



NORTH ROCKFORD

SUMMER RUNNING

Group Training Offered Through Community Ed

3181 - Distance Running Group 7-12th grade-Coed
Led by HS Cross Country coaches. Meets throughout the summer.

8251-Speed & Power Development Camp for Girls- 7th-12th Grad
Led by HS Track coaches. Primarily focused on sprinting, but can help with speed and running form.

3617-Ram Strength Foundations-7-8th grade @ RHS Fitness Center
Focused on strength, speed and agility

Incoming 6th graders

Incoming 6th graders can participate in my running camp for 6th -8th graders - Just Run.

Session 2: August 5-7 9-11 am @ East Rockford
Register through rpssignmeup.com 3180-U25B Session 2 3rd-6th

Pre Season Camp

August 18-21, 4-5:30 pm
Monday and Wednesday @ NRMS Track
Tuesday and Thursday @ ERMS Track
Athletes go to all 4 days

Cost: \$50 (includes shirt)
Register through RPSsignmeup.com
3179-Coed 6th-8th Grade Cross Country Camp

The season officially starts Tuesday, August 26th



Summer Training On Your Own

Aim to run 3-5 times per week.

Suggested workouts (complete 2 to 4 per week):

Easy Run

Go for an easy 20-30 minute run. Should be at a pace you can easily talk at.

Fartlek/intervals

Run a 5 minute warm-up.
4-8 2 minutes hard, with
1-2 minutes rest. Or, do 4-
8 400 meter intervals on
the track.
5 minute cool down.

Tempo Run

Find an easy loop or out and back course. Run $\frac{1}{2}$ to $1\frac{1}{2}$ miles out at a steady pace, turn back or repeat at a faster pace (should not be able to easily talk)

Hills

Find a large hill. After a 5 minute warm-up sprint up the hill 4-6 times. End with a 5 minute cool down.

STRETCH AFTER ALL RUNS!

Strength and Stretching Workouts (injury prevention)

20 min Strength Workout



Post Run Stretch



Core Exercises

