

Practice:

Team practices will be on Tuesday evenings and Fridays after school. Generally we will meet for training talk, race preparation, strategy, etc. and some running of course. Practice will last about an hour. These sessions will primarily work on technique and speed work. **It is important for each runner to also run during the week or on weekends to encourage endurance.** I strongly recommend that you include at least one "long" run each week, that is at least the distance that you are running for the meets, **if not longer.** Cross Country is not an "endurance" run and yet it is not "sprinting" either. I will assign "homework" or other tasks to help with accountability and to promote interests in running.

Tentative Practice Schedule/Calendar: (subject to change with notice)

Date	Time	Location	Info:
Tues. Aug. 15	6:00 pm	LCHS Track	First practice
Friday, Aug 18	3:30 pm	David Crockett Park	practice; Hills!
Tues. Aug 22	6:00 pm	LCHS Track	practice
Friday, Aug 25	3:30 pm	David Crockett Park	practice; Hills!
Tues. Aug. 29	6:00 pm	LCHS Track	practice
Friday, Sept. 1	***	***	NO PRACTICE
Monday, Sept. 4	***	Sacred Heart School	Labor Day 5K; Labor Day Festival
Fri. Sept. 8	3:30 pm	David Crockett Park	practice; Hills!
Tues., Sept 12	6:00 pm	LCHS Track	practice
Friday Sept 15	3:30 pm	David Crockett Park	Time Trial/Race Test: be prepared to race your distance!
Sunday, Sep 17	1:00 pm	Overbrook School	First Meet