

# Welcome to 2023

Overview about Season/Training



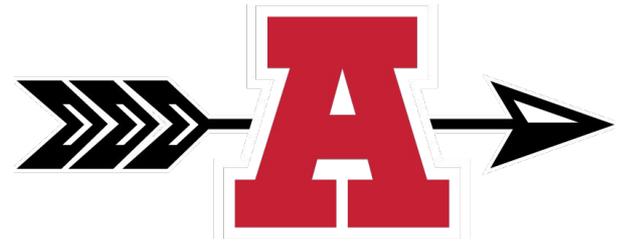
| ONE  
TEAM.

# Mission Statement

- The mission of this Cross Country program is to teach athletes to be successful. We believe that success is a learned characteristic.
- We strive to instruct athletes to be successful by teaching them how to set goals, instilling the work ethic and discipline that running requires – especially perseverance.

- We teach the importance of helping each other with instruction, support and encouragement.
- We want this to be a fun experience where there is camaraderie and friendships being built.
- ***These characteristics are the building blocks of success not only in athletics but especially in life***

# Guidelines...



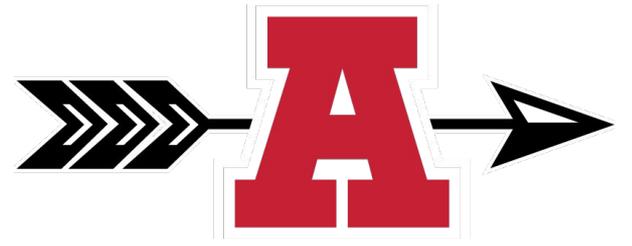
- Practices

8:00 a.m. - 10:15 a.m. 1st 2 weeks

3:00 - 5:15 (M-F) / Sat. 8:00 a.m.

- Notify Coaches if you can't make a practice or that you will be late
- When off campus...
- When on track...common courtesies...

2 W's



Weather - we will always practice...

Water - always bring to practice...

# Selecting Running Shoes

- Training shoes must provide support and cushioning.
- Life of a shoe is about 400 – 500 miles.
- Let them know you are on the Arrowhead team and they usually give you a runner discount!



- Racing spikes are extremely light and runners will absolutely run fast with them.
- Varsity runners, must have a pair of spikes.
- Hand me downs from the varsity





# Runner's Watch



- Each runner needs to have a watch every day to monitor training. A runner's watch is just a digital watch with a stopwatch feature.
- The newest and best watch is GPS watch to track distance and pace - Garmin

# 10 Important & Simple Things You Can Do To Be Successful and Help Our Team Succeed

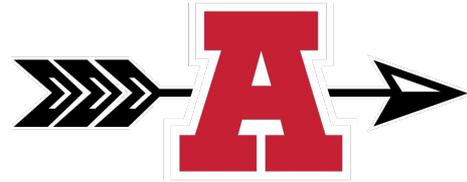
1. Set Goals
2. Don't Miss Practice
3. Positive attitude everyday
4. Become a student of the sport
5. Become a "Good" teammate



6. Have fun @ practice
7. Increase your strength
8. DREAM BIG
9. Intrinsic Motivation
10. Take care of yourself

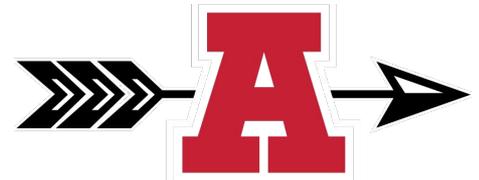
# Focusing on Strength Training

- Minimize the risk of getting injured
- Going to toughen up your muscles and connective tissues (bones, joints, ligament tissues)
- Injury proofing the body
- Need to be consistent with Weight Training



# Improve & Increase Mileage and Long Run

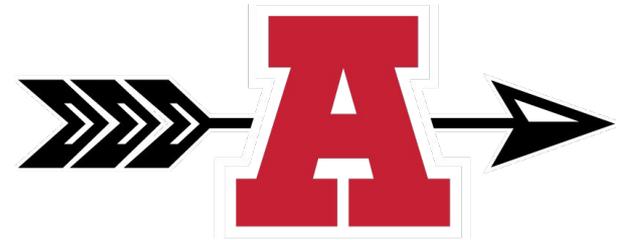
- This will improve your ability to tolerate more work (which means working harder = racing faster)
- Long Runs will increase as the season progresses
- Weekly min/milage will also increase



# Easy Strength Speed (2-3 times/week)

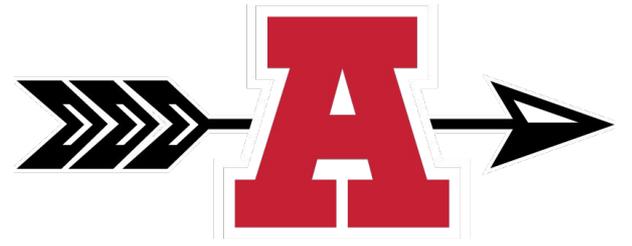
- Strides/Barefoot Strides

- Hill Strides



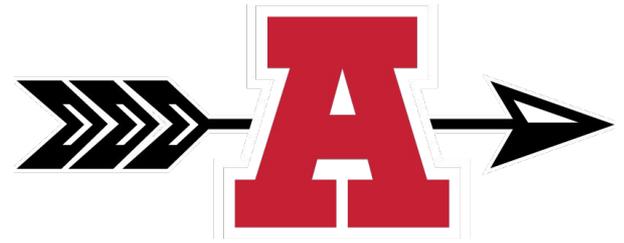
- Short pick ups within recovery run

# Workouts



- Cycle through a 10 day workout cycle
- 2 Hard workouts a week.
- Workout Groups...based on finishing times of races

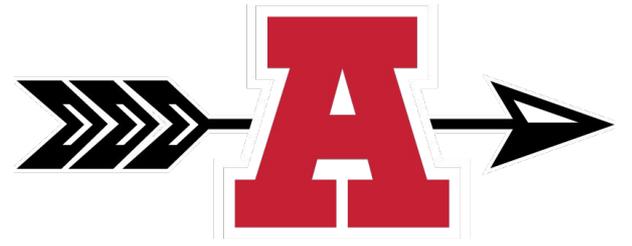
# Day to Day...



- Hard days will be hard...strength
- Easy days will be easy...strides/core

Wednesdays

# Communication



- Workout schedule and other announcements will be done through Team App/Instagram



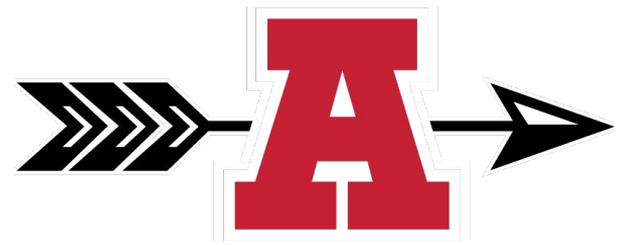


## PR'ing

The key to PR'ing is the ability to do hard workouts...

Practice being as comfortable as possible  
when you are uncomfortable

Practice running fast when your uncomfortable



# PR'ing

1. Keep a Calm Mind - Weather / Good Competition / Getting Fatigued
2. Cover Moves - be ready to make a move when there is a break in the race. Be ready mentally!!!
3. Stay Relaxed - When you are running hard...stay relaxed



## More Sleep = PR's

You've got to sleep to recover from both races and workouts.

You need good sleep to absorb the racing and to absorb the workouts you've been doing

# *ARROWHEAD XC & TRACK AND FIELD*

## WHAT TIME SHOULD I GO TO BED?

### Wake-Up Time

	5:30 AM	6:00 AM	6:30 AM	7:00 AM	7:30 AM	8:00 AM	8:30 AM
--	---------	---------	---------	---------	---------	---------	---------

### Bed time

<b>Awful</b>	10:30 PM	11:00 PM	11:30 PM	12:00 AM	12:30 AM	1:00 AM	1:30 AM
<b>Bad</b>	10:00 PM	10:30 PM	11:00 PM	11:30 PM	12:00 AM	12:30 AM	1:00 AM
<b>Minimal</b>	9:30 PM	10:00 PM	10:30 PM	11:00 PM	11:30 PM	12:00 AM	12:30 AM
<b>Mediocre</b>	9:00 PM	9:30 PM	10:00 PM	10:30 PM	11:00 PM	11:30 PM	12:00 AM
<b>Good</b>	8:30 PM	9:00 PM	9:30 PM	10:00 PM	10:30 PM	11:00 PM	11:30 PM
<b>Champion</b>	8:15 PM	8:30 PM	9:00 PM	9:30 PM	10:00 PM	10:30 PM	11:00 PM

# Spirit Wear



Check Team App...deadline is Wed.Night!

