

Brooks DeBartolo Cross Country

FALL 2021



New Runner Information

First day of practice: Monday, August 2nd
First anticipated meet: Friday, Aug 27th

Team Communication:

Current email distribution group (please provide an email address to be added to this list)
Facebook Group – BDCHS Cross Country
Twitter - @bdchsxc
Remind App – text @chg947 to 81010 *** (Please join this at a minimum)

Questions and/ or to be added to team email list can be sent to: jrinard@krflorida.com

Gear overview:

1. New shoes (get fitted by a professional; suggestion: The Running Center in Carrollwood offers this service and typically a 10% discount for high school runners; just mention that you are looking to run for BDCHS).
2. Water bottle (for the summer a Camelbak is ideal for longer runs); bottle(s) required at all practices
3. GPS watches are allowed. Regardless they are helpful for your practice runs and to assist with personal pacing.
4. Uniform package: A uniform race top and practice shirt combo will be provided to each runner. We will need runner sizes for ordering when we start back. Shorts will need to be purchased on your own and specific criteria will be provided when we start the season.

*** New Season currently scheduled to start on Monday, August 2nd ***

Medical clearance must be approved before you can practice. This is done online.

Season overview:

Practices will start on Monday, August 2nd and information will be provided on times and location(s) prior to the first day of school. Once school begins we will be running Monday through Thursday (and possibly Fridays) from 330pm to 530pm primarily at Rowlett Park (2401 E Yukon St, Tampa, FL 33604) with some exceptions. The practice schedule times will be adjusted as the season progresses. Transportation to and from the park or alternate run locations is your responsibility. Car pooling is suggested and has worked out well for many runners in the past.

A practice schedule will be shared with everyone once the season starts. The regular season lasts through mid-October with districts being run during the last half of October. We are planning to run in about (8 - 10) meets (5K distance) before the district race but the schedule has not been finalized. There may be some weekday meets but most will occur on Saturday mornings. We will also schedule some fun runs scattered at various locations and parents are welcome to join in. Volunteer events and team outings will be planned into our season.

General running program approach:

1. Hydrate, hydrate, hydrate before and after runs.
2. Stretch, stretch, stretch before and after runs. Perform dynamic stretching warming up and complete dynamic/ static stretching during cool down.
3. Take a phone with you on your run in case of an emergency. Enjoy music on your run, just not every run. Pay attention to your surroundings.
4. Run early in the morning or late in the afternoon during the warm months to avoid overheating. Switch up your run times when the weather is cooler. If you feel light headed, nauseous or something doesn't feel right then stop your run.
5. Take in some carbs before and after a run especially within 30 minutes following a run to help with body recovery/ repair. This can be as simple as drinking some sports drink or chocolate milk after running.
6. Build up your mileage from your current base volume and increase your total weekly mileage volume by no more than 10%. For example, if you are running 20 miles on a given week then the next week you would add another 2 miles to your volume. Summer is about building up your endurance.
7. Every 4th week of your training needs to be a recovery week. This means not going as fast or as far. You can eliminate a day of running and enjoy some extra rest during a recovery week.
8. Try and run in a variety of places and on different surfaces including some hills if you can find some. Change up your pace during some of your runs but overall you should be aiming for consistency and an easy pace.
9. If you are an experienced runner then mix in some races to keep things fun and to have a specific goal for your training. Take several days off after a fast race before picking up your training again.
10. If you miss a planned run don't try and make it up. Forget about it and move on with your program.
11. If you have injured yourself then take time off to recuperate, see a doctor/ specialist and work back into a program when ready.
12. Eat well and work to eat healthier...try to keep the junk food in moderation. Always aim for a good night's rest. Recovery is an important part of improving your fitness.
13. Keep an eye on your shoe mileage. Most, if not all of you, will need to replace your "kicks" now or soon due to mileage and/ or growth. Running shoes last between 300 and 500 miles with minimalist shoes lasting between 200 and 400 miles. Our runners put in at least 200 miles this season. Next season we will be doing even more.
14. For new or inexperienced runners there is no issue with walking during your running workouts. A good starting point is to run for 3 minutes and walk for 2 minutes. Reduce your walking intervals as you run more. All of your runs should be at an easy pace meaning you should be able to have a conversation with somebody comfortably while running. If you need to slow down then slow it down. The key is to work up your endurance and minimize any anxiety. We are here to have fun and all of you can do this if you are committed to it.

Summer preparation:

See the recommended running schedule for newbies. Start wherever you are at and adjust to your current fitness schedule. The key is to build up base endurance to prepare your body and mind for consistent running while avoiding injury.