Dunwoody Cross Country Spring Informational Meeting – 2017

2016 was a great year for DHS XC. We saw great performances from individuals, with many PR’s being accomplished throughout the season, and great performances by both our Varsity and Junior Varsity teams. With your dedication to the program, 2017 will be even better!

**In 2017, we will once again be in Region 7-AAAAAA! Summer training is the key to being successful in one of the strongest regions in the state of Georgia. The following information will help you to be well prepared for the upcoming season.**

# Email List, Website, and Contact Info

Make sure that you are signed up for all of the ways that we will be sending out information over the summer. Please see “How to Stay In Touch” on the website and sign up if you have not already done so.

# Physicals, Runner Registration, Concussion Form, and Proof Of Insurance

**Our first day of official practice will be MONDAY JULY 31st. If you do not have a valid physical (physicals are valid for one year), make sure that you have one valid by the first practice, or you will be sent home! We are still finalizing practice times for the first week (likely in the morning), and will update the website, so stay tuned!**

# Summer Conditioning

For those of you wishing to train this summer with some of your teammates, there will be voluntary group runs on a daily basis throughout the summer. These runs are optional and you may choose to attend as many or as few as you wish, and they are very informal. This is a good opportunity to meet new people on the team, as well as keep you motivated to run throughout the summer.

**Conditioning runs will start on Monday, June 5th and will meet every weekday at 7:30 AM at the DHS track. You MUST bring a full water bottle and have running shoes at each conditioning run. Please note: This is only a meeting place and a meeting time for students to get together to run with others. Coaches are not present, and these are not affiliated with DHS Cross Country.**

# Training Goals

What are your goals for the 2017 XC Season? To help you achieve these goals, we have established four groups that will help you to be prepared for the 2017 season and practice starting in late July. If you are unsure of what group you should strive for, please talk to one of the coaches. Please keep a running log throughout the summer that shows your progress. We will use these groups when regular season practice starts, so pick one and get started!

Group Training Goals

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| **Group Name** | **Designed For** | **Workouts** |
| **Blue** | **Returning Varsity runners, and those with experience who hope to be Varsity level** | **- Average of 5-6 miles (45-60 min of running a day on average), 35-45 miles per week**  **- 3 days of easy runs of 35-50 minutes**  **- 1 day of easy run of 60 minutes**  **- 1 day of long run – 60-70 minutes of easy running**  **- 1 day of 30-40 minutes steady/tempo run (harder/faster paced run)**  **- 1 day off (or alternative workout – swim, bike, etc.)**  **- GOAL: Over 300 Miles for Summer!** |
| **Red** | **Returning runners who hope to challenge for Varsity spots (and run a few Varsity meets) / be part of region team (Top 12) / 9-10th graders who hope to be on JV County Championship team** | **- Average of 4-5 miles (40-50 min of running a day on average), 25-40 miles per week**  **- 3 days of easy runs of 30-45 minutes**  **- 1 day of easy run of 50 minutes**  **- 1 day of long run – 60 minutes of easy running**  **- 1 day of 25-35 minutes steady/tempo run (harder/faster paced run)**  **- 1 day off (or alternative workout – swim, bike, etc.)**  **- GOAL: Over 250 Miles for Summer!** |
| **White** | **2nd year runners who hope to improve performances and set PR’s; new runners to the team with running experience** | **- Average of 2-4 miles (25-35 min of running a day on average), 15-25 miles per week**  **- 4 days of easy runs of 20-30 minutes**  **- 1 day of long run – 35-45 minutes**  **- 2 days off (or alternative workout – swim, bike, etc.)**  **- GOAL: Over 150 Miles for Summer!** |
| **Silver** | **New runners with little experience who want to be ready for the start of the season!** | **- Average of 1-3 miles (15-30 min of running a day on average), 10-20 miles per week**  **- 3 days of easy runs of 15-25 minutes (ok to switch between running/walking at start of summer)**  **- 1 day long run – 30 minutes (try to get one run of 45 minutes at the end of the summer!)**  **- 3 days off (or alternative workout – swim, bike, walk, etc.)**  **- GOAL: Be in shape and ready to go on the first day of practice.** |