



Dear Runners,

Congratulations on deciding to be part of the 2021 Dakota Cross Country Middle School Running Club to prepare for the Middle School Cross Country Season. As coaches we hope to make your first experience of the sport of Cross Country a great one. Also, we hope that through this experience, you will see the benefits running has to overall physical fitness, cognitive ability, and confidence.

Whether you are a beginner who is trying the sport out for the first time, or the athlete who has already made running a part of their lives, we hope that the following schedule will lead to physical improvement and contribute to a lifestyle that creates a lifelong runner.

Good Luck and most importantly have fun! - DHS Cross Country Coaches

Practice Schedule

- We will meet at Dakota between the 9th grade center and the Main Building for ***Practice on Mondays, Wednesday and Fridays at 3:15 (Starting 9/8)***
- Tuesday and Thursday runners will be expected to complete their running at home or during gym class

Running Club Fee:

- \$125 per athlete. Includes (Team T-shirt, race entry fees, bus fees, pizza party/banquet and 7 weeks of running instruction)
- The fee will be found and paid on PaySchools Events

GOALS

- Create a goal for the season. This goal should be created by yourself and will help me learn what your expectations are for the season?
- Why this is your goal, or what motivates you to work towards achieving your goal for the season?
- What is something that can stand in your way of reaching your goal for the season? How can you work through this obstacle?

“Victory is in having done your best. If you've done your best, you've won.”

-Bill Bowerman

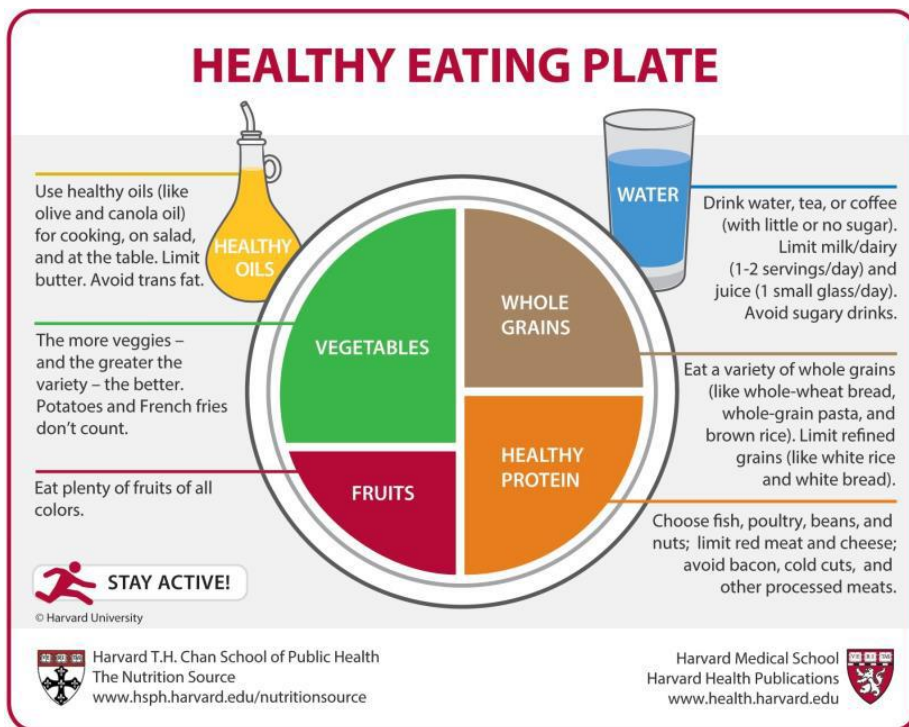
There is a lot of confusing information available as to what types of food to eat in order to maintain a healthy diet. The Office of Disease Prevention and Health Promotion (www.health.gov) specifies that a healthy diet includes...

- A variety of vegetables from all of the subgroups—dark green, red and orange, legumes (beans and peas), starchy, and others
- Fruits, especially whole fruits
- Grains, at least half of which are whole grains
- Fat-free or low-fat dairy, including milk, yogurt, cheese, and/or fortified soy beverages
- A variety of protein foods, including seafood, lean meats and poultry, eggs, legumes (beans and peas), and nuts, seeds, and soy products
- Oils

However, healthy diets should limit...

- Saturated fats and trans fats, added sugars, and sodium

Try to incorporate changes into your diet that promote these recommendations. They will not only improve your health but help your athletic performance, attitude, and school performance.



Further resources that can help you make informed decisions about diet and nutrition can be found at www.choosemyplate.gov and www.health.gov

Always make sure to warmup and cool down before any workout for at least 7 minutes. This time should be comprised mostly of running.

“Good habits formed at youth make all the difference.” -Aristotle

Week 1 Training Plan

A = Advanced, I = Intermediate, B = Beginner

400m = 0.25mi, 800m = 0.5mi, 1200m = 0.75mi and 1600 m = 1 mi

Monday

A & I: Run 10 to 15 minutes.

B: Run 10 minutes.

Tuesday

A & I: Run 10 to 15 minutes.

B: Run 10 minutes.

Wednesday

A: Run 800 meters. Then, walk 200 meter. Repeat 4 times.

I: Run 400 meters. Then, walk 200 meter. Repeat 6 times

B: Run 1 minute then walk for 1 minute meters. Then, walk 200 meter. Repeat this 5-7 times

Thursday

A: Run 10 to 15 minutes.

I & B: Bike or Walk 15 minutes

Friday

A: Run 10 to 15 minutes. After your run sprint 20 seconds then take a good rest to catch your breath. Repeat sprints 3 more times

I: Run 10 to 15 minutes. After your run sprint 20 seconds then take a good rest to catch your breath. Repeat sprints 3 more times

B: Run 10 minutes.

Saturday

Middle School Race at ALGONAC (Girls 9:00am, Boys 9:15am)

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-Bill Bowerman

Week 2 Training Plan

A = Advanced, I = Intermediate, B = Beginner

400m = 0.25mi, 800m = 0.5mi, 1200m = 0.75mi and 1600 m = 1 mi

Monday

A: Run 800 meters. Then, walk 200 meter. Repeat 4 times.

I: Run 400 meters. Then, walk 200 meter. Repeat 6 times

B: walk for 15 minutes

Tuesday

A: Run 15 to 20 minutes.

I: Run 15 minutes.

B: Run 10 minutes.

Wednesday

A: Run 1200meters. Then, walk 400 meter. Repeat 3 times.

I: Run 800 meters. Then, walk 200 meter. Repeat 4 times

B: Run 1 minute then walk for 1 minute meters. Then, walk 200 meter. Repeat this 6-8 times or 1 more then you did last week.

Thursday

A: Run 20 minutes.

I: Run 15 minutes.

B: Run 10 minutes.

Friday

Middle School Race at Columbus County Park (G & B 5:45pm)

The course includes a river crossing.

Week 3 Training Plan A = Advanced, I = Intermediate, B = Beginner

400m = 0.25mi, 800m = 0.5mi, 1200m = 0.75mi and 1600 m = 1 mi

Monday

A: Run 400 meters, walk 200 meters, run 600 meters, walk 300 meters, run 800 meters walk 400 meters, run 600 meters walk 300 meters, run 400 meters

I: Run 200 meters, walk 100 meters, run 400 meters, walk 200 meters, run 800 meters walk 400 meters, run 400 meters

B: Run a mile as fast as you can.

Tuesday

A: Run 15 to 20 minutes.

I: Run 15 minutes.

B: Run 10 minutes.

Wednesday

A: Run 400 meters. Then, walk 100 meter. Repeat 8 times.

I: Run 400 meters. Then, walk 100 meter. Repeat 6 times.

B: Run 400 meters. Then walk 100 minute. Repeat 4 times.

Thursday

A: Run 20 minutes.

I: Run 15 minutes.

B: Run 10 minutes.

Friday

A: Run 1 minute at a hard effort. Rest 2 minutes & repeat 6 times

I: Run 1 minute at a hard effort. Rest 2 minutes & repeat 5 times

B: Run 45 sec. at a hard effort. Rest 2 minutes & repeat 5 times

Future weeks training plans will be passed out at practice!

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-Bill Bowerman

MS XC MEET SCHEDULE

- Sept. 11 Algonac Muskrat Classic @ Algonac HS (bus 7:45 am)
 Girls 9:00am, Boys 9:15am
- Sept. 17 Get Your Toes Wet @ Columbus County Park (bus 4:30 pm)
 Girls & Boys 5:45pm
- Oct. 2 Hanson's Invite @ Freedom Hill County Park (NO BUS)
 Girls – Varsity 1:30 pm, Boys Varsity – 2:00, MS JV – 2:30
- Oct. 16 Eastside Invitational @ Freedom Hill (NO BUS)
 Girls – Varsity 1:40 pm, Boys Varsity – 2:00, MS JV – 2:20
- Oct. 23 MHSAA Regional Championships @ Dakota HS
 Girls – Varsity 12:30 pm, Boys Varsity – 1:00 pm,
 Girls JV – 1:30 pm, Boys JV- 2:00 pm