

# WMS Cross Country Summer Training

**\*\*All ATHLETES MUST BE ENTERED INTO THE CROSS COUNTRY ROSTER ON FINAL FORMS\*\***

<https://wadsworth-oh.finalforms.com>

## Warning:

Please don't try to jump right into doing lots of hard running, as this is dangerous and could lead to injury. Instead, build up to the suggested workload with smaller increments in order to allow the body to adjust to the increase in stress. Additionally, it is important to warm up and cool down before and after exercise. Be safe, be smart, and enjoy the miles.

## Novice Runners:

Run—or get your heart rate up with some sort of exercise (swimming, biking, etc.)—for at least 30 minutes a minimum of three times per week.

## Advanced Runners:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Long Run: 4-5.5 miles with second half faster than first half	Recovery: 2-3 miles	Tempo Run: 1.5-2.5 miles @ a quick, steady pace with an easy warm-up and cool down	Recovery: 2-3 miles	Medium Run: 3-4 miles with second half faster than first half	Recovery: 2-3 miles	Recovery: 2-3 miles

**Summer Runs:** The team will attempt to organize some ***optional*** runs regularly throughout the summer. Information on these runs will be given through the attached Remind text list. Please sign up for these reminders as they will be used throughout the season.

## Important Dates:

**August 1:** First day of practice→ All athletes must have a physical completed and on file before participating in practice. Drop off and pick up in front of WMS. 8:00 to 10:00am.

**August 19:** Practices move to afternoon 2:45 to 4:15pm.

**August 24:** Activity Assessment Fee due

**August 24:** First Competition @ GlenOak Invitational (*subject to change*)

**\*\*Athletes must participate in 10 team practices before they are allowed to compete in a meet.\*\***

**Any Questions can be directed to Coach England: [eeotland@wadsworthschools.org](mailto:eeotland@wadsworthschools.org)**

**\*\*Please consider joining the team Remind group. Information can be found on the other side of this paper.\*\***

Remind

# Sign up for important updates from Coach England and Mike.

Get information for Wadsworth Middle School right on your phone—not on handouts.

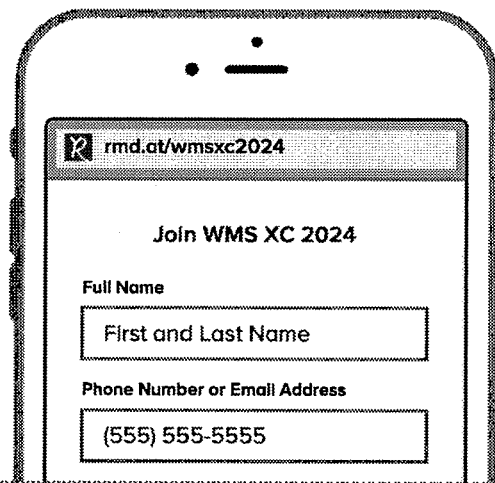
Pick a way to receive messages for **WMS XC 2024**:

**A** If you have a smartphone, get push notifications.

On your iPhone or Android phone, open your web browser and go to the following link:

[rmd.at/wmsxc2024](https://rmd.at/wmsxc2024)

Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.



**B** If you don't have a smartphone, get text notifications.

Text the message **@wmsxc2024** to the number **81010**.

If you're having trouble with **81010**, try texting **@wmsxc2024** to **(415) 749-9889**.

*\* Standard text message rates apply.*



Don't have a mobile phone? Go to [rmd.at/wmsxc2024](https://rmd.at/wmsxc2024) on a desktop computer to sign up for email notifications.