

TUESDAY 12/01 TODAY'S OBJECTIVES – GIRLS INDOOR TRACK TEAM

1. WE WILL CHECK IN ALL RUNNERS AND CLEAR ELIGIBLE FOR PRACTICE.
2. UNDERSTAND RULES WHEN RUNNING INSIDE ON THE OVAL:
 - A. **NEVER JOG OR WALK IN LANE 1 OR 2**
 - B. **WHEN DOING A WORKOUT ON THE TRACK NEVER MOVE RIGHT OR LEFT AT THE URGING OF A RUNNER THAT IS OVERTAKING YOU. BE PREDICTABLE AND JUST KEEP RUNNING IN A PREDICTABLE STRAIGHT PATH.**
 - C. **NEVER YELL AT RUNNER YOU ARE OVERTAKING TO MOVE OFF THE TRACK, PASS ON THE RIGHT WITH CAUTION.**
 - D. **WHEN YOU FINISH AN INTERVAL MOVE OFF THE TRACK QUICKLY EITHER LEFT IF IN LANE 1 OR RIGHT IF IN LANE 2 OR 3.**
 - E. **NEVER RUN IN THE OPPOSITE DIRECTION ON THE OVAL UNLESS DIRECTED TO DO SO BY A SUPERVISING COACH.**
3. CONTINUING GENERAL CONDITIONING PERIOD FOR ALL RUNNERS, THIS GENERAL TRAINING PERIOD WILL LAST FOR TWO DAYS. EVENT SPECIFIC TRAINING WILL BE INTEGRATED IN OVER THE NEXT FEW DAYS.
4. WE WILL DIRECT YOU TO A GROUP FOR CONDITIONING.
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 UNDERSTAND THAT THE TEAM WILL BE MADE UP OF VARSITY AND JV TEAMS, EACH RUNNING A SCHEDULE UNIQUE TO THAT TEAM.
7. YOU SHOULD UNDERSTAND THAT YOU WILL HAVE THE OPPORTUNITY TO ACHIEVE VARSITY STATUS REGARDLESS OF WHERE WE ARE DURING THE SEASON. MOVEMENT FROM JV TO VARSITY OR THE REVERSE WILL BE SOLELY BASED ON PERFORMANCE AND COMMITMENT TO THE TEAM.
8. YOU SHOULD KNOW WHERE TO GO TO DOWNLOAD THE DATES FOR TEAM EVENTS FOR THE SEASON. (www.mlxctrack.com/LexGirls.html)