

Practice Day Survival Guide

Fueling up after school: the girls have at least 30 minutes of time after school is dismissed, and may want to consider a light snack during this time.

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.

The warmup run and warmup routine are expected from each runner on the team. As mentioned above, on rare occasions, we've had girls who (wrongly) believe that they do not have to do all of the warmup run or warmup routine and cut them short without telling us. It's very important for the girls to avoid the temptation to do this.

Practice

Runs and workouts during practice

The coaches will provide each girl with the run expected of her at every practice. We expect the girls to do their run or workout to the best of their ability (i.e. as we ask them to do it), and to let us know if they are unable to do so.

Walking during a run

We do not allow girls to walk on runs outside of Seneca Park. Our standard rule is that the girls may not leave Seneca Park if they are not able to run 2 full loops of the Seneca park loop without stopping. We do realize that it's possible for someone to have problems on their run, so if it's ever necessary for a girl to walk on her run outside of Seneca Park, then we need her to tell us about her situation.

Seneca Park group

Girls who do not attend practice regularly over the Summer and/or cannot run 2 full loops around the Seneca Park loop will be placed in our Seneca Park group. I.e., they must do all of their runs on the Seneca Park oval, and cannot leave the park. Whenever a girl is placed in the Seneca Park group, we will provide periodic opportunities for her to move out of this group.

Warmdown

Warmdown exercises: there will be days when we ask the girls to complete a warmdown routine at the end of practice.

When a warmdown routine is assigned, we expect the girls to do this routine before they leave practice. No one is allowed to do this routine at home unless they have specific permission that day to do so.

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.