

Greetings Lesher Vikings!

I am sending this information out to all who are interested in joining our track team this spring. I know it is still a month and a half away, but there are some important things you need to do before showing up to the first practice. I will be sharing more specific information regarding the season in the next few weeks, but wanted to get some items on your radar.

If you are NOT currently participating in something that pushes you physically at least 3 days a week, then you need to begin now in order to be ready for the season. The track season is short (6 weeks) and if we have to spend the first 2-3 weeks building a base and getting in shape then we are already halfway through the season and behind our competition. You will have a much more enjoyable season if you show up already in shape and ready to run, throw or jump. Students currently participating in basketball, wrestling and soccer will show up with a much greater advantage than those who show up without exercise routines under their belt. Utilize the points below to help you prepare for the season. I will be sending out another, more specific training regimen in the next week or so.

You **MUST** have a current and up to date physical on file in the office before you can practice. You will **NOT BE ABLE** to practice until you have this turned in.

Do you have an up to date physical on file for this upcoming track season? **IF NOT THEN PLAN ON SCHEDULING AN APPOINTMENT SOON!**

- **PRESEASON CAMP: 3/24, 3/25, 3/26** from **2:35-4:00pm**. *Meet in the Main Gym.*
- **PRACTICES:** begin **Monday, March 30th** and are Monday-Friday from **2:35-4:15PM**.

We will begin passing out Gold Cards on March 1st. The deadline to have your Gold Card turned into Coach Klitch is March 30th!!

If you are serious about joining the track team, you can go ahead and join our Google Classroom where I will have this form attached. If you ran last season, it is the same classroom. Code: [ldtkf36](#)
(I believe the first letter is a lower case 'L' in that code.)

Please let me know if you have any questions. Thanks!

Coach Swann

TO GET READY FOR THIS SEASON, HERE ARE SOME PRE-SEASON TRAINING RECOMMENDATIONS...

2 days a week do a long run.

- A long run consists of up to 5 miles. It is highly advised you start with a lower amount of mileage (like 1 mile), and work your way up. Maybe do this on a weekend day and on a Wednesday. Try to keep the long run days about 2-3 days apart. And it is way more fun to do it with a teammate or a family member! Group training is fun!

2 days a week do a workout to increase mobility, flexibility, agility and core strength.

- Anything you can do to increase range of motion, flexibility and core strength is going to help you be a better and more fit athlete.
- Links that are awesome for this:
 - [ORANGE THEORY Youtube Channel](#)
 - [FITNESS BLENDER Youtube Channel](#)

1 day a week do some sort of cross training for 30 minutes or more...

- Ride your bike
- Play at the park
- Play catch with a friend
- Get your hands dirty helping out with a project at home
- Do a workout with a family member or friend.
- Strength training
- These are great links for some variety:
 - [Link 1](#) [Link 2](#) [Link 3](#)

1 day a week do some sprints

- Please make sure you are doing dynamic stretching prior to sprinting at full speed.
 - Something like [THIS](#)
- 20 meters, walk to the start
- 50 meters, walk back to the start, etc...
- 75 meters, etc.
- 100 meters
- 150 meters
- 200 meters

- Go up the ladder (20, 50, 100, etc)
- Go down the ladder

As always, stretch, drink water, get 8-10 hours of sleep a night and try to eat a healthy balanced diet.