

COLLINS



TRACK & FIELD

MLCHS TRACK & FIELD

Equipment List:

| Item | Description / Use | Mandatory / Optional |
|-----------------------------------|---|--------------------------------------|
| Flats – running shoes | Running shoes with plenty of cushion. No basketball shoes. | M |
| Water bottle | Used to fill up from faucet | M |
| Light clothing | Both light in color (safety – when running on roads WORFY – white, orange, red, flourescent, yellow) and light in <i>weight</i> (breathable, absorbent). Note: athletes must wear a top unless granted permission by a coach to remove it (e.g. excessive heat). Athletes must wear at least one item (top or bottom) of WORFY colored clothing, otherwise they will be relegated to running on the track when others go out on the grass course. No basketball shorts – 8” inseam maximum. | M |
| Gear bag | Bag or backpack to store gear (water bottle, towel, shirt change, clothes, etc.) | M |
| Warm up suit | Sweat pants / shirt or warm up jacket pants for cooler / rainy weather. May need long sleeve shirt, gloves, hat for cooler weather. | M (weather dependent) |
| Spikes / specialty shoes | Spiked track shoes for meets / speed work. Specialty shoes for throws and jumps specific to the event. | M |
| Watch – with stopwatch capability | Don't use cell phones for this. Lets runner know when to stop running on course. Great way to help you learn to pace yourself. | O (highly recommended for endurance) |
| Reflective vest | Aids in visibility on road runs | O |
| Dry shirt | Use to change into after practice | O |
| Hat | Keeps sweat out of eyes and head cool; protects against sun | O |
| Suntan lotion | Minimizes harmful effect of UV rays | O |
| Heart rate monitor | Monitors pulse to record level of intensity of activity | O |
| Towel | Wipe up perspiration after practice. Throwers can use towel or rag to dry off implements. | O |

Training Objectives:

1. Improve flexibility and strength
2. Improve technical event technique and knowledge
3. Improve the body's ability to transport blood and oxygen
4. Increase the ability of muscles to effectively use oxygen (to convert carbohydrate and fat fuel into energy)
5. Shift lactate threshold to correspond to a faster running speed (lactate tolerance)
6. Increase aerobic capacity (VO2Max)
7. Improve speed
8. Lower the energy demand of running (improve running economy)