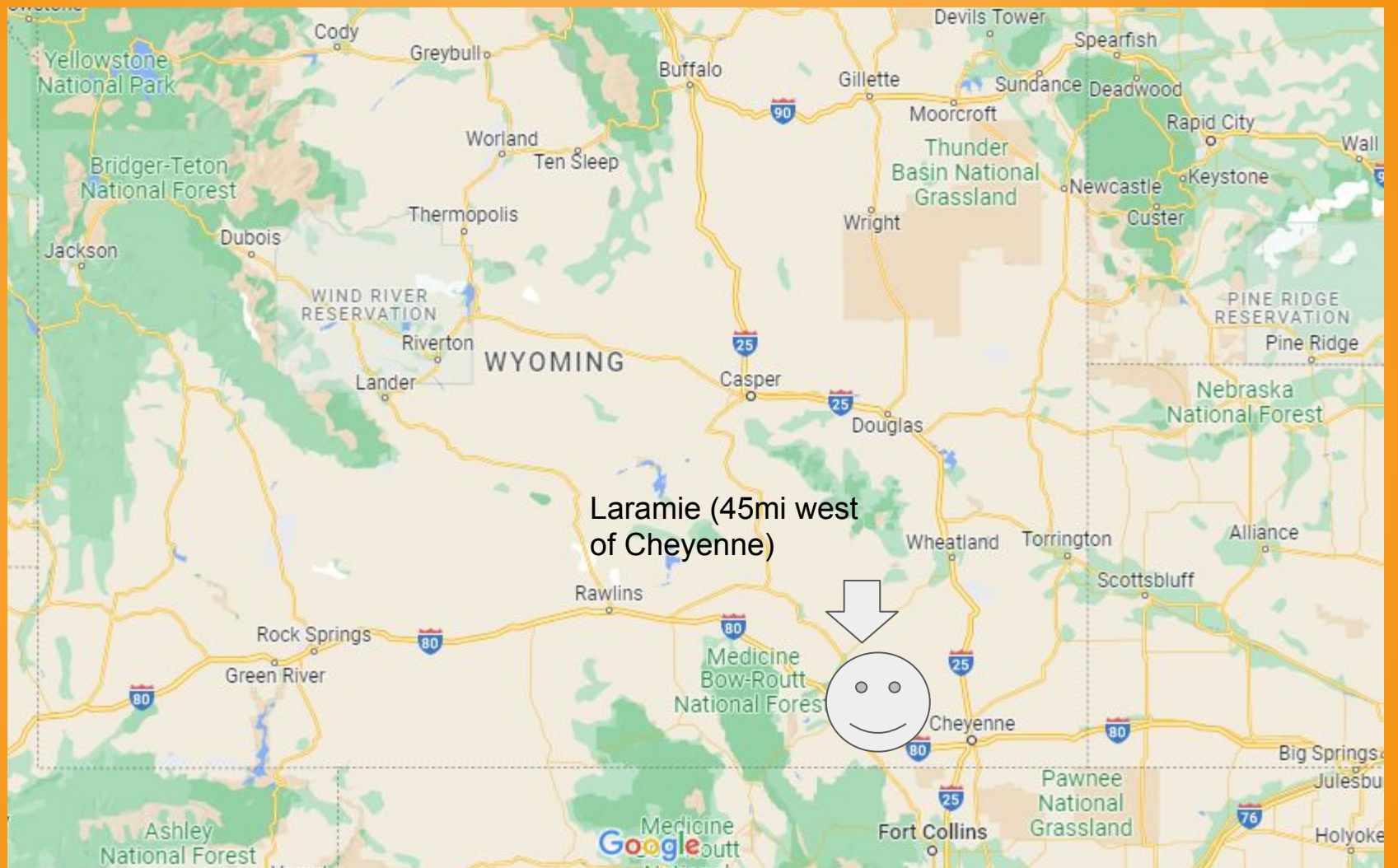


# 2023 Laramie XC

Aerobic Threshold Development and Misc. Workout Ideas





Laramie (45mi west  
of Cheyenne)



# Laramie, WY

- Small College Town-30,000 +/- with students
- 7,200 ft elevation
- One high school-Laramie High School= 1,100 students (one of the smallest schools in our classification-4A)
- Great summer and fall training-mountains 10 miles away, 8,600'
- Competitive meets-Fort Collins-62 miles away, Denver 2hr drive and Rapid City about 5.5 hours
- XC, Indoor Track and Outdoor Track (we lose many athletes to nordic skiing in the winter)

# Aerobic threshold runs-details and benefits

- Quickest method to get in aerobic shape
- Usually primarily used during early season but can be sprinkled in throughout to maintain strength
- Analogy given to athletes-tuning up a car so that it uses less fuel and can run longer at higher speeds (fuel efficient, fine tuned engines)
- Challenge-many kids can't handle the mental focus it takes
  - It can become too repetitive
- Too many benefits to cut out of training regiment or shorten duration so creative ways to keep physical benefits (later slides)
- HOW TO KEEP THINGS INTERESTING?

# General recommendation-record workout results/weekly competition and end season results and modify from season to season.

Did kids race well, was the workout too much? Recurring injuries after specific workout?

| Workouts-Mid/distance Team Week#7 |   |  |   |   |  |  |
|-----------------------------------|---|--|---|---|--|--|
|                                   | Monday<br>April 17  | Tuesday,<br>April 18                               | Wed<br>April 19   | Thursday,<br>April 20   | Friday, April<br>21  | Saturday,<br>April 22  |
| Group<br>A                        | <p>3:20pm: LHS<br/>Nice weather day!!<br/>**Weekend run check<br/>Warmup-10 min, and<br/>plyos.</p> <p>ALL BOYS WILL<br/>START TIME TRIAL AT<br/>ONCE</p> <p>1000m time trial<br/>6 min break<br/>6x400 m repeats @3200m<br/>pace (2MIN RECOVERY)</p> | <p>3:20pm: LHS<br/>40 minute CT</p> <p>Lifting</p> | <p>3:20pm: LHS<br/>Race entries, run from<br/>yesterday/Saturday</p> <p>300m repeats (3200m race<br/>pace)</p> <p>10x300m @ 3200m race<br/>pace (add 3 seconds if<br/>necessary) with 200m jog<br/>recovery</p> <p>see pace chart on the back</p>                         | <p><b>Pre-Race</b><br/><br/>CT (race delayed<br/>until Monday)</p> <p><b>Check Entries</b><br/><br/>***Lifting after<br/>practice</p> | <p><b>Competition</b><br/><del>Day-Coach-Innite</del><br/><del>Keep-an-eye-on-the</del><br/><del>weather-Cold</del><br/><del>day!!</del></p> <p>Warm up-<br/>5x150<br/>accelerations and<br/>then 5x hills on<br/>north side of<br/>stadium, cool<br/>down</p> | <p>Long Run on<br/>your own<br/>45-50 min</p> <p>Good pace</p> |
| Group<br>B<br>(Girls<br>B)        | <p>3:20pm: LHS<br/>Nice weather day!!</p> <p>Warmup-10 min, and<br/>plyos.</p> <p>ALL GIRLS WILL<br/>START TIME TRIAL AT<br/>ONCE</p> <p>1000m time trial<br/>6 min break<br/>4x400 m repeats @3200m<br/>pace (2MIN RECOVERY)</p>                     | <p>3:20pm: LHS<br/>30 minute CT</p> <p>Lifting</p> | <p>3:20pm: LHS<br/>Race entries, run from<br/>yesterday/Saturday</p> <p>Track Workout TBA</p> <p>300m repeats (3200m race<br/>pace)</p> <p>5x300m @ 3200m race<br/>pace (add 3 seconds if<br/>necessary) with 200m jog<br/>recovery</p> <p>see pace chart on the back</p> |   |  | <p>Long Run on<br/>your own<br/>35-40 min</p> <p>Good pace</p> |
| Group<br>C                        | <p>3:20pm: LHS<br/>Nice weather day!!</p> <p>Warmup-10 min, and<br/>plyos.</p> <p>ALL GIRLS WILL<br/>START TIME TRIAL AT<br/>ONCE</p> <p>1000m time trial<br/>6 min break<br/>5x400 m repeats @3200m<br/>pace (2MIN RECOVERY)</p>                     | <p>3:20pm: LHS<br/>25 minute CT</p> <p>Lifting</p> | <p>3:20pm: LHS<br/>Race entries, run from<br/>yesterday/Saturday</p> <p>Track Workout TBA</p> <p>300m repeats (3200m race<br/>pace)</p> <p>6x300m @ 3200m race<br/>pace (add 3 seconds if<br/>necessary) with 200m jog<br/>recovery</p>                                   |   |  | <p>Long Run on<br/>your own<br/>30 min</p> <p>Good pace</p>    |

## Workouts-Cross Country Team

|         | Monday,<br>Sept. 14   | Tuesday,<br>Sept. 15   | Wednesday,<br>Sept. 16   | Thursday,<br>Sept. 17   | Friday, Sept.<br>18   | Saturday,<br>Sept. 19   |
|---------|---|--|--|---|---|---|
| Group A | <b>6:00am:</b><br>Meet at the LHS<br>1) 25-30 minute run @ 75 %<br>Stretch<br><b>3:25pm: LHS</b><br>1) Warm up run...meet at Stink Lake Park, stretch<br>2) 1500m repeats=4x1500m with 4 min rest....5 min to get to Baker Hill, 4xBaker Hills jog down recovery<br>3) Cool Down, stretch | <b>3:25pm: LHS</b><br>1) 50-60 minute run @ 75 %<br>2) Stretch<br>3) Ab workout/ and pushups<br><br><b>Lift</b>                          | <b>6:00am:</b><br>Meet at the LHS<br>1) 25-30 minute run @ 75 %<br>Stretch<br><b>3:25pm: LHS</b><br>1) Workout at Happy Jack...late return, ETA 6pm.<br>2) 5 mile Tempo Run<br>3) Cool Down, 5-10min<br>4) Stretch | <b>3:25pm: LHS</b><br>1) T.B.A and form running drills<br>2) Stretch<br>3) Ab workout/ and pushups<br>4) <b>Lift</b><br><br>5) Team Dinner, time and location T.B.A<br><br><b>**Ice baths**</b> | John Martin Invite (Fort Collins High School)<br><br><b>Wakeup morning run, on your own (20-25 minutes)</b><br><br><b>Departure time: See Itinerary</b> | <b>Mandatory Long Run on your own 60-70 mins (visit with your teammates about meeting for practice)</b> |
| Group B | <b>6:00am:</b><br>Meet at the LHS<br>1) 25-30 minute run @ 75 %<br>Stretch<br><b>3:25pm: LHS</b><br>1) Warm up run...meet at Stink Lake Park, stretch<br>2) 1500m repeats=3x1500m with 4 min rest....5 min to get to Baker Hill, 3xBaker Hills jog down recovery<br>3) Cool Down, stretch | <b>3:25pm: LHS</b><br>1) <b>3:25pm: LHS</b><br>1) 40-45 minute run @ 75 %<br>2) Stretch<br>3) Ab workout/ and pushups<br><br><b>Lift</b> | <b>6:00am:</b><br>Meet at the LHS<br>1) 25-30 minute run @ 75 %<br>Stretch<br><b>3:25pm: LHS</b><br>1) Workout at Happy Jack...late return, ETA 6pm.<br>2) 4 mile Tempo Run<br>3) Cool Down, 5-10min<br>4) Stretch | <b>3:25pm: LHS</b><br>1) T.B.A and form running drills<br>2) Stretch<br>3) Ab workout/ and pushups<br>4) <b>Lift</b><br><br>5) Team Dinner, time and location T.B.A<br><br><b>**Ice baths**</b> | John Martin Invite (Fort Collins High School)<br><br><b>Wakeup morning run, on your own (20-25 minutes)</b><br><br><b>Departure time: See Itinerary</b> | <b>Mandatory Long Run on your own 50 mins (visit with your teammates about meeting for practice)</b>    |
| Group C | <b>6:00am:</b><br>Meet at the LHS<br>1) 25-30 minute run @ 75 %<br>Stretch<br><b>3:25pm: LHS</b><br>1) Warm up run...meet at Stink Lake Park, stretch   | <b>3:25pm: LHS</b><br>1) 35-40 minute run @ 75 %<br>2) Stretch<br>3) Ab workout/ and pushups<br><br><b>Lift</b>                          | <b>6:00am:</b><br>Meet at the LHS<br>1) 25-30 minute run @ 75 %<br>Stretch<br><b>3:25pm: LHS</b><br>1) Workout at Happy Jack...late return, ETA 6pm.   | <b>3:25pm: LHS</b><br>1) T.B.A and form running drills<br>2) Stretch<br>3) Ab workout/ and pushups<br>4) <b>Lift</b><br><br>5) Team Dinner.   | John Martin Invite (Fort Collins High School)<br><br><b>Wakeup morning run, on your own (20-25 minutes)</b><br><br><b>Departure time: See</b>           | <b>Mandatory Long Run on your own 40 mins (visit with your teammates about meeting for practice)</b>    |



# Specific heart rate requirements to maintain benefits

- Aerobic Threshold-BPM (beats per minute)
  - Generally 160-180 bpm, but more often on the higher end with younger athletes-depending on intensity and duration of workout.
  - Not necessarily to track bpm at each training session, but periodically as needed
  - Heart beats per minute (BPM)
    - Some athletes heart rates may not fit perfectly
    - Tricks along the way to get similar results, but with short recovery
    - Tempo runs or pace runs are generally the most used and beneficial
      - Athletes need to know specific goals in regards to times for best benefits

# Basic Tempo Runs and Pace Runs

- Staple to first training cycle
  - Opinion-first training cycle should not be broken down to weeks or percentage of season
  - Athletes should become strong enough before adding next training cycle and aerobic threshold runs should be used 1-2 times every 2 weeks after “graduating”
- Different athletes need different amounts
  - Basic A, B and C groups-again athletes can graduate and if hurt or sick may start lower again.
    - We often have many different groups of athletes with different training goals/miles
      - Superhero groups (see 1500m repeat slide)



# Tempo runs (first 4-5 weeks)-1x a week

Goal pace and or finishing time

Surface and traffic should be monitored and variables considered

Happy Jack Tempo Run-3,4 and 5 miles (8,600')

- Surface and elevation drop/gain
- Start girls first then boys 3-4 minutes after

Cement Plant Road

- Surface and elevation drop

Mental strength also built during these sessions

- Second workout day=1200m-1500m repeats with goal times and limited recovery



## 2022 Wyoming Invite Mile Splits and Results



Saved to Drive

File Edit View Insert Format Data Tools Extensions Help



75%



123

Arial



10



B36



|    | A          | B         | C     | D    | E       | F        | G             | H                  | I           | J            | K           | L             | M         | N | O                   |
|----|------------|-----------|-------|------|---------|----------|---------------|--------------------|-------------|--------------|-------------|---------------|-----------|---|---------------------|
| 1  | First Name | Last Name | Grade |      | Greeley | Mile one | Mile two time | Mile two split     | Mile 3 time | Mile 3 split | Finish time | Avg Mile time |           | @ |                     |
| 5  |            |           |       |      |         |          |               |                    |             |              |             |               |           |   |                     |
| 6  | Dominic    |           | 11    | Male | Varsity | 5:10:00  | 10:32:00      | 5:22:00            |             |              | 16:33:00    | 5:19:37       | TOP 5 AVG |   | Last week avg/split |
| 7  | Meyer      |           | 12    | Male | Varsity | 5:10:00  | 10:33:00      | 5:23:00            |             |              | 16:51:00    | 5:25:25       | 17:06:48  |   | 17:58:00            |
| 8  | Cooper     |           | 12    | Male | Varsity | 5:11:00  | 10:47:00      | 5:36:00            |             |              | 17:13:00    | 5:32:30       | Split 1-5 |   | Split 1-5           |
| 9  | Gideon     |           | 10    | Male | Varsity | 5:18:00  | 10:58:00      | 5:40:00            |             |              | 17:26:00    | 5:36:41       | 0:58:00   |   | 1:10:00             |
| 10 | Nathan     |           | 12    | Male | Varsity | 5:20:00  | 11:00:00      | 5:40:00            |             |              | 17:31:00    | 5:38:17       |           |   |                     |
| 11 | Jack       |           | 10    | Male | Varsity | 5:23:00  | 11:15:00      | 5:52:00            |             |              | 17:53:00    | 5:45:22       |           |   |                     |
| 12 | Emmett     |           | 12    | Male | No race | 5:43:00  | 11:47:00      | 6:04:00            |             |              | 18:37:00    | 5:59:32       |           |   |                     |
| 13 | Flynn      |           | 9     | Male | JV      | 5:43:00  | 12:15:00      | 6:32:00            |             |              | 19:36:00    | 6:18:31       |           |   |                     |
| 14 | Kelton     |           | 12    | Male | JV      | 6:02:00  | 12:37:00      | 6:35:00            |             |              | 20:00:00    | 6:26:15       |           |   |                     |
| 15 | Darin      |           | 9     | Male | JV      | 5:32:00  | 12:03:00      | 6:31:00            |             |              | 20:01:00    | 6:26:34       |           |   |                     |
| 16 | Peyson     |           | 9     | Male | JV      | 6:27:00  | 13:19:00      | 6:52:00            |             |              | 21:03:00    | 6:46:32       |           |   |                     |
| 17 | Donavan    |           | 10    | Male | JV      | 7:09:00  | 15:02:00      | 7:53:00            |             |              | 24:24:00    | 7:51:13       |           |   |                     |
| 18 | Michael    |           | 12    | Male | JV      | 7:27:00  | 15:26:00      | 7:59:00            |             |              | 24:40:00    | 7:56:22       |           |   |                     |
| 19 | Wyatt      |           | 9     | Male | JV      | 7:53:00  | 16:47:00      | 8:54:00            |             |              | 26:31:00    | 8:32:06       |           |   |                     |
| 20 | Jarrold    |           | 11    | Male | TBD     | 7:52     | 17:46:00      | 9:54:00            |             |              | 28:16:00    | 9:05:54       |           |   |                     |
| 21 | Aaron      |           | 9     | Male | JV      | 8:29:00  | 18:15:00      | 9:46:00            |             |              | 28:54:00    | 9:18:08       |           |   |                     |
| 22 | James      |           | 9     | Male | TBD     | DNF      | DNF           | #VALUE!            |             |              | DNF         | #VALUE!       |           |   |                     |
| 23 | Eli        |           | 11    | Male | Varsity | DNS      | DNS           | #VALUE!            |             |              | DNS         | #VALUE!       |           |   |                     |
| 24 | Sam        |           | 11    | Male | JV      | DNS      | DNS           | #VALUE!            |             |              | DNS         | #VALUE!       |           |   |                     |
| 25 | Rohm       |           | 9     | Male |         |          |               |                    |             |              |             |               |           |   |                     |
| 26 | Soloman    |           | 10    | Male |         |          |               |                    |             |              |             |               |           |   |                     |
| 27 |            |           |       |      |         |          |               | DNS=DID NOT START  |             |              |             |               |           |   |                     |
| 28 |            |           |       |      |         |          |               | DNF=DID NOT FINISH |             |              |             |               |           |   |                     |

## 2nd workout day of the week-early season

1500m repeats early season on grass, transitioning to 800m to 1000m repeats with more recovery later season

Sample of superhero groups from one week-based from time trial or most recent race

- Athletes placed in groups according to goal times (regardless of gender-especially for smaller teams)
- Weekly groups change
- Results posted or sent out via Remind messages

# Copy of workout results 2015 (7,200ft on grass, very close equivalent to running mile repeats at sea level)

1500m repeats, Aug. 31st, 2015 =3.5-4:00 minutes recovery, Weather\_\_\_\_\_

| First Na | Last Name | # | Coach | Group   | Goal time | 1st (1500m) | 2nd (1500m) | 3rd (1500m) | 4th (1500m) | 5th (1500m) | Avg     |
|----------|-----------|---|-------|---------|-----------|-------------|-------------|-------------|-------------|-------------|---------|
| Chris    |           | M | 5     | Schabro | The Flash | 4:53:00     | 4:44:00     | 4:44:00     | 4:48:00     | 4:44:00     | 4:45:00 |
| Colin    |           | M | 5     | Schabro | The Flash | 5:12:00     | 5:16:00     | 5:17:00     | 5:08:00     | 5:06:00     | 5:11:45 |
| Liam     |           | M | 5     | Schabro | The Flash | 5:12:00     | 5:06:00     | 5:12:00     | 5:17:00     |             | 5:11:40 |
| Jacob    |           | M | 5     | Schabro | The Flash | 5:14:00     | 5:13:00     | 5:07:00     | 5:07:00     | 5:32:00     | 5:14:45 |
| Derk     |           | M | 5     | Schabro | The Flash | 5:15:00     | 5:09:00     | 5:12:00     | 5:10:00     | 5:06:00     | 5:09:15 |
| Cas      |           | M | 5     | Schabro | The Flash | 5:16:00     | 5:14:00     | 5:33:00     | 5:32:00     | 5:15:00     | 5:23:30 |
| Adrian   |           | M | 5     | Schabro | The Flash | 5:17:00     | 5:17:00     | 5:17:00     | 5:18:00     | 5:16:00     | 5:17:00 |
| Ryan     |           | M | 5     | Schabro | The Flash | 5:20:00     | 5:16:00     | 5:24:00     | 5:18:00     | 5:14:00     | 5:18:00 |
| Albert   |           | M | 5     | Schabro | The Flash | 5:21:00     | 5:10:00     | 5:19:00     | 5:17:00     | 5:16:00     | 5:15:30 |
| Phillip  |           | M | 5     | Schabro | The Flash | 5:22:00     | 5:09:00     | 5:20:00     | 5:09:00     | 5:13:00     | 5:12:45 |
| Matthew  |           | M | 5     | Schabro | The Flash | 5:24:00     | 5:39:00     | 5:27:00     | 5:25:00     | 5:17:00     | 5:27:00 |
| Kai      |           | M | 5     | Schabro | The Hulk  | 5:38:00     |             | 6:55:00     | 6:39:00     |             | 6:47:00 |
| Brendan  |           | M | 4     | Schabro | The Hulk  | 5:50:00     | 5:34:00     | 5:35:00     | 5:36:00     | 5:38:00     | 5:35:45 |
| Carter   |           | M | 4     | Schabro | Iron Man  | 6:10:00     | 5:53:00     | 6:03:00     | 6:04:00     | 6:02:00     | 6:00:30 |
| Jordan   |           | M | 4     | Stucky  | Iron Man  | 6:11:00     | 5:55:00     | 6:07:00     | 6:15:00     | 6:22:00     | 6:09:45 |
| Connor   |           | M | 4     | Stucky  | Iron Man  | 6:20:00     | 6:33:00     | 6:01:00     | 5:58:00     |             | 6:10:40 |
| Lander   |           | M | 4     | Stucky  | Iron Man  | 6:25:00     | 6:26:00     | 6:19:00     | 6:37:00     | 6:12:00     | 6:23:30 |
| Shane    |           | M | 4     | Stucky  | Iron Man  | 6:27:00     | 5:57:00     | 6:11:00     | 6:16:00     | 6:27:00     | 6:12:45 |
| Isaac    |           | M | 4     | Stucky  | Iron Man  | 6:30:00     | 6:23:00     | 6:03:00     | 6:22:00     | 6:12:00     | 6:15:00 |
| John     |           | M | 4     | Stucky  | Iron Man  | 6:31:00     | 6:49:00     | 6:46:00     | 6:25:00     |             | 6:40:00 |



# Athlete responsibility

- Accurate times-each athlete must have watch and check in with coach
- Times recorded and often sent out via Remind message (details provided later in the slideshow)

# After 3-4 weeks many kids get bored/fried with tempo runs

How to break up the workout and keep things interesting?

- Recovery food is always good! Chocolate milk, OJ, bananas/apples after workout. Teachable moments
- Tsunami runs (can be complicated but fun)
  - Simple format-if you can catch Sam, I owe you a frosty. Sam if you hold him off, I'll buy you a frosty!
- Relay workouts
- Whistle workouts
- Secret surge workouts
- Break-scavenger hunt runs
- Others

# Recovery-physical and mental

Pool sessions if available-active ice bath

Competitions and simply free time



- Tsunami runs (can be complicated but fun)-slowest runner starts run/tempo first followed by next, etc. Fastest runner starts last

Tsunami workout-Sept. 22

File Edit View Insert Format Data Tools Extensions Help

90% \$ % .0+ .00 123 Default... 10 B I A

E14 fx =D8-D14

|    | A          | B         | C     | D           | E                  | F            | G                    |
|----|------------|-----------|-------|-------------|--------------------|--------------|----------------------|
| 1  | First Name | Last Name | Grade | Finish time | Tsunami start time |              |                      |
| 2  | Jacob      |           | 9     | DNS         |                    |              |                      |
| 3  | Emerson    |           | 9     | DNS         |                    |              |                      |
| 4  | Taylor     |           | 10    | DNS         | 26:47:00           | Tsunami time | Time dropped overall |
| 5  | Anna       |           | 10    | DNS         |                    |              |                      |
| 6  | Courtney   |           | 12    | DNS         |                    |              |                      |
| 7  | Laura      |           | 10    | DNF         |                    |              |                      |
| 8  | Winter     |           | 10    | 26:47:00    | 0:00:00            |              | -26:47:00            |
| 9  | Michael    |           | 11    | 25:57:00    | 0:50:00            |              | -25:57:00            |
| 10 | Riquell    |           | 11    | 25:09:00    | 1:38:00            |              | -25:09:00            |
| 11 | Braelyn    |           | 11    | 24:27:00    | 2:20:00            |              | -24:27:00            |
| 12 | Claire     |           | 9     | 24:25:00    | 2:22:00            |              | -24:25:00            |
| 13 | Solomon    |           | 10    | 24:06:00    | 2:41:00            |              | -24:06:00            |
| 14 | Seneca     |           | 12    | 24:04:00    | 2:43:00            |              | -24:04:00            |
| 15 | Lethe      |           | 12    | 23:41:00    | 3:06:00            |              | -23:41:00            |
| 16 | Kieran     |           | 12    | 22:24:00    | 4:23:00            |              | -22:24:00            |
| 17 | Ilysa      |           | 12    | 21:40:00    | 5:07:00            |              | -21:40:00            |
| 18 | Carey      |           | 12    | 21:35:00    | 5:12:00            |              | -21:35:00            |
| 19 | Kelton     |           | 11    | 21:26:00    | 5:21:00            |              | -21:26:00            |
| 20 | Michael    |           | 12    | 20:50:00    | 5:57:00            |              | -20:50:00            |
| 21 | Leah       |           | 10    | 20:48:00    | 5:59:00            |              | -20:48:00            |
| 22 | Hyrum      |           | 12    | 20:47:00    | 6:00:00            |              | -20:47:00            |
| 23 | Sam        |           | 10    | 20:24:00    | 6:23:00            |              | -20:24:00            |

- Goal of each runner, try to catch the runners in front and hold off the runners behind (last runner may be starting 9min back)

First runner starts, second runner 50 seconds later, 3rd runner 1:38, 4th 2:20-for this example



- Relay workouts

-Relays can be tag, banana baton etc. Mix up genders and keep teams as closely paired as possible. Relay teams close to others tend to train faster.

- Recovery=time between runners, usually 3 athletes per “team” works best
  - XC=usually 400m-800m repeats
  - Works well for track also-200m repeats, baton exchanges

- **Whistle workouts**

These can be done at a track or park with course close enough for athletes to hear whistle. Good way to keep close eye on athletes and athletes can be pulled as necessary (more fit athletes stay in longer).

- Can be modified Eyestone Workout
- 30 seconds surge/on, 30 off, 45 seconds etc.
- One whistle blow=hard surge, Two whistle blows=recovery run. Continuous running is key to aerobic development.

## ● Secret surge workouts



- Great way to break up workouts-can be used on the road, park etc. Generally set number of miles or total minutes for the run is necessary
  - Each athlete in each running group is secretly given a number of surges
    - Kept in “secret envelope” with each athlete called up individually and given slips of paper randomly
  - They can throw surge in whenever they want during the run, other runners need to try to stay with athlete or surge ahead. Athlete announces when his/her surge is over. Runners regroup and continue running until next surge.
  - Number of surges will depend on fitness level, duration of workout and intensity of surges
    - 30 seconds, 60 seconds, 45 seconds, 90 seconds, 30 seconds, 45 seconds, 45 seconds, 20 seconds= just over 6 minutes of hard surges in the run
    - Athletes need to be aware not to throw surge in before busy intersection, stop light etc.

The goal of this workout is to increase heart rate and intensity during a run and learn to react and make moves during a race. This will also be a good mental break from traditional workouts.

- You will need to understand your route before you leave, know your group members and make sure you communicate with your group when each surge is complete (raise a hand, yell "finished"etc.)
- Each member will have a surge or surges they will need to complete during the run (a quicker CT). Don't tell your group how long your surge will be, they need to try to hang with you or pass you until the time is up. When the surge is finished circle back (don't stop) and gather your group again.
- Minimum of 30 seconds recovery, max is up to you but all the surges need to be completed before finishing. You shouldn't need to, but might need to add a little on around the high school.
- Don't start a surge near a busy intersection and be prepared to stop if traffic is an issue
- Running etiquette-run on the sidewalks or on the side of the road facing traffic. Always make sure you make eye contact with drivers that may be at intersections, stopped or turning before running in front of them.

---

Don't start the good pace until after 26th Street.

---

Group A Boys (4-4.5 miles) Dead Cat Tempo, first mile or so is warm up....bike path back is okay  
30, 30, 45, 45, 90, 90, 60, 45, 45, 30, 30 =9 minutes

Group B Boys/Group A Girls (3.34 miles) -Dead Cat Tempo short-Corthell Hill but around Washington Park  
30,45,60,90,45,30,30, 20, 20 (6.5 minutes)

Group C boys/girls (2.5 miles)-Spring Creek turning at 21st street  
30,45,60,45,30,30, 20, 20 (5.5 minutes)



# Remind messages/other forms of communication?

- Google sheets-race splits
- Google docs-great for itineraries (changes can be made and parents/athletes always have the most recent copy)
- Sample 1-Race Splits/results
- Sample 2-Itinerary-can include weather links, result links etc.

## Wyoming Track Classic @ KW TRACK Friday, APRIL 28, 2023

### Laramie High School

#### **Itinerary and Parent Information:**

1. **Questions, send a Remind message or email Coach Schabron at [gschabron@acsds1.org](mailto:gschabron@acsds1.org)**
2. **Other questions call LHS (307)-721-4420**

- [Overall Entries Link](#)
- [Live Results Link](#)

#### **Brief trip info:**

- [Temperature](#) will start out in the high 40s when we arrive, possibly warming up to 57 degrees (but dropping again by the end of the meet) . [Bring warm gear](#) and keep your gear on until right before your race or flight.
- [Bring uniform, food for breakfast, lunch and snacks](#). LHS will provide dinner. We highly recommend that you pack the night before.
- [Bus loads at the LHS circle drive at 11:40 am \(after 4th block\) and departs at](#)
- Be on time, many events start shortly after arriving at the meet
- Upon arriving at the competition site set up team camp, use the restroom and change into workout gear
  - Estimated arrival time-3:10pm
  - Talk to your event coach about the required shake out upon arrival. You will need to loosen up after a bus ride
- [Know your events before the meet begins](#). Warm up at the proper time and do not miss your event. (A skipped or missed event without coach approval prior to the event will result in loss in letter points and no competition for one week.)
- After the last event we will head to dinner. You will need to bring enough food for the entire day and the KW meet the next day.
- After dinner we will head to the hotel, Hampton Inn 1101 N. Poplar, Casper WY (307)-235-8668
  - Room check time TBA
- Vaulters will need to be at the KW meet at 8:30am on Saturday (Depart for the track at 8:15am)
  - [KW Invite Itinerary](#)-Saturday April 29th