
up and down)
Trunk Twists

Heel Walks
Toe Walks
Knee Grabs
Foot Grabs
Shuffle-Step-Kick
High Knees
Butt Kicks
Light Skips/Tall Skips/Long Skips
Toe Runs

Cool-Down Stretches

Hold each stretch on each side for honest 20 seconds.

Standing

Hamstring (feet together)
Calf (lunge against wall, back heel down)
Groin (feet apart, bend knee)
Hamstring (feet apart)
IT Band (cross feet, legs straight, hips out)
Quad (grab foot)

Sitting

Hamstring (feet together)
Hamstring (feet apart, two each foot)
Hip (knee bent across, hug)
Butterfly (soles together, grab ankles, elbows touching
inside of knee)
Hamstring (feet together)

Standing

Hip Flexor (lunge position, drop hip down and open
front of hip)

Running Routes

Fernhill Park Loop

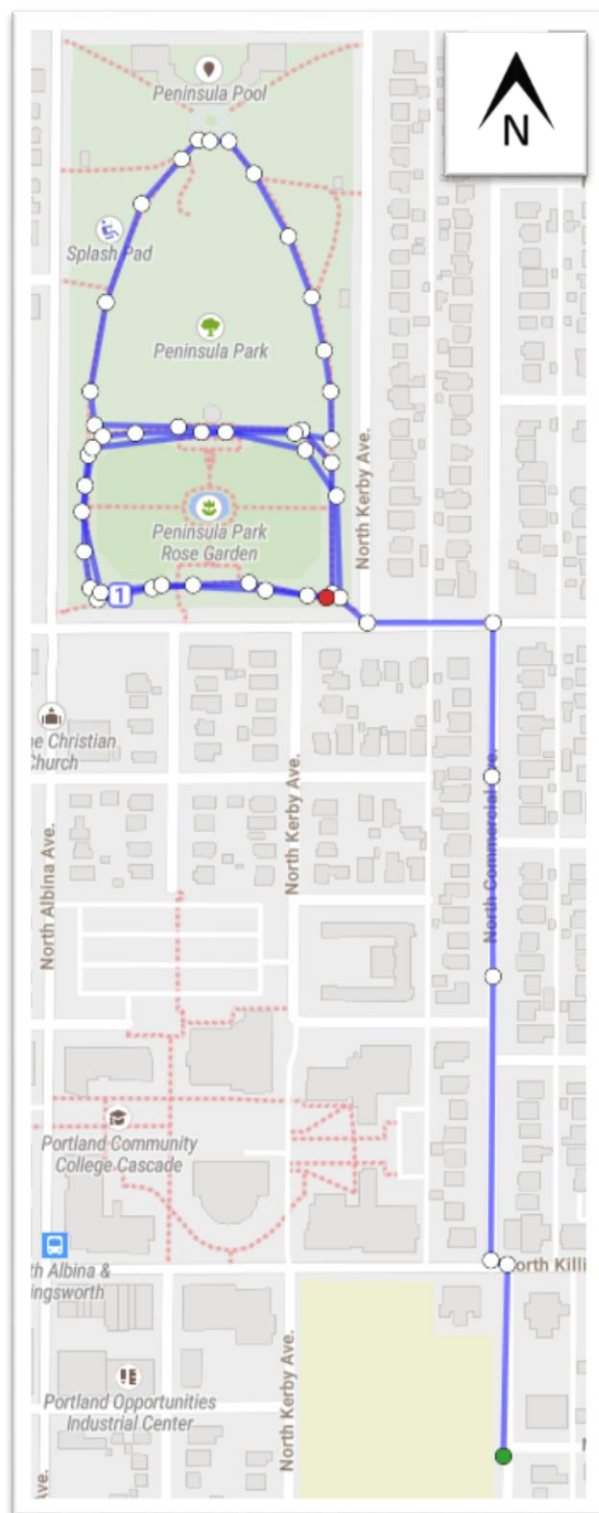
1 Lap = 1.15 miles



Jefferson High School to Peninsula Park

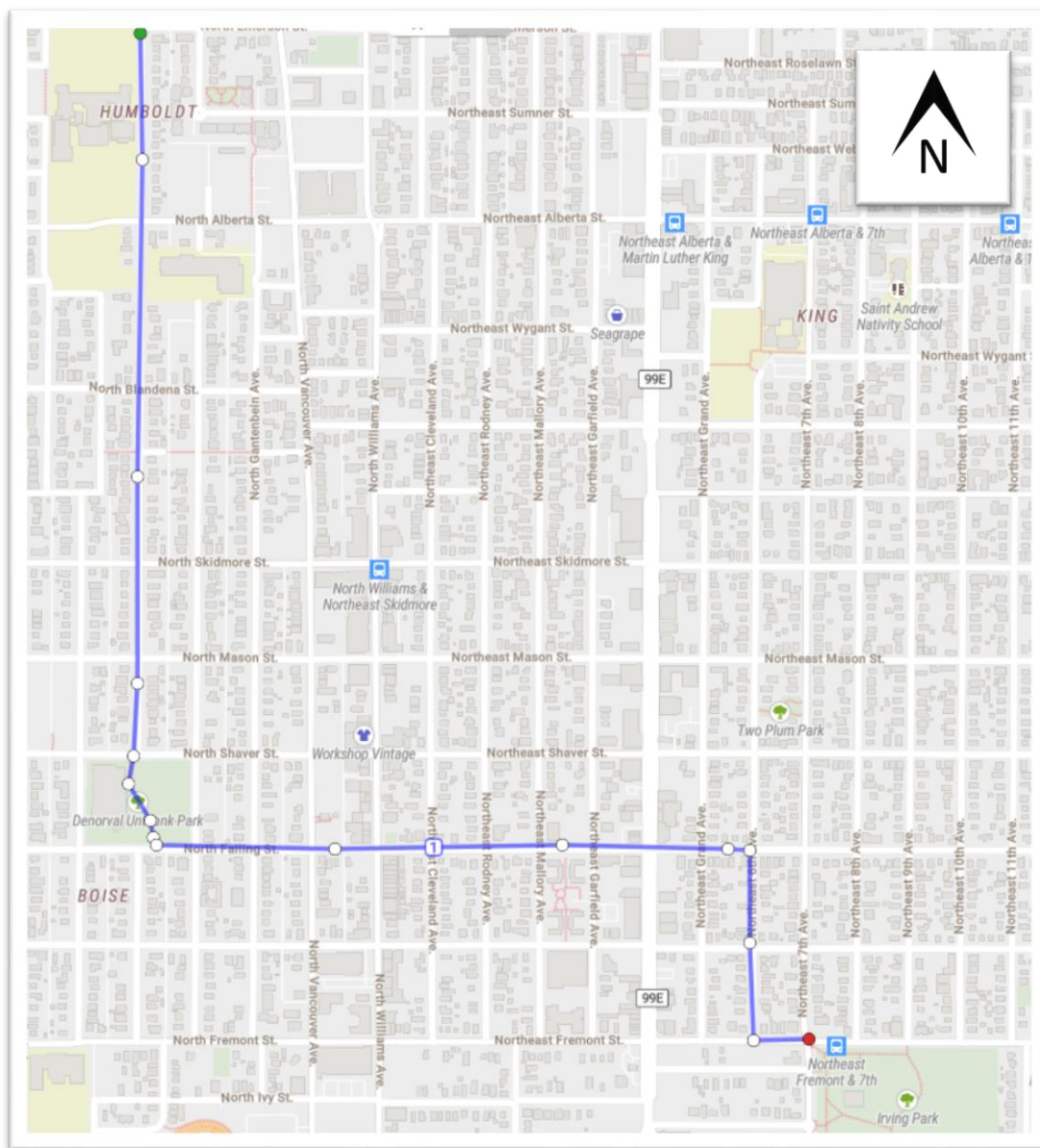
High School to park = ½ mile

1 “figure 8” + 1 gravel lap = 1 mile at the park



Jefferson High School to Irving Park

Jefferson High School to Park = 1.5 miles



Jefferson High School to Alberta Park

Jefferson High School to Park = 1.5 miles

(with option to continue east down Ainsworth to Fernhill Park)



