

Demon Cross Country - Week I

SEASON GOAL: STATE Qualifiers and Medalists

Practice Times are **8:30 – 9:45 a.m.**

Monday 7/30	Distance	Based on mileage acclimation – up to 4 miles.
Tuesday 7/31	Speed	400M/200M repeats.
Wednesday 8/01	Recovery Run	2-3 miles (slow) with station exercises in between.
Thursday 8/02	TIME TRIALS	Athletes will be timed on a 3200 M run.
Friday 8/03	ON YOUR OWN SHAKE-OUT RUN	Athletes are to run about 15 MINUTES on their own (near your home) at a comfortable, SLOW pace. Let your muscles recover!!
Weekend Sat or Sun	Easy run	Run between 20-30 minutes either Saturday or Sunday, wherever you chose.

- We will focus on form and endurance this week.
- Begin thinking about personal goals in addition to our team goal.
- Check your shoes – most running issues are attributed to your shoes!
(Parents, please contact a coach if you have questions about shoes)
- **Our first meet is August 30 (Martino Invitational)**

“It’s very hard in the beginning to understand that the whole idea is not to beat the other runners. Eventually you learn that the competition is against the little voice inside you that wants you to quit.”

– **George Sheehan**

“Don’t bother just to be better than your teammates and predecessors. Try to be better than yourself.”

– **William Faulkner**