

Wesleyan Girls

Summer Training Info

2022

Summer Practices:

- **We will have optional, captain-led practices Monday – Thursday @ Hoyt Pavilion for each of the weeks highlighted yellow below. Practices are from 8:00am-9:30am.**
- **Senior Captain Kate O'Shields will create a group me of XC runners that will serve as an information channel for summer training.**
- **We will NOT meet in weeks highlighted gray due to the Wesleyan summer hiatus weeks.**
- **Optional Team Camp week is Monday, July 25th – 28th highlighted in green. Information about our team camp is attached.**

Wesleyan Cross Country
Summer Training

There is no substitute for hard work. If you want to have a successful Cross Country season you must train for it this summer. If you train well, you will arrive the very first day in excellent condition and be in a position to run well in the time trial. If you work consistently on strength training, and Core exercises you will decrease the possibility of becoming injured during the season, and you will be in a position to run your very best at the end of the season. The following ten aspects of your training are considered essential.

1. Follow the training schedule.

2. Stretching. Dynamic stretching before you run. Static stretching after you run. See "stretching" attachment for details.

3. Make sure your running shoes are in good shape. A prominent Atlanta surgeon has stated that 75% of all running injuries he treats could have been prevented with more effective stretching and shoes that were not worn out. Prevention is better than cure.

4. Incorporate regular strength and core training routines. We will be teaching these routines at summer practices.

5. Run with your teammates. This is especially helpful on hard days. Come to our Captain-led practices when you are in town and it fits your schedule.

6. Stay off the roads if possible. Run on the trails/grass as much as possible.

7. Record your training efforts.

8. Drink plenty of water all day long to stay hydrated. Powerade or other replacement type drinks are best after training. Also, eat something within thirty minutes of completing a hard effort and a full meal within two hours.

9. Eat a balanced diet.

Wesleyan Cross Country Stretching

Pre-run stretching routine:

- The goal is to warm up and loosen your muscles in preparation for running. Stretching should be active (not holding any stretch for more than 3 seconds).
- Here are the required stretches:
    - Knees-to-chest: while walking, pull knee to the chest. Hold for 2-3 seconds. Alternate legs.
    - Heel-to-butt: while walking, pull heel to butt. Hold for 2-3 seconds. Alternate legs.
    - Hamstrings: while walking, reach for the ground with right arm, while extending right leg. Left leg should be kept straight so that the hamstring is stretched. Hold for 2-3 seconds. Alternate arms/legs.
    - Figure Four: while walking, cross right ankle across the left knee, drop hips, and extend arms for balance. Should feel a stretch in hip. Hold for 2-3 sections Alternate legs.
    - Lunge Matrix – 5 each leg
        - Forward Lunge
        - Side lunge
        - 45-degree lunge
        - Back lunge
    - Leg swing #1: facing a fence or wall, swing leg side-to-side parallel to wall. Alternate legs after 10 swings.
    - Leg swing #2: with one hand on wall and shoulders perpendicular to the wall, swing leg forward and backward. Switch hands and alternate legs after 10 swings.

Post-run stretching routine:

- **SAM Stretches – Click Here**
- The goal is to loosen legs, begin recovery, and avoid injury after running. Stretching should be static (holding each stretch for at least 10 seconds).
- Be sure to stretch all the major muscles groups used in running:
    - Hamstrings
    - Quads
    - Calves
    - Hips/glutes
- Additional stretching can be done with a rolling stick or foam roller.
- If any muscles or tendons continue to hurt after stretching, take an ice bath or ice the specific area that hurts.

Wesleyan Cross Country
General Nutrition Guide

Overview of Healthy Eating (adapted from www.mcmillanrunning.com)

One of the most important factors in achieving top performance is consistently optimal nutrition. Consider it to be part of your training, just like uphill 300's or mile repeats. A normal, healthy diet for runners training for a 5K may consist of roughly 60% carbohydrates, 20% protein, 20% fat and include healthy components such as whole grains, fruits, vegetables, lean sources of protein and heart healthy fats.

The Four Substances needed for optimal performance:

1) **Carbohydrates,** also known as sugars, are the primary nutrient and dietary source of quick energy for distance runners. The sole purpose of carbohydrates in the body is to provide energy. There are two types of carbohydrates you will consume:

Simple carbohydrates should be consumed immediately before, during, or after a workout. Simple carbs are fast absorbing but do not provide sustained energy or have long term nutritional value. While this fast absorption is great for providing a quick "shot" of energy during periods when the blood sugar level is low, **athletes have to be careful with their intake of simply sugars to avoid the spike and fall in blood sugar associated with simple carbs.** Examples of foods containing this type of carbohydrate include candy, fruit, milk, sports drinks and energy gels.

Complex carbohydrates provide a more favorable slow and steady supply of energy and therefore should be the primary source of carbs at meal times. Examples of foods that are high in complex carbohydrates include cereals, pasta, breads, rice, potatoes, and vegetables.

2) **Fats** are slow to empty from the stomach and may cause cramps and therefore **should be avoided prior to a race or hard workout.** However, fats are an essential part of your diet.

Examples of foods containing healthy fats: natural oils (olive oil), nuts, fish, dairy, meats. Try to avoid fried foods, sodas, and other junk foods

3) **Protein** – As a result of training and racing, our muscles and tendons breakdown. Protein is the source from food that aids in the recovery of your muscles. Examples of protein sources are meats, beans, eggs, and nuts. Protein should also be a part of your post workout recovery intake (within 30 minutes after a workout).

4) **Water** - The body requires large amounts of water in order to function properly. The major function of water for distance runners is the regulation of the core temperature of the body. **Your goal as a distance runner should be to consistently hydrate yourself.** By the time your thirst mechanism is activated, your body is already suffering from dehydration - hurting your performance and putting you at risk. You don't have to drown yourself in liquids but just make hydration a regular part of your day.

Running Plans:
Two different mileage plans are in this packet.

Q: Which mileage level is right for you?
A: It depends on your level of experience

If you are an inexperienced runner, then you should align yourself closer to the lower mileage plan in this packet, even if your goal is to make Varsity in your first year. An "inexperienced" runner means you are starting your first season of high school XC, or your second season of XC without a high school track season in between.

Less is more… Becoming a great distance runner requires commitment to a process over a long period of time. An athlete that is new to high school XC needs time to adjust to a higher volume of running. If you attempt to go from Middle School mileage straight into Varsity level mileage, there is a high risk of injury. It is best to work your way up to Varsity level mileage over the span of your first season instead of attempting to get there over the summer.

If you are an experienced runner, with a goal to make Varsity, then you should align yourself closer to the higher mileage plan in this packet. An "experienced" runner means you've run at least two seasons of high school XC, or one season of XC combined with a season of Track.

Two notes about higher mileage:
#1 Read the section at the end of the packet on injuries.
#2 If you are planning on running more miles than what is laid out on the high mileage plan, please discuss your plan with Coach Yoder.

Higher Mileage Summer Training Schedule

Week #1: May 22nd – May 28th: Mileage Goal = 20-24 miles

- 6 mile "Long Run"
- 3-4 Maintenance runs (2 w/strides, 1 w/10 hills)
- 1 Cross Training day (30-45 min bike or swim)

Week #2: May 29th- June 4th; Mileage Goal = 22-26 miles

- 6 mile "Long Run"
- 4 mile "Progressive Run" w/10 hills
- "FARTLEK" Workout
- 2 Maintenance Runs (1 w/strides)
- 1 Cross Training day (30-45 min bike or swim)

Week #3: June 5th-11th; Mileage Goal = 24-28 miles

- 7 mile "Long Run"
- 5 mile "Progressive Run" w/10 hills
- 5k "Tempo Run"
- 2 Maintenance Runs (1 w/strides)
- 1 Cross Training day (30-45 min bike or swim)

Week #4: June 12th – 18th; Mileage Goal = 26-30 miles

- 7 mile "Long Run"
- 5 mile "Progressive Run" w/10 hills
- Mile Repeats (3)
- 2 Maintenance Runs (1 w/strides)
- 1 Cross Training day (30-45 min bike or swim)

Week #5: June 19th – 25th; Mileage Goal = 28-32 miles

- 8 mile "Long Run"
- 5K "Tempo Run" w/10 hills
- 2K Repeats (3)
- 2 Maintenance Runs (2 w/strides)
- 1 Cross Training day (30-45 min bike or swim)

Week #6: June 26th – July 2nd; Mileage Goal = 30-34 miles

- 8 mile "Long Run"
- 6 mile "Progressive Run" w/10 hills
- 3 Maintenance Runs (2 w/strides)
- 1 Cross Training day (30-45 min bike or swim)

Week #7: July 3rd – 9th; Mileage Goal = 20-24 miles
(*Note: this week intentionally scales back)

- 7 mile "Long Run"
- 3 Maintenance runs (2 w/strides, 1 w/10 hills)
- 1 Cross Training day (30-45 min bike or swim)
- 2 days of complete rest

Week #8: July 10th-16th; Mileage Goal = 30-34 miles

- 8 mile "Long Run"
- 6 mile "Progressive Run" w/10 hills
- Mile Repeats (3)
- 2 Maintenance Runs (1 w/strides)
- 1 Cross Training day (30-45 min bike or swim)

Week #10: July 17th – 23rd; Mileage Goal = 30-34 miles

- 8 mile "Long Run"
- 6 mile "Progressive Run" w/10 hills

- 5k “Tempo Run”
- 2 Maintenance Runs (1 w/strides)
- 1 Cross Training day (30-45 min bike or swim)

Week #11: July 24th – 30th; Mileage Goal = 30-34 miles CAMP WEEK!

- 8-9 mile "Long Run" w/hills (Camp Run #2)
- 8 mile "Progressive Run" (Camp Run #3)
- 3 Maintenance Runs (2 w/strides)
- 1 Cross Training day (30-45 min bike or swim

Higher Mileage Schedule Example

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
#1 May 22 **0 miles Rest** ***Week Goal: 20-24 miles***	**23** ½ mi Warm up, SAM 3 miles 2x100m str (3.5 mi) CORE Routine	24 ½ mi Warm up, SAM 4 miles (4.5 mi)	25 ½ mi Warm up, SAM 3 miles 10 hills (4 mi) CORE Routine	26 ½ mi Warm up, SAM 3 miles 4x100m str (4 mi)	**27** **OFF or Cross Train 30-45 min bike or swim**	**28** ½ mi Warm up, SAM **Long Run 6 miles (6.5 mi)** CORE Routine
#2 May 29 **0 miles Rest** ***Week Goal: 22-26 miles***	**30** ½ mi Warm up, SAM **4 mi Prog Run** **10 hills** **(5 mi)** CORE Routine	31 ½ mi Warm up, SAM 3 miles (3.5 mi)	1 ½ mi Warm up, SAM 3 miles 4x100m str (4 mi) CORE Routine	2 ½ mi Warm up, SAM **1 mile easy** **FARTLEK (3x)** **½ mi hard, ½ mi easy** **(4.5 mi)**	**3** **OFF or Cross Train 30-45 min bike or swim**	**4** ½ mi Warm up, SAM **Long Run 6 miles (6.5 mi)** CORE Routine
#3 June 5 **0 miles Rest** ***Week Goal: 24-28 miles***	**6** ½ mi Warm up, SAM 3.5 miles (4 mi) CORE Routine	7 ½ mi Warm up, SAM **5K tempo** 1 mi easy (4.5 mi) Strength Train	8 ½ mi Warm up, SAM 3 miles 4x100m str (4 mi) CORE Routine	9 ½ mi Warm up, SAM **5 mi Prog Run** **10 hills** **(6 mi)** Strength Train	10 **OFF or Cross Train 30-45 min bike or swim**	11 ½ mi Warm up, SAM **Long Run 7 miles (7.5 mi)** CORE Routine
#4 June 12 **0 miles Rest** ***Week Goal: 26-30 miles***	**13** ½ mi Warm up, SAM 3.5 miles (4 mi) CORE Routine	14 ½ mi Warm up, SAM **5 mi Prog Run** **10 hills** **(6 mi)** Strength Train	15 ½ mi Warm up, SAM 4 miles 4x100m str (5 mi) CORE Routine	16 ½ mi Warm up, SAM **Mile Repeats** **3x/ mile** **1 mi easy** **(4.5 mi)** Strength Train	**17** **OFF or Cross Train 30-45 min bike or swim**	**18** ½ mi Warm up, SAM **Long Run 7 miles (7.5 mi)** CORE Routine
#5 June 19 **0 miles Rest** ***Week Goal: 28-32 miles***	20 ½ mi Warm up, SAM 4 miles (4.5 mi) CORE Routine	21 ½ mi Warm up, SAM **5K tempo** 1 mi easy (4.5 mi) Strength Train	22 ½ mi Warm up, SAM 4 miles 4x100m str (5 mi) CORE Routine	23 ½ mi Warm up, SAM **2K's (3x)** **10 hills** 1 mi easy (5.5 mi) Strength Train	24 **OFF or Cross Train 30-45 min bike or swim**	25 ½ mi Warm up, SAM **Long Run 8 miles (8.5 mi)** CORE Routine
#6 June 26 **0 miles Rest** ***Week Goal: 30-34 miles***	27 ½ mi Warm up, SAM 4 miles 4x100m str (5 mi) CORE Routine	28 ½ mi Warm up, SAM **6 mi Prog Run** **10 hills** **(7 mi)** Strength Train	29 ½ mi Warm up, SAM 4 miles (4.5 mi) CORE Routine	30 ½ mi Warm up, SAM **5.5 miles steady state** **(6 mi)** Strength Train	1 **OFF or Cross Train 30-45 min bike or swim**	2 ½ mi Warm up, SAM **Long Run 8 miles (8.5 mi)** CORE Routine

#7 July 3 **0 miles Rest** ***Week Goal: 20-24 miles***	4 ½ mi Warm up, SAM 3 miles 4x100m str (4 mi) CORE Routine	5 ½ mi Warm up, SAM 4 miles (4.5 mi) Strength Train	6 **OFF or Cross Train 30-45 min bike or swim** CORE Routine	7 ½ mi Warm up, SAM 4 miles 4x100m str (5 mi) Strength Train	8 **OFF or Cross Train 30-45 min bike or swim**	9 ½ mi Warm up, SAM **Long Run 7 miles (7.5 mi)** CORE Routine
#8 July 10 **0 miles Rest** ***Week Goal: 30-34 miles***	11 ½ mi Warm up, SAM 4 miles (4.5 mi) CORE Routine	12 ½ mi Warm up, SAM **6 mi Prog Run** **10 hills** (7 mi) Strength Train	13 ½ mi Warm up, SAM 3 miles 4x100m str (4 mi) CORE Routine	14 ½ mi Warm up, SAM **Mile Repeats** **3x mile** **1 mi easy** **(4.5 mi)** Strength Train	15 **OFF or Cross Train 30-45 min bike or swim**	16 ½ mi Warm up, SAM **Long Run 8 miles (8.5 mi)** CORE Routine
#9 July 17 **0 miles Rest** ***Week Goal: 30-34 miles***	18 ½ mi Warm up, SAM 4 miles (4.5 mi) CORE Routine	19 ½ mi Warm up, SAM **6 mi Prog Run** **10 hills** (7 mi) Strength Train	20 ½ mi Warm up, SAM 5 miles 4x100m str (6 mi) CORE Routine	21 ½ mi Warm up, SAM **5K tempo** 1 mi easy (4.5 mi) Strength Train	22 **OFF or Cross Train 30-45 min bike or swim**	23 ½ mi Warm up, SAM **Long Run 8 miles (8.5 mi)** CORE Routine
#10 July 24 **0 miles Rest** ***Week Goal: 30-34 miles***	**25** *CAMP!!* ½ mi Warm up, SAM 3 miles 4x100m str (4 mi)	26 *CAMP!!* ½ mi Warm up, SAM **8 mi Long Run Hilly! (8.5 mi)** CORE Routine	27 *CAMP!!* ½ mi Warm up, SAM **8 mi Prog Run (8.5 mi)** Strength Train	28 *CAMP!!* ½ mi Warm up, SAM 3 miles (3.5 mi)	29 **OFF or Cross Train 30-45 min bike or swim**	**30** ½ mi Warm up, SAM 6 miles (6.5 mi) CORE Routine
	TEAM PRACTICE BEGINS MONDAY AUGUST 1st @ 9:00AM					

Lower Mileage Summer Training Schedule

Week #1: May 22nd – May 28th: Mileage Goal = 10-14 miles

- 4 mile "Long Run"
- 3 Maintenance runs (2 w/strides, 1 w/10 hills)
- 1 Cross Training day (30-45 min bike or swim)

Week #2: May 29th- June 4th; Mileage Goal = 12-16 miles

- 4 mile "Long Run"
- 3 mile "Progressive Run" w/10 hills
- "FARTLEK" Workout
- 1 Maintenance Runs (1 w/strides)
- 1 Cross Training day (30-45 min bike or swim)

Week #3: June 5th-11th; Mileage Goal = 14-18 miles

- 5 mile "Long Run"
- 4 mile "Progressive Run" w/10 hills
- 4k "Tempo Run"
- 1 Maintenance Runs (1 w/strides)
- 1 Cross Training day (30-45 min bike or swim)

Week #4: June 12th – 18th; Mileage Goal = 16-20 miles

- 5 mile "Long Run"

- 4 mile “Progressive Run” w/10 hills
- Mile Repeats (2)
- 1 Maintenance Runs (1 w/strides)
- 1 Cross Training day (30-45 min bike or swim)

Week #5: June 19th – 25th; Mileage Goal = 18-22 miles

- 6 mile “Long Run”
- 5K “Tempo Run” w/10 hills
- 2K Repeats (2)
- 1 Maintenance Runs (1 w/strides)
- 1 Cross Training day (30-45 min bike or swim)

Week #6: June 26th – July 2nd; Mileage Goal = 20-24 miles

- 6 mile "Long Run"
- 5 mile "Progressive Run" w/10 hills
- 3 Maintenance Runs (2 w/strides)
- 1 Cross Training day (30-45 min bike or swim)

Week #7: July 3rd – 9th; Mileage Goal = 10-14 miles

(*Note: this week intentionally scales back)

- 6 mile "Long Run"
- 2 Maintenance runs (1 w/strides, 1 w/10 hills)
- 1 Cross Training day (30-45 min bike or swim)
- 3 days of complete rest

Week #8: July 10th-16th; Mileage Goal = 20-24 miles

- 6 mile "Long Run"
- 5 mile "Progressive Run" w/10 hills
- Mile Repeats (3)
- 2 Maintenance Runs (1 w/strides)
- 1 Cross Training day (30-45 min bike or swim)

Week #10: July 17th – 23rd; Mileage Goal = 20-24 miles

- 6 mile "Long Run"
- 5 mile "Progressive Run" w/10 hills
- 5k "Tempo Run"
- 2 Maintenance Runs (1 w/strides)
- 1 Cross Training day (30-45 min bike or swim)

Week #11: July 24th – 30th; Mileage Goal = 22-26 miles CAMP WEEK!

- 7 mile "Long Run" w/hills (Camp Run #2)
- 6 mile "Progressive Run" (Camp Run #3)
- 3 Maintenance Runs (2 w/strides)
- 1 Cross Training day (30-45 min bike or swim

Lower Mileage Schedule Example

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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#2 May 29 **0 miles Rest** ***Week Goal: 12-16 miles***	**30** ½ mi Warm up, SAM **3 mi Prog Run** **10 hills** **(4 mi)** CORE Routine	31 **OFF or Cross Train 30-45 min bike or swim**	1 ½ mi Warm up, SAM 3 miles 4x100m str (4 mi) CORE Routine	2 ½ mi Warm up, SAM **1 mile easy** **FARTLEK (2x)** **½ mi hard, ½ mi easy** **(3.5 mi)**	**3** **OFF or Cross Train 30-45 min bike or swim**	**4** ½ mi Warm up, SAM **Long Run 4 miles (4.5 mi)** CORE Routine

#3 June 5 **0 miles** **Rest** ***Week Goal: 14-18 miles***	**6** ½ mi Warm up, SAM 2.5 miles (3 mi) CORE Routine	7 ½ mi Warm up, SAM **4K tempo** 1 mi easy (4.5 mi) Strength Train	8 **OFF or Cross Train 30-45 min bike or swim** CORE Routine	9 ½ mi Warm up, SAM **4 mi Prog Run** **10 hills** **(5 mi)** Strength Train	10 **OFF or Cross Train 30-45 min bike or swim**	11 ½ mi Warm up, SAM **Long Run 5 miles** **(5.5 mi)** CORE Routine
#4 June 12 **0 miles** **Rest** ***Week Goal: 16-20 miles***	**13** ½ mi Warm up, SAM 2.5 miles (3 mi) CORE Routine	14 ½ mi Warm up, SAM **4 mi Prog Run** **10 hills** **(5 mi)** Strength Train	15 ½ mi Warm up, SAM 2 miles 4x100m str (3 mi) CORE Routine	16 ½ mi Warm up, SAM **Mile Repeats** **2x/ mile** **1 mi easy** **(3.5 mi)** Strength Train	**17** **OFF or Cross Train 30-45 min bike or swim**	**18** ½ mi Warm up, SAM **Long Run 5 miles** **(5.5 mi)** CORE Routine
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#9 July 17 **0 miles** **Rest** ***Week Goal: 20-24 miles***	18 ½ mi Warm up, SAM 2.5 miles (3 mi) CORE Routine	19 ½ mi Warm up, SAM **5 mi Prog Run** **10 hills** (6 mi) Strength Train	20 ½ mi Warm up, SAM 3 miles 4x100m str (4 mi) CORE Routine	21 ½ mi Warm up, SAM **5K tempo** 1 mi easy (4.5 mi) Strength Train	22 **OFF or Cross Train 30-45 min bike or swim**	23 ½ mi Warm up, SAM **Long Run 6 miles** **(6.5 mi)** CORE Routine
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	TEAM PRACTICE BEGINS **MONDAY AUGUST 1st @ 9:00AM**

GUIDE TO TERMS

- ***Warmup Routine*** → ½ mile @ 4-5 min; Lunges and Drills
- **SAM Stretches → EVERY SINGLE DAY (VIDEOS LINKED HERE)**
- ***Rest*** → no running – take this day as a day of complete rest.
- ***Cross Train*** → Biking and swimming are a great way to take a break from the pounding and recover
- ***Strides*** → 90% effort. Roughly your 800m race pace.
- ***Hills*** → incorporate 10 repeats of a hill roughly 50-80 meters long after your run. Fast up the hill, slow coming back down.
- ***Tempo*** → This is roughly the fastest pace you could sustain for a 10k race. The pace you run should be trending faster as you get in better aerobic shape from June to August.
- ***Threshold*** → fastest pace you can hold without getting anaerobic (Mile Repeats, 2K repeats). It should be close to your 5k race pace and trending faster as you get in better aerobic shape from June to August.
- ***Recovery/Maintenance*** → comfortable, "conversation" pace. This is the pace you can sustain on your long runs and use for shorter recovery/maintenance runs.
- ***Progressive Run*** → Start easy and increase pace throughout the run. You should be at tempo pace by the end of the run.
- ***FARTLEK*** → Continuous run with various speeds. Run tempo pace for 3 min., easy for 3 min., tempo for 2 min., easy for 2 min., tempo for 3 min., easy for 3 min., etc.

Other Important Training Information

Injuries: We need to get serious about addressing injuries in XC.

The **PROCESS** of training is so important, but you must understand there is a **BALANCE**. If your body is not responding well to the mileage, then you need to back off the miles. If your knee or shin hurts, don't ignore it and keep trucking. **Small injuries become big injuries when you don't give them attention.** If something hurts, you must tell a coach. Many injury issues can be resolved with slight modifications to the training schedule. This is a critical piece of the process. Nobody is going to make it through a full training season without the need to modify training at some point. Staying in the process with modifications is much better than getting to the point where an injury forces you to shut it down completely.

Strength training

Strength training is key to boosting injury prevention and improving performance. We will be teaching a strength training routine in summer workouts. You should incorporate this routine into your training twice a week.

CORE

If you want to get faster, fitter, and stronger, then you need to train your core like a runner. You simply can't run your personal best without a strong core: the muscles in your abdominals, lower back, and glutes. They provide the stability, power, and endurance that runners need for powering up hills, sprinting to the finish, and maintaining form mile after mile. You need to do 10-15 minutes of core work about 3 times a week.

Iron Deficiency

Having an iron deficiency is very common for female endurance athletes. **YOU DO NOT WANT TO BECOME IRON DEFICIENT**. You will feel terrible and not be able to perform well in running. Training harder will only exacerbate the problem.

The **GOOD NEWS** is that it's easy to manage your iron levels by taking an iron supplement and having the proper intake of foods/liquids. **HOWEVER**, it is potentially dangerous to have too much iron. Again, there is a balance. The best (and only) way to know what your iron "levels" are is to get a blood test done.

*****Please read this article below about Iron Deficiency in female endurance athletes**.
This article answers all the questions about how to get tested, what the symptoms of iron deficiency would feel like, and how to properly arrange your diet to ensure iron absorption.
http://www.runningwritings.com/2017/04/low-ferritin-and-iron-deficiency-anemia.html

Note: If you are experiencing symptoms consistent with iron deficiency, then you need to let your parents and your coaches know immediately.