

There are 3 major areas that we concentrate on

1)Proper nutrition:

Eat Well....eat lots of carbohydrates (usually about 75-80% of your diet)...this includes bagels, wheat bread, pasta, fruit, vegetables, peanut butter....drink LOTS of fluids – mainly WATER!!!

2)Proper Rest:

Sleep well each night... you need at least 8 hours of rest each night... you also need down time from your running workouts... you need at least 1 day off every 7 days of running!!

3)Proper Training:

Proper training is vital to your success as an athlete...In our Cross Country program you will be involved in the following training methods: Long, slow distance (which gives you your mileage base), speed workouts and hills.

Additional Tips for Beginner Runners

- Get the right running shoes - this is key to comfort and injury prevention. Also, don't run in worn out shoes - replace them every 300-400 miles
- Don't eat right before running - but do make sure you eat 1 1/2 to 2 hours before practice - something light like an apple with peanut butter or a banana
- Don't stretch before you run - do a short warm up before you stretch or wait until after you are done running. Cold muscles don't like to be stretched.
- Breathe thru your mouth - muscles need oxygen. Breathe more from you belly, not your chest - that's too shallow. Deep belly breathing allows you to take in more air, which can also help prevent side stitches.
- Be patient - it will take a couple of weeks to get thru that wall. Don't compare yourself to others and track your own progress to see how you are improving!! **DON'T GIVE UP!!!**

