

WLXC 2017

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### **Summer Calendar:**

**\*You may not practice until all physical forms are turned in to the WL Athletic Office\***

Weekdays June 26 – August 6: Captain's Runs (Captains will inform you of time/location)

Monday Aug. 7: First Day of Practice (7:30AM – WL Track)

Weekdays Aug. 8 – Sept. 1: Mandatory Practice (7:30AM – WL Track)

Wednesday Aug. 30: Last day for 9<sup>th</sup> graders to join the team (Must have physical on file and must be at practice by this date)

Tuesday Sept. 5: First day of School. Practice at 3:30PM on WL Track.

### **I need to wear shoes?**

The most important piece of equipment for running is proper running shoes. If you have been running in the same shoes for more than 4 months, it is time to get a new pair. Go to Pacers in Clarendon or =PR= in Ballston and they will assist you in getting the correct pair. Do not buy running shoes based on cuteness and do not buy shoes without the consultation of someone at the running store examining your foot type and stride – it will lead to injury.

Do not run barefoot. Would you reach into a hot oven without oven mitts on? Running barefoot is just as dangerous. Your feet and legs have been used to running in shoes for 13 years, don't stop now.

### **Garbage in/Garage out:**

If you are training over the summer, you should not be dieting. Your body needs even more healthy food than usual since you will be training harder. Eat/Drink more: water, Gatorade, fruits, vegetables, rice, oatmeal, pasta. Eat/Drink less: soda, fast food. The more good food you put into your body, the better your training output. You will not run well the morning after 4 sodas and 3 Big Macs. I'm not asking you to diet, just think about what you are putting into your body. All things in moderation. Keep eating ice cream - while not proven to actually make you faster, it tastes amazing.

**How 'bout this heat? and I'm so thirsty:**

You should run early in the morning or later at night because of the heat and humidity. We highly recommend running in the morning as evening runs often get put off and neglected.

If you cannot attend the captain's runs, try to run with a friend. Be sure to hydrate the night before as well as after a run. We recommend half sports drink/half water.

**Snooze button:**

Sleep is a very underrated portion of long distance training. Your body NEEDS sleep to recover from hard runs and workouts. While getting 8-10 hours is usually not an issue in the Summer, you also need a consistent sleep schedule to keep your body running well.

**That's gotta hurt:**

Seasoned runners know the difference between soreness and injury but as a new a runner, it may be difficult to distinguish between them. Soreness is normal, injuries require attention. If you think you are injured, take a few days off. If it does not improve, email a coach.

**July + August = October:**

The training you do in July and August will dictate your performance in October at the end of the season. You must be consistent with your training. Be sure to stretch before and after. Being on vacation is no excuse not to run. Why wouldn't you want to watch the sun rise while running on the beach? NO ZERO WEEKS! In other words, you should never look at your training log and see a zero for the week. Consistency is key.

**But I want to be State Champion:**

Keeping the above paragraph in mind, do NOT over train. Stick to the schedule, no more running than the schedule dictates. The schedule is written to protect you from injury. NO TRACK WORKOUTS. Summer is no time for 400m repeats on the track. We will get plenty of speed work in once the season begins. If you're insistent on having a breakout season this year, add the following items to your training regimen:

- Swimming
- Biking
- Pushups/Crunches
- Planks - side and normal - Keep your body parallel to the ground and your butt down. Your back should be able to balance a glass of water on your back.