

Prepping for a successful CC SEASON:

All runners are encouraged to begin working out in the summer in order to be ready for practices and meets when the season begins. A practical goal would be to start out running one or two miles two to three times a week and work up to two to three miles three or four times a week. We will begin attending meets very quickly after the onset of school so preparation this summer is vital.

Before your run -

Warm up with a slow jog, running in place and a few agilities such as high knees and butt kicks.
Lightly stretch.

After you run -

Stretch all 3 muscle groups in your legs - hamstrings, calves and thighs.

Eating, sleeping and drinking -

Get plenty of sleep, stay hydrated and eat properly. You will need lots of carbs and lots of those good nutrients from all food groups. Watch that junk consumption ☺

Tidbits -

To mix your runs up, do some fast running intermixed with periods of slower running.

Bike Riding is an awesome option to building cardio/core strength and leg muscles as well.

Early morning or evening will be coolest ☺

Run with a buddy when possible.

Run on grass or fields when possible.

Start our slow to avoid injury.

Ice is for inflammation, Heat is for soreness.

DON'T get discouraged - and DON'T quit - it takes perseverance!

If you have any questions during the summer, you can reach me at 317-6355 (Coach Weathers).