

PREPARING FOR SUMMER PRACTICES

HOW TO GET INJURED, SICK, PERFORM POORLY AND GET SO DISCOURAGED YOU WANT TO QUIT

Get up as late as possible

**this allows your body no time
to develop blood flow and warmup
this will insure that you will pull a muscle**

**also by getting up as late as possible it will prevent
you from adequately fueling and hydrating
this will insure that you have no energy to complete
the workout, and that with no hydration you can
become overheated so that you get sick or pass out**

**the pulled muscles and passing out will of course
provide you with many excuses for not developing
as a runner**

HOW TO PREPARE YOURSELF TO TAKE FULL ADVANTAGE OF MORNING PRACTICES SO YOU CAN ADVANCE YOUR ABILITIES AND CONTRIBUTE TO TEAM SUCCESS

Get up by 6:45

Your body needs at least an hour and a quarter to “wake up”

Have 8 0z of water or “gatorade” type drink immediately

Have a light, easily digestible meal of for example

Bagel or wheat toast or oatmeal

Banana

Energy bar

Juice

Drink another 8 oz of fluid right before you leave

Bring 16-20 oz of fluid with you

POST WORKOUT FLUID AND FUEL REPLACEMENT

**You need to replace 300-400 calories of carbs and protein
with one hour, preferably within one half hour**

8 oz of low fat chocolate milk is perfect starter

A juice, fruit, yogurt “smoothy” is an excellent choice as well