

LHSCC TRAINING TIPS...

1. **Follow the training schedule** ...too much or too little, too soon or too late with your training will result in injury or being unprepared for the start of the season.
2. **Be Consistent**...your strength and fitness builds on itself. Every day that you miss from the training schedule puts you two days behind.
3. **Warm Up and Cool Down**...before and after every workout. You must prepare your muscles for training with a slow, relaxed jog until you begin to break a sweat. Next, stretch all your major muscle groups in relaxed poses, deepening the stretch with each exhale; hold stretches for at least 15 seconds. You must also prepare your muscles for recovery; finish each training run with a slow, relaxed jog and another series of stretches. A relaxed series of stretches every morning and evening is also a good way to greet and finish a day! Icing is recommended after every training run, especially if muscle swelling or pain is beginning.
4. **Stay hydrated!**...follow established guidelines for proper hydration. You should drink fluids throughout the day not just before and after training. Water is always best!
5. **Eat well!**...you have to fuel the machine! Frequent, small meals which are nutritionally balanced are important. Don't forget breakfast!
6. **Cross Train**...you don't have to run every day, but you should train every day. Consider the alternatives: swimming, biking, hiking...just get your heart rate elevated! (The same rules about warm-up and cool-down apply).
7. **Take care of your injuries**...an ounce of prevention...but when you are injured (not just tired and sore) treat it seriously. Ice is not a miracle drug, but you should use it often. Don't forget R-I-C-E. Injury is NOT an excuse for stopping training. Continue to build your fitness.
8. **Keep Records**...keep track of all of the details of your fitness activities: Day, time, distance, times, workouts, nutrition, hydration, etc. The more you know about your training the better it will work and the more progress you will make.
9. **Sleep**...rest is just as important as training.
10. **Have Fun**...that's why we are here!!!