

## Welcome Athletes/Parents/Guardians to the 2023 XC Team:

July 27, 2023

2023 Theme: **"Together, we can achieve more!"**

To be ready for fall, you need to do the following:

1) get the right shoes, 2) get a watch, and 3) build up your running base.

1) If you need shoes, **The Inside Track** in Swatara Square is the best place in the area to get advice and running shoes. Coach Henry Klugh and many current + former top area runners are there to talk to you about shoes and running.

2) If you don't have a watch, buy one. You need to be timing your runs and will use a watch in workouts.

3) If you need motivation to run this summer, make a commitment to attend summer running.

All supervised runs are open to any member of your family. If you are not a runner, you are welcome to ride a bike, hike, push a stroller, walk the dog, etc. Come out and get to know our XC family.

### July 31 - August 12 2-Week Acclimation Running Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
OFF	Wildwood: North Lot 8:00-9:00 am 3/6/9 mi easy or 1/2 mi tempo	OYO 20-30 min Recovery Run or OFF	CD Track 3:00-4:00 pm Interval Training Form Drills	OYO 20-30 min Recovery Run or OFF	Landis Field: 8:00-9:15am Circuits	OYO 30-60 min Recovery Runs or OFF

Our philosophy is **quality over quantity**. We breakdown runners into the following categories:

Running Category	Years Running or (Grade)	Running Days	Weekly Mileage
Novice	1 <sup>st</sup> year or (7 <sup>th</sup> /8 <sup>th</sup> )	3 days/week	up to 30-35 miles/week
Experienced	2 <sup>nd</sup> year or (9 <sup>th</sup> /10 <sup>th</sup> )	3-4 days/week	35-40 miles/week
Veteran	3 <sup>rd</sup> year or (10 <sup>th</sup> /11 <sup>th</sup> )	4-5 days/week	40-45 miles/week
Mentor	4 <sup>th</sup> year or (12 <sup>th</sup> )	5-6 days/week	45+ miles/week

Here are a few other key features to our program:

★ **NO SUBSTITUTE for base training.** Summer running prepares you for fall training and enables you to peak during the championship phase in Oct./Nov. It takes about 10 weeks to train about 30% of the muscle. Adding a 12 week season and you still have only trained 60% of the muscle. It is **foolish** to think you can get "in shape" in only 12 weeks.

★ **CANNOT do it alone.** Cross country is a team sport and therefore requires everyone to work together and function as a unit. You must get out and run with other members of the team.

★ **EVERYBODY is part of our team.** We believe your maturation as a runner involves understanding how your body responds to training/racing. Likewise, your personal maturation involves understanding how you respond to challenges and adversity. Only when you understand both can you truly grow.

Additionally: 1) get into a routine (sleep/run/eat); 2) eat lots of fruit and vegetables, 3) limit dark soda/bleached flour/processed/refined food products/high fructose corn syrup; 4) use olive oil and 5) drink 8-10 glasses of water/day. Studies show 75% of Americans as chronically dehydrated. Dehydration slows metabolism, clouds memory, and impairs thought.

**REMEMBER practice begins on Monday, August 14, 2023, at 8:00 am** at Central Dauphin High School.

On behalf of our coaching staff,

Rick Leuschner, Diane Smith, Alex Scheib, Jim Seidler, Emma Sheib, Sam Smith, Mike Smith, and Sadie Smith, we welcome you.

Email: [fgleuschner@cdschools.org](mailto:fgleuschner@cdschools.org) or (c) 717-645-6194