

5 PTS OF EMPHASIS FOR 2020/TO BE EVEN BETTER

“We have to do these things to take that next step!”

WINTER SPORT/CONDITIONING:

- If you are in a winter sport, you are doing something every day..using different muscle groups which is good for overall strength. I prefer this option the most but that is not always something that fits all of our kids
- If you do not do a winter sport, we will have a winter conditioning program much like we did the last 5 yrs; even “IF” track does not decide to do that. We will see how that progresses but we will set something up. At least 3 days per wk. Pay attention in Jan.
- You can’t take 4 months off doing nothing between now and track. After NXN, relax a little; shoot for maybe 2 runs a week if not in a sport; Jan, we pick that up

TRACK:

- Track gives you the “speed component” for distance running. Doing the various distances helps you in that part of your training. And typically less miles.
- Unless you are a “dude/dudette” you need to be running some distance races in that. If you only do 400s/800s it will catch up to you in the fall. EX: Colin did the least amount of 1600/3200 last spring (we needed him there but still poor coaching..who was that???) and he probably improved the least of our varsity XC kids. Advocate for those runs. You need to do some 1600s/3200s.

SUMMER FUN RUNS:

- June/July/August: That is when the teams who will be running in Nov get it done. We saw that this yr for both teams. Personally/team wise you need to be there!
- Monday night Tempo 800s; Tues/Thursday Popp’s road; then we have to “add” to that.
- Can we get 75% average attendance? If we do, state will not only be there but maybe top 5 for each team..who will be the leaders in making that happen?
- They will start the Tuesday of state track

RUNNING CAMP:

- 12 runs at altitude: Same corresponding dates as last yr; 5 doubles!!!
- Lets fill the bus and start building those championship teams

FOCUSED TRAINING:

- We will once again meet in early June to talk about team goals and more specifically how you can make those improvements.
- We have included some training charts that can also help you. It is not easy to train correctly...you have to have a plan.
- The only way you can get faster is to get stronger and teach your body to run faster:
 - a. Longer runs build strength
 - b. Faster pace for training (1-2 times per week) means you race faster
 - c. Shorter intervals/rest periods between training allows you to do that

