

## **Summer Practices**

Consistently running during the summer is the most important factor in being a successful cross country runner. Regardless of the distance, get out and run. Why? It will give you a base which helps you to 1) get in better shape, 2) allows you to expand your base when the season officially begins, and 3) will help prevent injuries.

Official practices for the summer will begin on Tuesday, July 17 and will run every Tuesday and Thursday in July and August. The start time for practice is at 7am so that we may avoid as much of the summer heat as possible.

### **Make sure to come to practice with:**

1. Adequate running clothes and shoes
2. Water
3. Your running log (Write down all mileage done)
4. A positive attitude

### **Some summer running guidelines:**

1. Hydrate properly. This must be done on a daily basis!
2. Keep your intensity low for the first two weeks of running so your body can acclimate to the heat.
3. Run at cooler times of the day (morning or evening).
4. Run in light colored, loose clothing.
5. On days of extreme heat and humidity, run on a treadmill, swim, or take the day off.