

Hickory Creek Cross Country Summer 2010

To: Interested Cross Country Participants

From: Coach Luther and Coach Bouck

We are looking forward to another great cross-country season this fall. We welcome all those who have run with us before and would love to see some new faces, too. If you know of anyone who is interested in joining cross-country and has not received this letter, please pass the information on to them. The first official practice will be Wednesday, August 18, 2010. Please meet at Hickory Creek's track dressed and ready to run. Practice will run from 8:00 – 10:00. Please have your rides here on time to pick you up. If you cannot make it on Wednesday, please join us Thursday and/or Friday at the same time.

All athletes need to have a current physical on file in the health and attendance office or handed to me on the first day of practice in order to participate in cross-country. Physicals are current for one year. Included with this letter is a form that you may use for your physical. For a limited time, physicals are being offered at Walgreens for \$30 and no appointment is necessary. You may also want to check CVS.

Although we are not holding any organized practices throughout the summer I highly recommend that you train on your own. We would like you to have developed a base before the season begins.

Some suggestions for developing this base:

- June: run 1-2 miles a day, 2-3 days a week, at your own pace.
- Early July: run 1-2 miles a day, 3-4 days a week, at your own pace.
- Mid July: run 2-3 miles per day, 3-4 days a week, at your own pace
- August: run 2-4 miles per day, 4-5 days a week, at your own pace.

Other suggestions for workouts on days you are not running distance, if you can get to a track:

- Run the straight aways and walk the curves, 4x 3 (sets)
- Sprint 200's (half of the track), 5x 2 (sets)
- Run 800's (two times around the track) at race speed (3:00 or less) 4x with a rest of 3:00 in between.

Running hills is also a good workout and don't forget to stretch when you are finished with any workout and drink plenty of fluids.

**HAVE A GREAT SUMMER AND
WE WILL SEE YOU AUGUST 18, 2010!**