

LAKE CITY CROSS COUNTRY

a long distance relationship

Communication is key to our success as a team.

Communication:

- **TeamSnap App** I will post practices and meet schedules, or any team events. I will also send team emails through the app. It's free to download and all I need are names and parent and athlete emails.
- **Text/Call** you may always send me a text or call if you have questions or concerns.
My number: **Brandy Anderson 208-699-9222.**
- In addition, we have a website through the Lake City HS website as well as **athletic.net.**

“Champions are made in the off season”

In the sport of running, off-season training is important. There are many opportunities to help meet **YOUR** goals as a distance runner.

Summer Training Program: Our summer runs are not mandatory nor is summer training but it is fun and you will enjoy your fall cross country season more if you participate. These will be led by the captains. The coaches will often be there.

Team runs are 3 days a week beginning **June 13.**

- **Monday (@ Tubbs Hill/McEuen Field -3rd St entrance) -8:00 am**
- **Tuesday Captain's run (Bluegrass park) 8:00 am**
- **Thursday (Shaddock Park) - 8:00 a.m.**

“You will never always be motivated. You have to learn to be disciplined”

Some of the key runs to get in weekly are:

- **A long run** (gradually increase your miles throughout the off season)
- **A tempo run** (15 or more minutes of running with a heart rate of about 160-170 bpm)
- **Repeats** (or hills) of 3+ minutes with 2-3 minutes recovery between repeats.

It is also imperative that you continue to do your daily core work, post workout stretching and include some good strides in your workouts.

Running Essentials

* Watch *Water bottle *Running shoes *Clothing appropriate for weather

*Cell phone-for safety, running with a phone is a good idea (as long as you are not on it. Also listening to music while running can be dangerous-keep at least one ear open.)

Cross training is also a great way to get in shape and can complement your running. However, it should not replace running. You should get **20-40 miles of running in each week.**

Summer weights should be done 2-3x a week: the LCHS weight room will be open during certain hours in the summer. If you go you must be there to workout and absolutely no horse play.

“Running is a positive sum game: you get out of it what you put into it.”

Progressive Mileage and Consistency

The keys to be in condition when August 8 rolls around are running and/or cross training on a regular basis this summer, that it is progressive, and you keep a training journal. Work in sets of three weeks at a time. If you are just starting, do 20 miles the first week, 20 the second, and 15 the third. The next three weeks should be 25, 25, 20 and so on. If you have already been running maybe begin with 30, 30, 25, followed by 35, 35, 30 and so on.

500-mile club

We have a program that we call the "500-Mile Club". This is how it works- if you complete 350 miles for freshman, 400 miles for sophomores, 450 miles for juniors, and 500 miles for seniors (can be running, cycling, swimming, in-line skating etc.) from the first of June until the end of August, you make the "500-Mile Club" (at least 250 miles for freshman or 300 miles for everyone else need to be from actual running). This entitles you to some bragging rights and a 500 mile club shirt.

In order to be eligible you must keep a record of your summer training workouts and you must stay healthy. Training logs can be digitals or you can also use Strava or a paper journal-you will still need to get us the info at least on a weekly basis).

Each running mile is a mile, 3 cycling miles=1 running mile, 1 swimming mile=4 running miles, 2 in-line skating miles=1 running mile. If you are interested you need to set your goal now and get yourself organized. It is important that your miles are spread throughout the summer (meaning: don't try to cram them all in at the last minute-you could injure yourself doing it that way). Younger athletes need to be very careful about overtraining. Many of you are growing a lot so you need to be good to your bodies. This will be fun and will take some commitment on your part. It is up to you!!

Awards/rewards for summer training

Besides coming into the season in amazing shape and less likely to have injuries, there will be awards for:

- ★ Keeping a workout journal/log
- ★ Consistency
- ★ 500-mile club

"In the midst of an ordinary training day, I try to remind myself that I am preparing for the extraordinary" ~Shalene Flanigan

Important Dates

June 13, Monday: First day of summer group runs- 8:00 a.m. @ Tubbs

Fundraising:

- **Saturday July 9th 3:00am-** Hayden Tri set up and tear down. **Everyone needs to be here!**
- **Friday/Saturday August 12/13-**CDA tri set up and tear down.
- In the works: **LCHS KIDS CAMP: Aug. 22, 24, 26 9:00-11:00.** Our practices would start at 7:30 those mornings.

August 8, Monday: First day of XC season-8 a.m. at LCHS. Your paperwork (completed online) is due the first day of practice. This includes: athletic contract, ASB card payment, emergency card, transportation fee, and physical. Physicals must be completed by all incoming freshmen, juniors, or anyone new to HS at LCHS sports.

- ★ NOTE-this is a state rule: Once the season begins (8/8) you may not compete in any other races besides our xc races until the season is over.

We are excited for a fun and successful cross country season. If you like to work hard and have fun this will be a great fit for you. If everyone works together and trains over the summer the Lake City Timberwolves could have a very successful 2022, but it will take the efforts of everyone. **Your team depends on you!** Welcome!

Happy Running!

Coach Brandy Anderson: 208-699-9222, brandy.anderson@cdaschools.org

