

## Practice Day Survival Guide

**Fueling up after school:** Group A girls have at least 40 minutes after school is dismissed at 2:50, and may want to consider a light snack during this time. Whenever possible, the coaches try to bring pretzels or some other snacks for the girls, but each girl should consider bringing her own snack.

### Warmup

**Warmup run:** there are several things to remember when doing our warmup run.

- 1) **Run on the grass (Seneca):** please stay off the jogging path, yielding that path to walkers and other joggers. Although we have every right to use this path, we don't want to negatively impact other park users so we choose to respect their right to use the park as well.
- 2) **Complete the entire warmup run:** on rare occasions, we've had girls on our team who cut the warmup short by turning around early or who hide in the bathroom during warmup. We consider these choices extremely disrespectful of one's teammates, and we will take whatever action we consider necessary to eliminate that kind of behavior from our team.

**Warmup routine:** directed by the team captains and includes a variety of exercises that we consider necessary to provide proper stretching, muscle activation, etc, prior to a run or workout. Each of these exercises is included on a handout that we will gladly make available upon request.

Many girls may also want to consider doing

- **Knee circles:** while on your hands and knees, make small circles with your knee
- **IT band stretch:** while flat on your back, bring your knee across your body and hold
- **Various other static stretches:** quad stretches, stretches for the calves, etc.
- **Various flexibility-related exercises:** working on your foot and ankles

The coaches will also have girls do additional drills and exercises before any workout.

### Warmdown

**Warmdown exercises:** for Group A girls, there will be a set warmdown routine each day that includes exercises which focus on strengthening a specific area of the body:

- Hip girdle and glutes: various routines that work hip flexors, glute medius, abductors, etc.
- Core: various exercises like planks and weighted walks (note – we do not do crunches)
- General strength: typically squats, pushups, bench bar dips, etc.

*Group B girls will have their warmdown routines given to them by the Group B coaches.*

**Foam rollers:** we will try to make foam rollers available after practice

**Ice Baths:** whenever possible and appropriate, we will set up ice baths for interested girls.

**Fueling up after practice:** the girls should have a recovery snack or drink within 30 minutes of the completion of each run or workout. This snack/drink should have a carb-protein ratio of 3:1 or 2:1.

**Fueling up at Dinner:** on hard days (e.g. tempo runs, interval training, hills) or long run days, we suggest that the girls get sufficient protein at dinner to help with recovering from those workouts.