

Practice Day Survival Guide

Fueling up after school: Group A girls have roughly 30 minutes after school is dismissed, 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 appropriate action to eliminate that kind of behavior from our team.

Warmup routine: includes a variety of exercises that we consider necessary to provide proper stretching, muscle activation, etc, prior to a run or workout. We will typically do our best to provide our warmup routine as a handout on days when we need the girls to do more than a basic warmup.

On days when we don't provide a formal warmup routine, girls may also want to consider:

- **Leg swings:** both side to side leg swings, front to back leg swings
- **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 on workout days.

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 something we're able to do, we will try to set up ice baths for interested girls.

Fueling up after practice: we encourage the girls to 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.