

LHSCC SUMMER TRAINING...

(For summer training May through early August)

Time to get serious about running!!

Summer training begins NOW! You should have already started “getting out” and feeling your legs again. Now it’s time to start a regimented program.

This packet is intended to help you organize your summer training. It includes:

- Ø Fitness Fundamentals
- Ø LHSCC Training Tips
- Ø A Training Program and Schedule
(For beginning, intermediate and advanced runners)
- Ø Runners’ Log

ALL RUNNERS MUST have all physical information completed before they will be allowed to participate in any activities associated with LHSCC. This includes:

- Ø Doctor’s Physical
- Ø Insurance waiver and proof of insurance
- Ø Athletic Registration

(These are all available from Coach Barbe, on the lakesidexc.org website or the LHS main office).

ALL RUNNERS MUST complete a Runner’s Information Sheet. This must include a reliable email address so we can contact you over the summer about LHSCC activities including Group Runs, Captain’s Training and the Peachtree Road Race.

SUMMER SCHEDULE:

May through August.....Follow Running Schedule
Tuesdays and Thursdays LHS Weight Room.....Strength Training
Captain’s Runs.....TBA
July 4th.....Peachtree Road Race
JulySummer Camp
Monday before start of school 8:00 am.....1st Day of Official Practice