



Gadsden City High School  
1917 Black Creek Parkway ★ Gadsden AL 35904

## Gadsden City Cross Country Summer Training Program (GCCSTP)

First of all, I would like to welcome all athletes that have chosen to participate in Cross Country. What I will outline for you here will be a program that will have you in running condition for the fall season.

### **Equipment**

These things will be a necessity for your training this summer as well as practice and racing this fall.

- Pair of Running/Training Flats (shoes)
- Water Bottle
- Dumbbells (1-3 lbs. for girls, 3-5 lbs. for boys)
- Yoga Mat or thick beach towel
- Watch with Stopwatch function (a cheap Wal-Mart one will suffice)
- Proper attire (singlet, light T-shirt, running shorts & support garments)

### **Organized Workouts**

Each Monday, Tuesday & Wednesday over the summer, I will be conducting voluntary conditioning sessions at the track from 8:00 to 10:00 am. You are highly encouraged to attend these workout sessions. These sessions will incorporate not only weight training but also plyometric and stretching sessions. More information will be available on the Cross Country website:

**<http://gadsdencityxc.weebly.com/>**

### **Individual Workouts**

All Cross Country runners will be required to run from *10-20 miles a week*. This might sound like a lot, but it is really not. Many summer programs have runners going over the 20 mile mark each week. Also, any other physical activity is encouraged, such as soccer, basketball, swimming, biking, hiking, etc.; these activities will only enhance your endurance.

I also would like each runner to participate in at least two road races over the summer. 5K or 10K are preferred. These will be of your own doing, but I will try to attend as many of these races as possible. If you need a list of races, check the favorite links section of the cross country webpage, **<http://gadsdencityxc.weebly.com/>**

I will require you to keep a log of your running and physical activities. You will have a form to fill out for you own records and you will be required to e-mail me these activities by no later than Friday of each week. Additional logs may be downloaded from the website (in a week or two)

If you can, set up a one or two mile course around you house to run; invite your friends to run with you and run up at the track. Break up your routine so it will not get boring. I will have a copy of the courses available at our 1<sup>st</sup> conditioning session.

### **Injuries**

If you have an injury, please e-mail me so we can plan a course of action. Depending on the injury and severity, do not give up on your training. If you hurt your ankle, knee or leg, your arms still work! Find something you can do that will keep you in the training groove and help build on your performance.

Finally, I know this sounds like a great deal of work, but if you dedicate 30-60 minutes a day, you will be the better for it come the fall. Remember, “Cross Country Champions are made in the summer!” Have a great summer.

Coach Scott Holdbrooks  
(256) 393-9204  
sholdbrooks@gcs.k12.al.us  
<http://gadsdencityxc.weebly.com/>