

Summer Training Guidelines

Each member of the team is expected to report to the first tryout practice with adequate conditioning to complete each workout. Through the summer training, you are building an aerobic base. This will give you the endurance you need to be successful in the fall. It is important that these runs be done correctly. You should be able to carry on a conversation easily during these aerobic runs. If you can't, you are running too fast.

You are preparing for races in the fall. However, a little racing and some speed work is good to do from time to time, as long as your training focus is not on being in "race condition" in the summer. Some racing and speed work incorporated into your summer program will help the muscle/nerve synapse to stay crisp and improve neuromuscular coordination when practiced correctly. You can incorporate some speed and tempo running on the weeks the mileage is reduced. Practicing strides and buildups three to four times a week as part of your cool down is also beneficial. You can find racing opportunities through some of the local running stores or from local running clubs (such as the Dallas Running Club and others).

Keeping a journal of your training is extremely beneficial. Recording your workout distances, speed, weather, and how you felt during and after the workout, can help you see improvement.

Be aware of the heat and humidity and take the necessary precautions. Know what to do if you or someone you are with gets "too hot". Drink lots of fluids throughout the day and during your training. Don't wait until you get thirsty to drink something. Drinking a "sports drink" after your run can be beneficial.

Stretching should be a part of every training session, both before and after. Listen to your body and incorporate rest days or cross training. **DO NOT RUN EVERY DAY ALL SUMMER LONG!** Cross training can help reduce injuries and the mental fatigue of doing the same thing every day. Also, take care of your feet. Care for blisters and hot spots as soon as they appear. Another part of your training should be "core strength" improvement as well as some upper body training. The core is the abdomen and torso area. You should be able to complete 100 crunches and 100 pushups at the first tryout practice.

Follow the 10% rule. Don't increase your mileage by more than 10% per week. Increase all mileage gradually.

Be safe this summer and train with a teammate.

Cross Country/PHS Volleyball/PHS Soccer/PHS Cheerleading

Participation in Cross Country, PHS Soccer, and PHS Cheerleading is a challenging but workable situation. With PHS Volleyball/Soccer, Coach Ward and the Head Volleyball/Soccer Coach will communicate with each other concerning Try-outs. On the try-out days designated for those athletes in Cross Country, they will go to the try-outs and not attend Cross Country practice. Once the try-outs are complete, the athletes will participate in Cross Country until the Cross Country season ends. For JV and Freshman Cheerleading, practice days must be divided as equally as possible. Conflicts in practice times and performance times will be shared as equally as possible.