

General Information

Preseason Practices begins Wednesday, August 3 from 6:30-8am.

Preseason Practice dates for MS runners: August 3-5 (W-F); August 8-10 (M-W); August 16-18 (T-Th);
Monday, August 15 optional

Preseason Practice dates for Varsity runners: August 3-5 (W-F); August 8-10 (M-W); August 15-18 (M-Th)

Regular Season Practice starts August 22 from 4-5:30pm.

Varsity M-Th

MS T-Th (Monday optional)

Meets begin the week of August 22.

Commitment Expectation:

- Any absence needs to be excused (class, family event, etc)
- There will be an absence form to fill out for any absence (one-time or regular)
- MS – 1 day a week to compete in that week's meet.
- Varsity – 2 days a week to compete in that week's meet.

Summer Running

BEGINNER RUNNERS:

Welcome athletes-you are embarking on a great adventure, and we are excited to have you!

As beginning runners, you have the privilege of learning how to move your body with the goal of being active your whole life, ready for whatever the Lord brings into your story. Today your goal is to embrace the identity of being a running athlete and try it out. Ready? A few things to know: Athletes work hard, encourage each other, are learners, and experience a lot of discomforts as they grow towards their goals.

1. Hard work: As a runner, you will be asked to do workouts that require you to do hard work so as to compete. Paul writes in 1 Corinthians 9:24, run the race so as to win the prize...our goal is to push towards the finish line as the best runners possible.
2. Encouraging each other: This is non-negotiable. You NEED each other when the days are hot or cold, the practice is long and uphill, and when you don't think you can finish – your teammates can get you to the end.
 1. Learners: Athletes need to be learners. There is ALWAYS something to learn about yourself, the sport, your team, and ultimately the creator of everyone and everything – God!
 2. Discomforts: Embrace the discomfort which comes with being an athlete. Running hills is full of discomfort. Running when you are sore is discomfort. Running when you don't feel like it is discomfort. Running when no one is watching is discomfort. But discomfort leads to growth and as an athlete that's what you want to do – to grow!

So, what does it take to be an athlete who runs to compete? Each of these things is necessary to have for each run and at each practice.

1. Running Shoes-don't skip on these. Find a good pair that is comfortable for you, is your correct size, and is the price you can afford. Running shoes will be your #1 investment. Unless you find a good sale they will be \$90+. Two running stores that can help you find your best shoe are Fleet

Feet (by Whole Foods), and Capital Run/Walk (in the Village District). Both are great places to learn about the best shoe for you.

2. Running apparel. Just like you wouldn't show up to the swim team in your basketball shorts and jersey, running clothes help your body move freely. There are a lot of good brands: Check out Dicks, Amazon, consignment, or even thrift stores, etc for good gear.
 - a. Shorts inseams for running should be no longer than 5". If needed, compression shorts can be worn underneath your running shorts.
 - b. Tops (Tanktops are acceptable) should be comfortable, slightly loose, and lightweight.
 - c. Socks help with preventing blisters, allowing your feet to breathe and support your foot. Any brand works, but some of the more expensive brands provide extra support and lifelong replacements in case of holes. Even one pair can be a worthwhile investment! Check out Smartwool or Darntough socks; both are superb companies.
 - d. Ladies. Please purchase proper support. After your shoes, this will be your second most expensive purchase. Please look for full support and the proper size which is tight, but not restricting.
3. Running watch. The Timex Ironman is a good watch. Your watch needs a clock, a stopwatch, and a timer at the minimum. Want to have a more unique watch? Change out the band!
4. Water bottle. A 32oz bottle that holds ice well is essential.
5. Willing Spirit. Each practice you to be all there-to be ready to learn, face discomfort, encourage your teammates, and work hard. You get to control this, your attitude, and your work ethic!
6. Uniform for meets. This will be purchased through NLC during the first weeks of practice.

See you on the Cross Country trails!

Summer Running Plan for Beginner Runners:

Middle School: Hal Higdon Novice 5K Training Program: <https://www.halhigdon.com/training-programs/5k-training/novice-5k/>

Varsity: Hal Higdon Novice 8K Training Program: <https://www.halhigdon.com/training-programs/8k-training/novice-8k/>

EXPERIENCED RUNNERS:

Welcome back! If you have run for Storm last year or for another team or you've just run on your own or with family and your main objective in running is to enjoy being on a team while you are in middle and high school, then the experienced runner category is for you!

If you have not done this before, please make the following investments so that you can have a successful summer preparing for being a solid contributing member of the Storm team this fall:

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4. Water bottle. A 32oz bottle that holds ice well is essential.
5. Willing Spirit. Each practice you to be all there-to be ready to learn, face discomfort, encourage your teammates, and work hard. You get to control this, your attitude, and your work ethic!

Summer Running Plan for Experienced Runners:

Middle School: Choose between Hal Higdon Intermediate or Advanced 5K Training Programs:

<https://www.halhighdon.com/training-programs/5k-training/intermediate-5k/> or

<https://www.halhighdon.com/training-programs/5k-training/advanced-5k/>

Varsity: Choose between Hal Higdon Intermediate or Advanced 8K Training Programs:

<https://www.halhighdon.com/training-programs/8k-training/intermediate-8k/> or

<https://www.halhighdon.com/training-programs/8k-training/advanced-8k/>

ELITE RUNNERS:

The elite training plan is for High School and Upper Middle School runners with several years of competitive running experience and established base mileage. The goal is to prepare runners to be in the mix for a top finish at the state meet and/or potentially run in college. The summer program is focused on building mileage safely with some tempo and speed work mixed in and is individualized for each runner based on their current weekly mileage, age and a current 1600 m time. Runners should expect to run 6 days per week and between 25 and 50 miles per week. While this program is a major commitment, you will be prepared to do your very best this cross county season and will take a major step in developing the athletic gifts that Christ has given you.

Please make sure you have updated your shoes and have the proper equipment so that you can have a successful summer preparing for being a solid contributing member of the Storm team this fall:

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4. Water bottle. A 32oz bottle that holds ice well is essential.
5. Willing Spirit. Each practice you to be all there-to be ready to learn, face discomfort, encourage your teammates, and work hard. You get to control this, your attitude, and your work ethic!

Summer Running Plan for Elite Runners:

Please text Coach Aron at 919-744-1358 to set up your plan. You will either need a current 1600m track time or set up a time to get one.