

Seguin Cross Country Summer Training

1. COMMITMENT

- You must be dedicated to yourself (train everyday)
- The team is counting on you to be a stronger runner than you were last year
- When you get stronger, we get stronger (train like it's the Olympics)

2. GET A PHYSICAL

- Schedule a physical early
- Now is the time, not Aug 1st

3. Buy a GOOD pair of RUNNING SHOES

- This is the #1 piece of equipment, think quality, not looks
- Look at New Balance, Brooks, Mizuno, Asic first
- Check for last year's model, they are significantly cheaper

4. Runner's watch

- One of the best training aids
- Should be able to keep splits and/or laps
- Look at Men's versions – bigger displays and buttons
- Start with a basic watch before buying an fancy one

5. Train together

- Training with a friend or group helps everyone involved
- Talk while you run, it passes the time and forces you to use more Oxygen

6. Build miles smartly (stretch out after each run)

- The summer is for long easy distance
- Pick a weekly mileage group that you feel comfortable with (you can always move up)
- Train every day, split long days into an AM and PM runs
- Remember you are building a foundation, build a strong one

7. Use the Runner's Log

- Use the calendar to keep track of your training
- Write down distance and times, as well as effort.

8. Lift weights and STRETCH

- 2-3 sets x 15-20 reps, 2-3 days per week (Wt Room open M-F10am-12pm)
- Bench, Incline, Squats, Lunges, Power Cleans, Upright Rows
- "Speed Kills but STRENGTH PUNISHES"
- The winner of the race slows down the least. Finish strong

9. Eat a healthy diet

- Eat plenty of fruit and veggies
- Drink plenty of water (8-10 16 oz servings)

10. Remember the 5 P's

- Prior-Preparation-Prevents-Poor-Performance
- NO EXCUSES, ONLY RESULTS

How you train in June & July determines how well you run in August & September.
How you run in Aug & Sept determines how well you race in October & November.

Have a great summer,

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FIRST PRACTICE

August 2nd 7:00am
Have your physical with you
Bring your mileage log
Bring a friend (RECRUIT!)
Get a prize