



MLCHS CROSS COUNTRY

Equipment List:

Item	Description / Use	Mandatory / Optional
Flats – running shoes	Running shoes with plenty of cushion and tread. No basketball shoes.	M
Water bottle	All athletes must bring a full water bottle to practice and must not share their water with others.	M
Light / bright clothing	Both light in <i>color</i> (safety – when running on roads WORFY – white, orange, red, fluorescent, 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). 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	Spiked track shoes for meets / speed work. Mandatory for top 7 athletes.	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. Acts as a cushion when doing core work.	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)