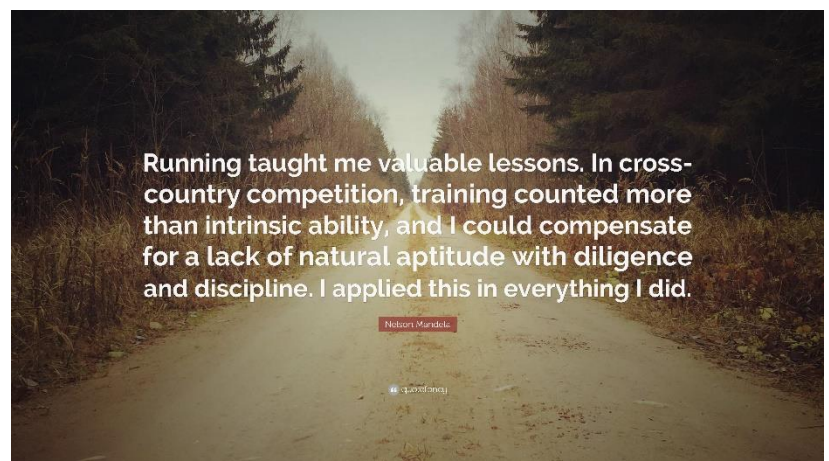
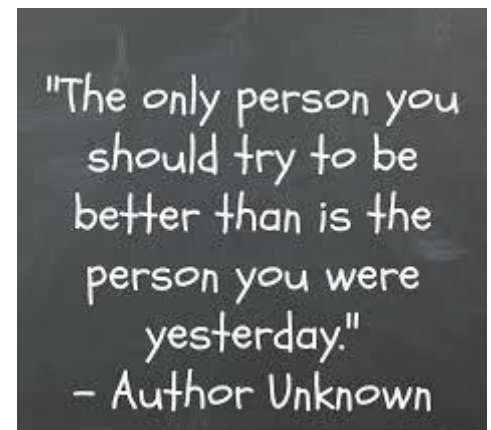
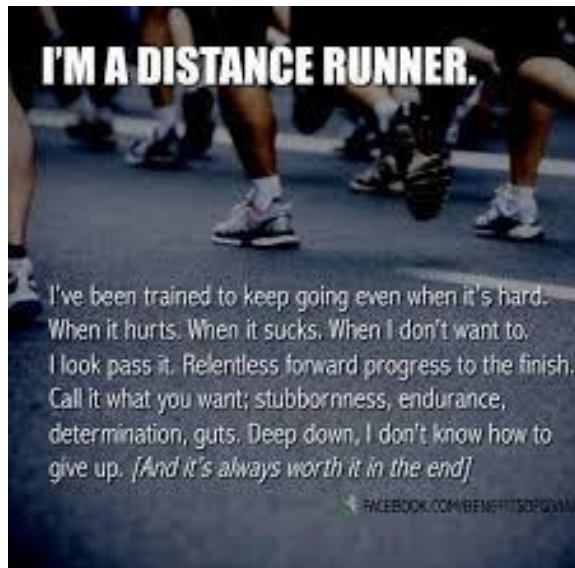
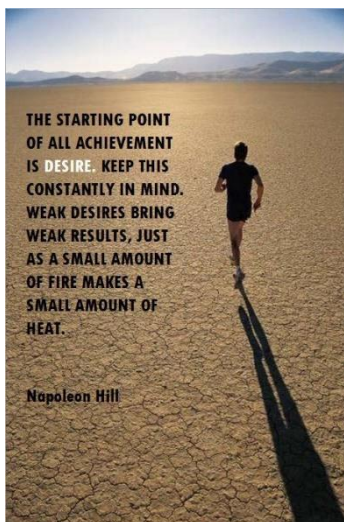


Miller Rustler Cross-Country

2019



Coach McGough: 605-350-0556

Tom.mcgough@k12.sd.us

Coach Smith: 605-870-6239

Hillary.smith@k12.sd.us

School Website: https://miller.k12.sd.us/cross_country.html

Team Website: <https://millercrosscountry.weebly.com/>

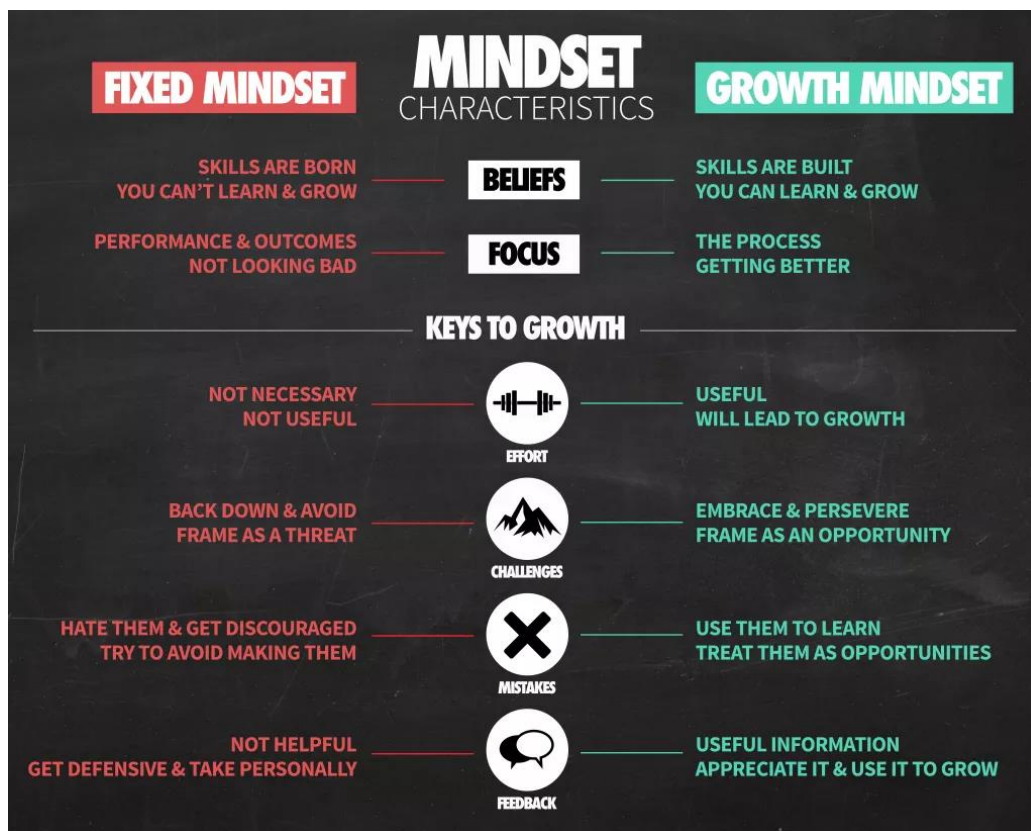
Articles Link: <http://mhstrackxc.weebly.com/xc.html>

Growth Mindset



Video: <https://www.youtube.com/watch?v=75GFzikhRY0>

Article: <https://www.mindsetworks.com/science/>



Nutrition

Carbs

50-60% of your diet should consist of carbs to support your training

- whole grain breads
- pasta
- brown rice
- oatmeal
- fruits
- vegetables
- potatoes
- corn
- beans
- low-fat dairy products
- Sports Drinks and Gels

The body's quickest and easiest source of energy

Proteins

- egg whites
- poultry (*with the skin*)
- fish
- ground turkey or chicken breast
- lean ground beef
- game meat
- nuts
- tofu
- soy milk and low-fat dairy products

Helps maintain & repair muscle growth

Fats

20-30% of your diet should consist of healthy fats to support your training

- fatty fish (salmon for omega 3 fatty acids)
- nuts and natural peanut butter
- avocado
- olive oil
- canola oil
- Shakes / Bars

Important for joint and cell structure

Avoid Saturated & Trans Fats

- Baked deserts
- Dairy deserts (ice cream)
- Sausages, hot dogs, ribs
- Pastries: donuts, croissants
- Margarine
- Fried foods
- Chips

Creates inflammation and affects the heart and blood

McMillan Running Calculator

Link to McMillan running calculator: <https://www.mcmillanrunning.com/>

- Pick your race distance
 - Enter your goal time
 - Enter your current time
 - Hit “Calculate” (DO NOT need to enter an email address)
-
- The first page that will populate will be for your race times. It breaks down all your current splits and your goal splits. **PRINT** this.
 - On the left-hand side of the page select “Training Paces” and **PRINT** this
 - On the left-hand side of the page select “Race Split Sheet” and **PRINT** this
 - Write your name on top of your printed sheets and bring to practice

The McMillan Running Calculator

STEP 1. WHAT IS YOUR GOAL? ⓘ

Distance: 10km
Goal Time: hh mm ss

STEP 2. WHAT IS YOUR CURRENT FITNESS LEVEL? ⓘ

Distance: 10km
Time: hh mm ss

Haven't raced in a while? [Click to enter average training pace instead.](#)

STEP 3. ENTER YOUR EMAIL ⓘ

Summer Goal Setting

1. What is your top running priority this summer? (Getting faster, running longer, nutrition, running everyday)

2. WHY is this your top priority?

3. What is your goals for June and July?

- a. June: _____

- b. July: _____

4. How are you going to achieve your goals?

5. What might make achieving your goals difficult?

6. What do you need to help you get started? (Journal, shoes, training plan, partner, etc.) Explain why you need each item on your list.

In-Season Goal Setting

1. What is your top running priority this season? (Getting faster, running longer, nutrition, making varsity, placing in a meet, etc.)

2. WHY is this your top priority?

3. What are your goals for August, September, October?

- a. August: _____

- b. September: _____

- c. October: _____

4. How are you going to achieve your goals?

5. What might make achieving your goals difficult?

6. What do you need to help you get started? (Journal, shoes, training plan, partner, etc.) Explain why you need each item on your list.

Summer Running Program

On the next 3 pages you will find 3 summer running programs: beginner, intermediate, and advanced. Please consider the following:

- We encourage you to pick a program that is not too easy or too difficult.
- If you pick a program that is too easy or difficult you may move to a different program level at any time.
- Only look at the week you are currently on. Don't let yourself get overwhelmed by what is to come in the following weeks. You can do it and this program is manageable!
- On Monday, Tuesday, and Thursday you will conduct speed workouts. These are not all-out efforts, but pace-work. We just want you to turn your legs over at a quicker pace than what you are the other days.
- The summer program is all about BUILDING A FOUNDATION . . . If you stick to this program for 2 weeks you will find that the following weeks and workouts will become much easier! IT IS PART OF THE PROCESS!
- Completing this program is a requirement and expectation. Keep yourself and your teammates accountable. Be honest with yourself and know what challenges may make running this summer more difficult. Develop strategies to deal with these hardships.
- Keep a journal on what the runs feel like. This will help you better understand your body as you grow throughout the season and years.
- REMEMBER to log your miles on our summer training log. You can get to this by visiting our team website or by typing in the link <https://millercrosscountry.weebly.com/summer-log.html> . This is a working document. Make sure you are honest and only editing your own miles.
 - In town, 12 blocks = 1 mile
 - In country, section lines = 1 mile
 - Or, use a GPS watch that will track your miles for you.