

## **Summer Running prior to official practice starting on July 15**

*Guidelines: When running this summer, here are some important guidelines to bear in mind*

- Prior to July 15, we follow a “just run” approach which involves simply getting out the door and *running at a pace that’s based on how you feel*. There is no prescribed pace for any run prior to July 15. If you feel good, then don’t be afraid to go with the flow and run a little faster. On the days you feel like poop, it’s ok to run like someone who feels like poop.
- We’ve posted suggested training plans at our team website. There is a plan for girls who are total beginners, a plan for returning JV-level girls, and Varsity level plans for girls in each grade level. Note that it is very important you follow the appropriate training plan.
- You can arrange most running to fit your schedule, but understand that there is no such thing as a “make-up run”. E.g., if you miss 2 days in a row, then don’t combine those days with other days when you start back (e.g. if you miss a 30 min run, don’t add that 30 minutes onto another 30 minute running day and do 60 min), as this can lead to injury.
- Run as much as possible on grass or dirt (i.e. stay off cement whenever possible).
- Running is much more enjoyable when shared. E.g., consider running with someone else (note that both parents and friends qualify for this role). Running with others also helps keep you safe, which is important too.
- Consistency matters. Whatever you do, do it on as regular a basis as possible. It’s easy to get busy during the summer, so make running part of your routine. Running with someone else is also a great way to be held accountable to get in your running.
- Injury. It is not uncommon for newer girls to get hurt when they start running over the summer. Injury prevention (e.g. doing a strength routine) can help, but if you get to a point where you get hurt, then check with a coach and consider doing some alternative exercise. E.g., using the elliptical, cycling and swimming also provides aerobic benefit.
- Stronger is better. Summer running should be accompanied by some form of strength training, where you are strengthening your foundation and helping yourself avoid injury later on. Several of our strength training routines are available at our team website.

*More specific Summer (pre-July 15) running guidelines are provided for each grade and ability/experience level at our team website in the Handouts section.*

### **Summer Cross Country Camp for incoming freshmen and 5-8th grade girls**

We strongly encourage incoming freshmen to enroll in our Cross Country Camp. We have dramatically lowered the cost of the camp in order to make our camp more accessible, but also more affordable for parents. Details on our Cross Country camp are provided at the school website (<http://www.ahsrockets.org>).

**Assumption Cross Country Camp:** July 10-13 @ 5:30pm E.P. Tom Sawyer Park (\$40)