

Monday 11/30 TODAY'S OBJECTIVES – GIRLS INDOOR TRACK TEAM

- 1. WE WILL CHECK IN ALL RUNNERS AND CLEAR ELIGIBLE FOR PRACTICE.**
- 2. UNDERSTAND RULES WHEN RUNNING OUTSIDE:**
 - A. ALWAYS PAIR UP WHEN RUNNING OUTSIDE AND NEVER LEAVE A TEAM-MATE ALONE.**
 - B. OBEY ALL TRAFFIC RULES, NEVER CHALLENGE A MOTOR VEHICLE, ASSUME THE DRIVER DOES NOT SEE YOU. CROSS MAIN STREETS AT THE CROSS WALK AND LOOK BOTH WAYS.**
 - C. CHECK IN WITH COACH TREMAINE OR COACH CROSBY AFTER RETURNING FROM A WORKOUT OUTSIDE.**
 - D. BRING CLOTHING APPROPRIATE FOR COLD WEATHER TRAINING.**
- 3. START A GENERAL CONDITIONING PERIOD FOR ALL RUNNER, THIS GENERAL TRAINING PERIOD WILL LAST FOR THREE DAYS. EVENT SPECIFIC TRAINING WILL BE INTEGRATED IN OVER THE NEXT FEW DAYS.**
- 4. WE WILL DIVIDE ELIGIBLE TEAM MEMBERS INTO TWO GROUPS, EXPERIENCED DISTANCE RUNNERS WILL FORM A GROUP AND CONTINUE DISTANCE TRAINING PREP AND ALL OTHERS WILL PRACTICE UNDER THE DIRECTION OF ASSISTANT COACH JON CUNHA.**
- 5. YOU SHOULD COMPLETE TODAY'S PRACTICE WITH AN UNDERSTANDING THAT TRAINING IS A LONG AND SEQUENTIAL PROCESS AND TO START GENTLY IS IMPORTANT TO INSURE VALUE FROM PRACTICES THAT FOLLOW THIS WEEK. YOU SHOULD FEEL TODAY'S EFFORT TOMORROW BUT NOT EXCESSIVELY.**
- 6. YOU SHOULD KNOW WHERE TO GO TO GET INFORMATION ON THE SPECIFICS OF OUR SEASON. (www.mlxctrack.com/LexGirls.html)**