



The Bulldog Bark

The Voice of Alhambra Cross Country

Tuesday, December 8, 2020



We're done for 2020

Another Shutdown

The powers that be at the Martinez Unified School District decided last Friday to pre-empt the Governor's recent stringent requirements and immediately impose a shutdown of all sports conditioning camps that were operating.

This was in parallel to the Contra Costa County health officials who decided not to wait until later to declare a resumption of shutdown protocols, given the recent drastic upsurge in infections of the virus.

The official word is that the issue of opening up sports again at all under any circumstances will be revisited January 4, 2021.

What does this mean for us?

Well, the first thing is that we can't meet for group workouts anymore, even with our very strict requirements of pods, masking, social distancing, et cetera.

Another item is having communications also being restricted to posting a few general communications to the website and the Facebook page.

And the biggest concern is that athletes may not have the personal initiative to do running on their own, and thereby lose the excellent conditioning we have built up.

It Takes a Village

Are We Ready For Many Weeks Of "On Your Own"?

With this ongoing shutdown, and no real moment of getting back together, training is now thrown back to the individual runners.

Getting out the door

Even though running by yourself may seem different, it can be done. All it takes is to put on your shoes and step out of the door. Of course, you should observe all the regular precautions of masking, social distancing, and politeness to others you meet while on runs.

Following the suggestions

We still have a calendar of training up and posted. You still have your paces for your distance runs (minutes per mile) to guide how fast you should be running. And you all know the warmup and cooldown procedures, as well as the core drills.

Personal Initiative

As coaches, we are impressed by how well the team overall has improved in the last weeks. And we have also noticed how the athletes have been more aware of that improvement, and have rightfully taken pride in it. And we hope that you all are willing to adopt a large role in pushing yourself to continue the running.



Goal setting

Just What Are We Aiming At?

Well, here's where you get to find out just what the coaches are thinking about expectations for our runners. Coaches have goals as well, for the team, for the individuals, and for the season overall. Since we don't have anything like a season, there are still some goals to share.

General

The first level of goals is to get as many people on the team up to a level of fitness to where the runner feels comfortable at long runs and can deal with faster intervals on the track. This goal has been accomplished.

Early Season

The next level of goals was to get runners by and large to be able to handle longer runs. 60 minutes is the general range, and eventually hopefully runners can nibble at efforts of 75 and even 90 minutes continuous running effort.

We seem to have accomplished that as all of our runners regardless of running ability are able to run for longer periods of time.

Mid Season

This is just about where we are now. This is the point where not only can the runners survive the longer runs, but can "attack" those 60, 75, 90 minute run and go even further in the same amount of time. We are just at that point where our regular attending runners can start making that shift.

Later Season

And the next level is to then have your regular runs all be longer and faster, and even the track interval workouts have more sets and faster sets.

Absolute goals

These are the performance levels necessary for a team to get to a championship level, whether it be league, NCS, or State. We'll save that discussion for a bit later.

General Guidelines for the extended OYO weeks ahead of us. It is best to run 5-6 days week.

Distance Runs: 4 days a week

- A -- 60-75 minutes or 5-8 miles; 75-90 minutes or 8-10 miles
- B -- 45-60 minutes or 4-6 miles; 60-75 minutes or 5-8 miles
- C -- 30-45 minutes or 3-4 miles; 45-60 minutes or 4-6 miles

Interval/Track Workouts: 2 days a week

	Strides (Every day)	Sprint		Tempo/Threshold	
		200	400	800	1000
A --	x 6-8	x 10-16	x 8-12	x 4-6	x 3-5
B --	x 6	x 8-12	x 6-10	x 3-5	x 2-4
C --	x 4	x 6-10	x 6-8	x 3-4	x 2-3

* rest in between each repetition is about about 1-2 minutes for 200's and 400's, 2-3 minutes for the 800's and 1000's. Strides are continuous - - jog the turns, sprint the straights.

Paces -- based on mile PR

Mile PR	Distance		200 target/secs	400 target/secs	800 target time	1000 target time
	easy min/mile	Hard min/mile				
4:45	7:25	6:20	35	72	2:35	3:30
5:00	7:40	6:30	36	75	2:45	3:40
5:30	8:20	7:00	41	84	2:55	4:00
6:00	9:00	7:30	44	88	3:20	4:25
6:30	9:40	8:00	48	95	3:35	4:45
7:00	10:00	8:30	51	100	4:00	4:55
7:30	10:45	9:00	54	105	4:25	5:20
8:00	11:00	10:00	58	115	4:45	5:50