



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

We had a good season in 2016—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 9?

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.

**Keep in touch: Coach Ed Ernst [ed.ernst@ignatius.org](mailto:ed.ernst@ignatius.org) 773-407-5220**

Sophomore Frosh Soph Runner

	S	M	T	W	TH	F	SAT	
Week 1	4	4	4	4	4	4	4	28
Week 2	4	4	4	4	4	4	4	28
Week 3	5	5	5	5	5	5	5	35
Week 4	8	5	5	8	5	5	5	41
Week 5	9	5	5	9	5	5	5	43
Week 6	9	5	5	10	5	5	5	44
Week 7	9	5	5	10	5	5	5	44
Week 8	10	5	5	10	5	5	5	45
Week 9	10	5	5	10	5	5	5	45
Week 10	10	5	5	10	5	5	5	45

Varsity Runner

	S	M	T	W	TH	F	SAT	
Week 1	9	5	5	9	5	5	5	43
Week 2	9	5	5	9	5	5	5	43
Week 3	10	5	5	10	5	5	5	45
Week 4	10	5	5	10	5	5	5	45
Week 5	12	5	5	10	5	5	5	47
Week 6	12	5	5	10	5	5	5	47
Week 7	14	5	5	10	5	5	5	49
Week 8	15	5	5	10	5	5	5	50
Week 9	15	5	5	10	5	5	5	50
Week 10	15	5	5	10	5	5	5	50

Running at State is my goal!

	S	M	T	W	TH	F	SAT	
Week 1	9	7	7	9	7	7	5	51
Week 2	9	7	7	9	7	7	5	51
Week 3	9	7	7	9	7	7	5	51
Week 4	9	7	7	9	7	7	5	51
Week 5	12	7	7	10	7	7	7	57
Week 6	12	7	7	10	7	7	7	57
Week 7	14	7	7	10	7	7	7	59
Week 8	15	7	7	10	7	7	7	60
Week 9	15	7	7	10	7	7	7	60
Week 10	15	7	7	10	7	7	7	60

**Practice begins Wednesday, August 9 at 8 AM! Please bring school athletics paperwork and a completed IHSA physical form. You cannot practice without paperwork.**

For information about our summer camp, contact Assistant Coach Nate McPherson, [nathan.mcpherson@ignatius.org](mailto:nathan.mcpherson@ignatius.org).