

2021 MF-WL Cross Country
Coach Erin Atherton 309-824-2311

***It is extremely important to begin building mileage each week on your own.**

***If you are capable of running 3-5 miles daily without stopping, then you may build from there by running a variety of short and medium runs throughout the week using intervals or fartleks. Then take one day a week (usually on the weekend) and do a long run of more than 5 miles. Be careful not to add more than 10% to your weekly total, for example, if you are running 3 miles per day during the week and doing a 5 mile “long” run, then your weekly mileage is 20 miles. 10% of 20 miles is 2 miles so that is the maximum you should add to your week total.**

***If you are a beginner, then start with taking a daily walk-run for 2-3 miles and try 4 miles on the weekend as your “long” run. Continue building up to a continuous run and then begin to add miles (still adhering to the 10% rule mentioned above.)**

***Switch up your surroundings and practice safe running. Stay hydrated, practice social distancing, use sidewalks or paths when you can, and if you have to run on the road, run in the far left lane so that you can see oncoming traffic (and move).**

***Summer workouts are NOT mandatory but very important to team-building and building a mileage base. Workouts will be held at 7 am each Tues-Wed-Thur from June 15 til July 29, 2021 at Forsyth Park by the tennis courts.**

***Current sports physical must be on file at MFHS by **Monday August 9, 2021** and activity fee must be paid to respective school. Runners without a current physical will **not** be allowed to practice or compete until this is done.**

***First official mandatory practice will be **Monday August 9, 2021** at **Forsyth Park** at 3:45 pm (Tuesdays will be track days and alternate between MFHS and WLHS tracks.) Mondays, Wednesdays, Thursdays and Fridays will be at **Forsyth Park** by the tennis courts at **3:45 pm**. Saturdays beginning August 21 will be at 9 am at Forsyth Park.**

***Team pictures** will be taken at MFHS on **Monday August 16 at 2:45 pm at MFHS**. Practice will follow.

***Appropriate shoes/clothes must be worn to every practice/meet. Runners may log up to 35 miles per week so proper fit/condition of running shoes is extremely important.**

***Be present and on time for all regular practices, races, and meetings. Runners must call or text the coach with an acceptable reason for tardiness/absence **BEFORE** the practice, race, or**

meeting begins. To be eligible to run at weekly meets, you must participate in all practices or workouts leading up to that meet.

Acceptable: illness/injury, doctor appt, work, help from tutor/teacher, family trips.

Unacceptable: forgot shoes/socks/etc, too tired, overslept, no ride, detention.

*Bring a water bottle to every practice/workout/meet. Many places we go will have water fountains but since hydration is extremely important, it would be best if each runner brought water.

*Give the coach your full attention when instructions for a workout or meet are being discussed. Warm up drills and cool down stretches are extremely important, even at meets!!

*If something feels “uncomfortable” or injured, notify the coach ASAP. We have trainers at both schools who may be able to help!!

*Ask questions and always give your best effort.

*Encourage and support each other in school, throughout practices and especially at meets.

*Abide by each school’s athletic code and stay eligible!!

*See practice schedule and bus times (TBA). Note that bus times are **when the bus will leave MFHS** and if there is a park pick-up, coach will let you know in advance.