

Summer XC Camp at Naperville North

Building a Foundation for Success

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Why have a summer camp?

- Build an aerobic base
- Build a base of physical strength
- Establish the proper habits necessary for the upcoming season
- Establish the culture for team for the upcoming season
- Provide unique and specific challenges to prepare for the demands of the season
- Have fun doing it all
- Summer is absolutely vital to what we want to accomplish.



Communicating with our Junior High Kids...

- Camp is open to incoming 8th graders and up (and everyone willing and able to do that work)
- We use word-of-mouth AND junior high coaches
- We communicate directly with incoming freshmen once they enroll and attend our spring Freshman Jamboree
- It is VERY important to get our incoming freshmen there!

How our camp is structured -- we actually have two camps...

- The XC Camp meets Monday, Wednesday and Friday each week at North Central College
- The Track and Yoga Conditioning Camp meets Tuesday and Thursday, also at North Central College
- Kids can sign up for both or only one
- The XC Camp focuses on the “skill of XC” as defined by the IHSA -- running off of the track
- The Track and Yoga Conditioning Camp focuses on the “skill of track” and on general conditioning as defined by the IHSA -- running on the track, yoga, and significant general strength and flexibility work.

Monday -- Building Aerobic Strength

- We run a “long run” of up to 10 miles, beginning at 6 miles and building to 10.
- Designed as a negative split run, out-and-back
- Is a long run for younger athletes, who run for completion
- Is a strength builder for experienced runners, who can do it quickly.
- Experienced runners run it as a progressive tempo run

Tuesday -- Yoga

- Features a 45-60 yoga workout
- Incorporates aspects of strength, flexibility and coordination
- Based on Sage Rountree's [The Runner's Guide to Yoga](#)
- Workout is completed in the wrestling gym at North Central College
- Any running that day is done individually before or after camp



Wednesday -- Aerobic Strength Building through Tempo-Paced Work

- This workout is differentiated for ability -- there are long and short options.
- The short option is completed by new runners, out-of-shape runners and track sprinters who do XC -- includes short warm-up and is designed to teach new runners appropriate tempo and 10K paces for workouts -- emphasizes effort control
- The long option includes about 2.5 miles of warmup and cool down, together with about 20 minutes of tempo-paced running on a rolling, hilly loop with rest short enough to control the effort.



Thursday -- Track-Specific Strength and Form-Work

- In keeping with IHSA guidelines, this workout takes place entirely on the track.
- Athletes run a 1600m warm-up, then cycle among three stations:
- Station #1 involves basic form drills, sets of strides, hurdle mobility and wicket drills
- Station #2 involves deadlifting sets, core work, band exercises, and light plyometric work
- Station #3 involves balance and posture work
- Athletes run a 1600m cool down



Friday -- Team-Building Day!

- Theme Day is set by captains
- Game Day
- Games are designed so all runners may participate and succeed, regardless of ability
- Purpose of workout is recovery, but there is a 15-20-minute active warm-up prior to the game
- Team Breakfast at a senior's house occurs afterward



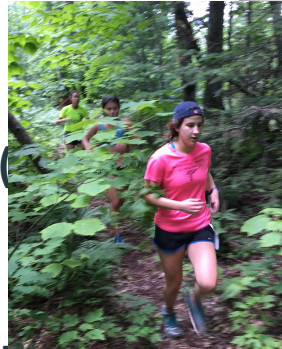
The Weekends -- On Their Own...

- Experienced runners should run a long run during the weekend
- Captains plan this run, either from someone's house or at an agreed-upon location
- Run builds to 90 minutes throughout the summer.
- Less experienced runners should run at least once, even for 30 minutes, during the weekend



Providing an Appropriate Challenge

- It is very important for the summer to include a chance for runners to expand their own sense of what they can accomplish.
- The 10-mile run does this for younger runners.
- Our long-distance relay does this for our more experienced runners (for some of our more ambitious freshmen)
- Red Eye Relay and Great Lakes Relay
- Runners need some chances to get outside of their comfort zone -- this is crucial.



The Role of our Captains...

- Devise Friday Theme Days
- Organize and host Friday breakfasts
- Use the summer to organize their roles for the school year.
- Organize the weekend runs
- Organize and run captains' practices during the Blackout Period
- We rely on our captains for a lot...



The Camping Trip -- Transition to the Year

- First three days of the year
- Everyone comes...
- Set Targets and Goals
- Team Building
- Class Meetings
- Big and Little Sisters
- Games





Questions?