



# Build for your best Fall

GREAT WAYS TO BUILD TOWARD A SUCCESSFUL FALL XC SEASON

# Introduction

## Casey Jermyn

- Born and raised in Montana
- Ran for Montana State (2000-2005)
- Sales Rep for Brooks Sports (2006 – 2010)
- Own Bozeman Running Co & Flathead Running Co
- Coach for BHS XC/Track since 2016





What best describes BHS XC?







## Keep things fun

- Pancake breakfast runs
- Mix up the location of your run
- Organize something fun post run
- Explore a new running area

# Consistency is key

- Hard to rely on the kids alone to meet consistently
- We meet with the distance kids all year
  - Summer Training (Monday – Thursday)
  - Fall XC Season
  - Winter Training (Monday – Thursday)
  - Spring Track Season
  - Post Season (NON, NXR, NXN, NIN, Portland Track Fest, etc)



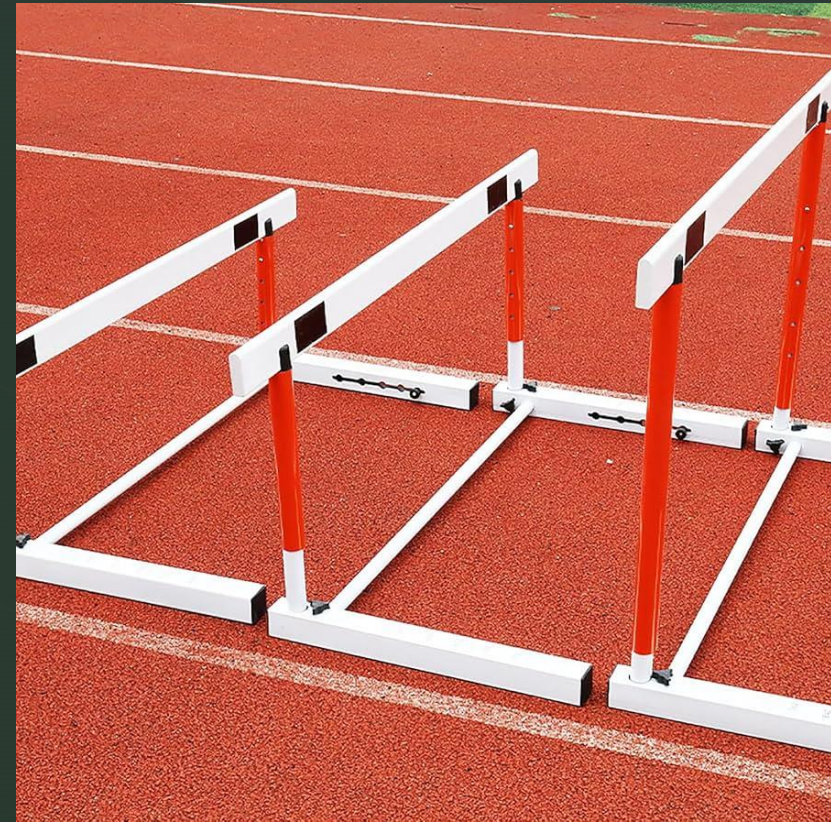
# Soft Surface Running

- Trails
- Grass fields
- Gravel Roads
- Parks



# Strength/Core/Hips/Hurdles

- Strength Routine (add light weight when we can, but mostly body weight circuits)
- Core (we pick a couple kids to lead core on core days)
- Hip/Hurdles



# Summer Training Week 5

	Week 5 Cross Country Schedule						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	7/14/2025	7/15/2025	7/16/2025	7/17/2025	7/18/2025	7/19/2025	7/20/2025
Abs	Yes	No	Yes	No	Yes	Yes	No
Level 1 16 Miles	3 Mile Easy Run	3 Mile Easy Run	1 Mile Tempo Run	3 Mile Easy Run	Rest or Alternative Exercise for 30 min	3 Mile Easy Run	Rest
Level 2 22 miles	4 Mile Easy Run	4 Mile Easy Run	1-2 X 1 Mile Tempo (2-3min Rec Between Each Mile) 2 X Hill Drills	4 Mile Easy Run	Rest or Alternative Exercise for 30 min	4 Mile Easy Run	Rest



# Summer Training Week 7

	Week 7 Cross Country Schedule						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MEETING LOCATION	Story Mill	Story Mill	Story Mill	Story Mill	Run on Own	Run on Own	Run on Own
	7/28/2025	7/29/2025	7/30/2025	7/31/2025	8/1/2025	8/2/2025	8/3/2025
Abs	Yes	No	Yes	No	Yes	Yes	No
Level 1 16 Miles	3 Mile Easy Run	2 X 1 Mile Tempo Run (2 Min Rec between) 2 X Hill Drills	3 Mile Easy Run	Progression Run	3 Mile Easy Run	2 X 1 Mile Tempo Run (2 Min Rec between) 2 X Hill Drills	LR @ 20% of Mileage
Level 2 22 miles	4 Mile Easy Run	2 X 1 Mile Tempo Run (2 Min Rec between) 2-3 X Hill Drills	4 Mile Easy Run	Progression Run	4 Mile Easy Run	2 X 1 Mile Tempo Run (2 Min Rec between) 2-3 X Hill Drills	LR @ 20% of Mileage

# Summer Training Week 9

Level 3 35-38 Miles	5 Mile Easy Run	<b>2 X 1 Mile Tempo Run (2 Min Rec between)</b>	5 Mile Easy Run	<b>3 X 1 Mile Tempo Run (2 Min Rec between)</b>	5 Mile Easy Run	5 Mile Easy Run	7 Mile Easy Run
Level 4 44-46 Miles	5 Mile Easy Run	<b>3 X 1 Mile Tempo Run (2 Min Rec between)</b>	5 Mile Easy Run	<b>3-4 X 1 Mile Tempo Run (2 Min Rec between)</b>	6 Mile Easy Run	5 Mile Easy Run	10 Mile Long Run
Level 5 50-52 Miles	AM - 3 Mile Easy Shakeout Run 5 Mile Easy Run	<b>3 X 1 Mile Tempo Run (2 Min Rec between)</b>	AM - 3 Mile Easy Shakeout Run 5 Mile Easy Run	<b>4 X 1 Mile Tempo Run (2 Min Rec between)</b>	7 Mile Easy Run	AM - 3 Mile Easy Shakeout Run 5 Mile Easy Run	11 Mile Long Run



# Summer Training Week 16

Level 1 & 2 22 miles	4 Mile Easy Run	Open 400, 2 X 1000m @ RP, Closing 200	4 Mile Easy Run	2 x 1 Mile Tempo (60 sec rec), 4 x 50 Flys	4 Mile Easy Run	Marker	LR @ 15%
Level 3 32 Miles	4 Mile Easy Run	Open 400, 3 X 1000m @ RP, Closing 200	4 Mile Easy Run	3 x 1 Mile Tempo (60 sec rec), 4 x 50 Flys	4 Mile Easy Run	Marker	LR @ 15%
Level 4 33 Miles	4-5 Mile Easy Run	Open 400, 3 X 1000m @ RP, Closing 2 x 200	4-5 Mile Easy Run	3 x 1 Mile Tempo (60 sec rec), 4 x 50 Flys	4-5 Mile Easy Run	Marker	LR @ 15%
Level 5 38 Miles	4-5 Mile Easy Run	Open 400, 4 X 1000m @ RP, Closing 2 x 200	4-5 Mile Easy Run	4 x 1 Mile Tempo (60 sec rec), 4 x 50 Flys	4-5 Mile Easy Run	Marker	LR @ 15%

# Tempo vs Threshold

- Tempo is slightly slower, but usually longer intervals
- Threshold runs are slightly faster and broken into shorter segments
- We tend to start our Summer with Tempo, as we approach and make our way through the season its more Threshold runs (1K – 1M)



# Simple building blocks for success



- Build base mileage slowly – 10% rule
- Integrate tempo/AT work over the summer months
- Hill drills or ATP 150m – 200m on grass
- Long run (20% of weekly mileage, cuts down to 15% during comp phase)

# HARC Camp

- team camp back home in Western MT (actually lower altitude than Bozeman)
- revisit goals set at the start of the summer season
- Tamarack Creek Road workout
- Attendance to camp is based on your overall Summer practice attendance



# HARC Camp



- 11 Miles to Paradise Run
- Float Trip
- Tamarack Creek Workout
- Up and Over



# Summer Races

- Sweet Pea Run
- Ridge Run
- Cross Cut
- Bangtail 38K
- Teton Mountain Runs





# Community Involvement

- Volunteer at local races
- Fundraisers
- Ridge Run cheer station
- Run with the Hawks



# Thank You

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