Training Necessities:

- 1. Running shoes / clothes
- 2. Water!!!!!
- 3. Watch with a chronograph or stopwatch function
- 4. Inhalers (for those diagnosed with asthma)
- 5. Towel / yoga mat if stretching in the grass and rope
- 6. Running log (see below)
- 7. Positive attitude!

Training Log:

You are encouraged to keep a training log and share that with your coaches throughout the season. You can choose the format of your training log: a simple spiral notebook; a folder in Google drive with a document or spreadsheet for each week; an app on your phone / computer such as Nike+ or Fitbit; or you can purchase one at a bookstore. Your training log must include the following information for daily workouts:

- > Date and Time of workout
- Weather conditions
- Details of workout should include times / paces for intervals and distance runs
- Description of how you felt during the workout
- > Total mileage for the workout
- Weekly total

Once the season starts in August you should share this with the coaches on a regular basis. The goal of the training log is to help you track your progress and to help prevent injuries throughout the season. This will only work if you are accurate and honest with your daily entries!