

Training Parameters for Middle School Distance Runners (7th Grade)

Principles of Training:

If you are training with Whisper 2-3 times per week, then what you are doing in practice will certainly build your speed-endurance base. If you wish to perform additional running on the days between training, you may create a greater cardiovascular base, so long as the runs are at least 20-continuous minutes. A greater base will allow you to train longer and stronger during our times together.

During our group practices, we will run approximately 5-7 accumulated miles. Choosing one consistent day each week to run on your own will be to your benefit. If you choose to run one or two additional days during the week, be mindful that you'll likely be running on back-to-back days, so proper shoes, adequate sleep, quality foods, and appropriate rest the next day is imperative for your growing body. All total, there is no need to run over four days in the same week. Honor your body by providing it with adequate rest, hydration (water), and cross-training (climbing trees, bicycling, etc.).

Side notes:

- *Unless you've spoken with Coach Dave, general weekday OYO runs should range from 3-5 miles, but remain in a zone of comfort and continuous running – no walking.*
- *Weekend OYO runs are generally longer and should make your weekday runs feel rather brief. Once you have run a few consecutive weeks of running OYO throughout the week, a weekend run of 4-6 miles should do you well.*
- *If you have to walk, you started out too fast.*
- *Headphones: A Whisper Running "no no" for both safety and running efficiency.*
- *Always run with someone. Always. If by chance you have to run OYO, tell a guardian/parent and use Life360 so they can track you.*
- *Team Up! Reach-out to a Whisper teammate for a run at a local park or trail. Doing so will hold both of you accountable, and it's generally more fun running with a friend than running alone (safer, too).*

Training:

We train in eight to nine-week segments, then take a break. In general, our Monday & Tuesday workouts are similar, as well as our Wednesday & Thursday workouts. It is recommended that runners attend practice on MWF/MWS or TuThF/TuThS. Back-to-back workout sessions are ill-advised and will actually break you down more than build you up. If you wish to attend on back-to-back days, the second of the B2B will be an easy run or a dose of cross-training if equipment is brought to practice.

Training Considerations:

Performing various types of cardio training is important and highly encouraged. In other words, don't always run. Ride your bike, rollerblade, swim, or play games like tag, kickball, kick the can, or anything else that moves you. This is especially true if you are finding it difficult to run on your own. Never feel like you have to run – except when you're at Whisper practices 😊.