

Welcome to St. Ignatius Boys Cross Country—and your summer program!

We had a tremendous season in 2010—and most of us understand that our success was a result of some serious summer training by key members of our team. To repeat our success we need to repeat and even improve upon that summer effort.

Success as a distance runner requires basic talent and ability. But it also requires training. Few of us have so much talent that we can skip the training. In fact, in my experience, the people who train harder—especially in the summer—can beat the people with more talent.

Summer running is where runners can take their biggest strides toward improvement—literally! Virtually every cross-country team will have at least one boy show up next August and everyone will say, “How did he suddenly get so good!” Well, it wasn’t so sudden. He spent a lot of time running during the summer.

Can you be that Ignatius runner when we start practice on Wednesday, August 10?

There are programs—especially for the elite high school runners—which give runners a 1000-mile goal for the summer. That seems like too much. In fact, what we recommend is less than half of that. But the very idea of a 1000-mile summer should make you realize how important this training can be. If you run just half of that, even 40 miles a week, you can make enormous progress this summer.

Figuring how many miles you run can be hard—even if you run on the lake front, where the markers aren’t always in the right place. So another way to conceive this would be that you need to run at least 45 minutes a day, six days a week. Once you have done this for a few weeks, you should try to run for an hour or so on two of those days. A small piece of advice: Develop a routine, run at the same time every day, and just make it a part of your life. In summer, mornings and evenings are the best time to run—especially mornings, when it is coolest.

Summer can also be a time to try some road races. Go ahead! It is a Go to the University of Chicago Track Club summer track meets at 6:00 PM on Thursday nights on the track at the U of C. They are free!

That’s your summer program—simplified. In this packet are three programs, with a place for you to fill in your actual mileage. If you get a late start on the summer, just start with week number one on the chart. If you get ambitious, switch charts—or do a bit more. Maybe try three longer runs each week. But if you are starting from a period of a month or longer in which you have not been running, do at least a month of running before you bump up to something more ambitious.

We will be posting on Edline a way for you to report your mileage. As we discussed before the end of the school year, we want you to check in weekly during the summer. A simple way to do so would be to go to Edline and make your weekly report. You can also keep your own spreadsheet, available on Edline. Simply update it each week, and send it along to Coach Ernst.

It is our plan to compile the spreadsheet information for the team and send it back out to you so that you can know what other boys are doing to get ready for what we anticipate to be a championship cross country season ahead.

Keep in touch: Coach Ed Ernst ed.ernst@ignatius.org 773-407-5220

We will also keep in touch through Edline. Check there for summer updates.

Sophomore Frosh Soph Runner

		S	M	T	W	TH	F	SAT		
Week 1	05-Jun	4	4	4	4	4	4	4	28	
Week 2	12-Jun	4	4	4	4	4	4	4	28	
Week 3	19-Jun	5	5	5	5	5	5	5	35	
Week 4	26-Jun	8	5	5	8	5	5	5	41	
Week 5	3-Jul	9	5	5	9	5	5	5	43	
Week 6	10-Jul	9	5	5	10	5	5	5	44	
Week 7	17-Jul	9	5	5	10	5	5	5	44	
Week 8	24-Jul	10	5	5	10	5	5	5	45	
Week 9	31-Jul	10	5	5	10	5	5	5	45	
Week 10	7-Aug	10	5	5	10	5	5	5	45	

Varsity Runner

		S	M	T	W	TH	F	SAT		
Week 1	05-Jun	9	5	5	9	5	5	5	43	
Week 2	12-Jun	9	5	5	9	5	5	5	43	
Week 3	19-Jun	10	5	5	10	5	5	5	45	
Week 4	26-Jun	10	5	5	10	5	5	5	45	
Week 5	3-Jul	12	5	5	10	5	5	5	47	
Week 6	10-Jul	12	5	5	10	5	5	5	47	
Week 7	17-Jul	14	5	5	10	5	5	5	49	
Week 8	24-Jul	15	5	5	10	5	5	5	50	
Week 9	31-Jul	15	5	5	10	5	5	5	50	
Week 10	7-Aug	15	5	5	10	5	5	5	50	

Running at State is my goal!

		S	M	T	W	TH	F	SAT		
Week 1	05-Jun	9	7	7	9	7	7	5	51	
Week 2	12-Jun	9	7	7	9	7	7	5	51	
Week 3	19-Jun	9	7	7	9	7	7	5	51	
Week 4	26-Jun	9	7	7	9	7	7	5	51	
Week 5	3-Jul	12	7	7	10	7	7	7	57	
Week 6	10-Jul	12	7	7	10	7	7	7	57	
Week 7	17-Jul	14	7	7	10	7	7	7	59	
Week 8	24-Jul	15	7	7	10	7	7	7	60	
Week 9	31-Jul	15	7	7	10	7	7	7	60	
Week 10	7-Aug	15	7	7	10	7	7	7	60	

Saint Ignatius Wolfpack Summer XC

Schedule

Sunday	12-Jun	9:00 AM	Waterfall Glen	Distance run 5-9 miles
Thursday	16-Jun	5:30 PM	U of Chicago	3 mile run, then run a track race, 1 mile run
Sunday	19-Jun	9:00 AM	Waterfall Glen	Distance run 5-9 miles
Thursday	23-Jun	5:30 PM	U of Chicago	3 mile run, then run a track race, 1 mile run
Sunday	26-Jun	9:00 AM	Waterfall Glen	Distance run 5-9 miles
Thursday	30-Jun	5:30 PM	U of Chicago	3 mile run, then run a track race, 1 mile run
Sunday	3-Jul	9:00 AM	Waterfall Glen	Distance run 8-12 miles
Thursday	7-Jul	5:30 PM	U of Chicago	3 mile run, then run a track race, 1 mile run
Sunday	10-Jul	9:00 AM	Waterfall Glen	Distance run 8-12 miles
Thursday	14-Jul	5:30 PM	U of Chicago	3 mile run, then run a track race, 1 mile run
Sunday	17-Jul	9:00 AM	Waterfall Glen	Distance run 8-12 miles
Thursday	21-Jul	5:30 PM	U of Chicago	3 mile run, then run a track race, 1 mile run
Sunday	24-Jul	9:00 AM	Waterfall Glen	Distance run 8-12 miles
Thursday	28-Jul	5:30 PM	U of Chicago	Distance run 8-12 miles
Sunday	31-Jul	9:00 AM	Waterfall Glen—On your own	Distance run 8-12 miles
Wednesday	10-Aug		First XC practice!	

Waterfall Glen

Main trailhead at Darien/Cass Ave. South exit on I55

U of Chicago

University of Chicago Track at Cottage Grove and 55th Streets, Hyde Park.

Information about the UCTC meets: <http://www.uctc.org/schedule.html>

Ed Ernst

773-407-5220

ed.ernst@ignatius.org

These are suggested events, and not all of them will be supervised. As the summer develops, we are likely to pick a few of these Sundays and try to gather more seriously as an informal “camp” where we can check on your progress.