

Winter Running Plan for All Runners!

- In order to be competitive, all runners must run ALL YEAR! If you are not running now, if you plan to run to win, and if running is important to you, you must start building a base for the spring season now! You have taken a LONG enough break since cross country! It is time to get back into it!
- This winter you should be working to build a strong base to prepare you for the future racing seasons. Focus on mileage and core training! If you need to know what this looks like in day to day training, see Coach Sears or join one or both of the following options below.
- There are many options for runners that are running for track, indoor track, and/or cross country:
 - Indoor Track will start meeting at the minimum, T/TH, starting in December. (An informational meeting will be held soon (after Thanksgiving) with additional details. See Coach Bart and/or Coach Kroell for questions.)
 - Cross Country Polar Bear Running Club begins November 28th
- The Polar Bear Running Club is being held as an additional running plan to the indoor track plan! All runners can do both!!! If you follow the indoor track running plan and/or follow the Polar Bear Running Club plan, you will be in great shape for track season and you will get rewarded for the Polar Bear Running Club and Indoor Track.
- Polar Bear Running Club:
 - Starting November 28th, all runners will begin recording their mileage through March 4th. That is a possible 98 days of running! They do not have to be with a coach. They can be completed on your own.
 - A day of running counts as a 45-50 minute run, 5-6 mile loop, and/or indoor track practice.
 - A race counts as days too! Each “race mile” counts as a day of running. (For example: a 5K race/3.1 miles = 3 days of running!)
 - A Polar Bear Club T-shirt will be given to those who meet the goal of running 60 days!
 - An additional special prize will be given to those who meet the goal of running 70 days!
 - Turn in your marked calendars to me on the first day of Track practice, March 5th. I am going to trust that you are running when you say that you are. I only ask that your parents sign your mileage calendar before you turn it in to me!
 - I will be after school to run with boys and girls every Monday (at the minimum), Coach Jordan will be here Wednesdays, and Coach Ackerman will be here Fridays. I will also be at Indoor practices on Tuesdays and Thursdays. **It is not mandatory that you stay but it is highly encouraged!!!!**