

Keswick Cross Country Funner Summer Runner

- **Running benchmarks- Track your progress on the track**

<u>June 3</u>	<u>July 3</u>	<u>August 1</u>
100: _____	100: _____	100: _____
200: _____	200: _____	200: _____
400: _____	400: _____	400: _____
1 mile: _____	1 mile: _____	1 mile: _____
5k: _____	5k: _____	5k: _____

- **My goals-** write a time goal, run the whole race, make districts, be at every practice, etc.

1: _____
2: _____
3: _____

- **To do list**

1. Gear- shoes- go to St. Pete Running company for a run analysis- it's free, try on the shoes they recommend. They will tell you what kind of shoes fit you best- stability, neutral, under/over pronate. Ideally- try and have a road shoe, and a trail shoe by Aug. 1. A good pair of shoes cost \$70-\$100, but you can find them much cheaper. Brooks, Hoka, and Asics are all good brands. You don't have to spend this, you can find on the internet for 50%, look for last years' models- Ex. If Brooks Ghost 17 are out now, look for Ghost 15 or 16. Also, **no cotton socks!** Optional equip-Calf sleeves (\$25)-recovery, foam roller (\$15)-recovery

2. Devotions- spend at least 15 minutes to start every day with God. Listen to 3 worship songs in a row see if you can write every lyric by Aug. 1, memorize 3 verses, go through A.C.T.S. of prayer, make a list of 3 different things you are thankful for every day, write 1 promise of God every day for a month.

3. Practice eating/drinking- Yes. Get rid of drinking soda/venti mocha sugar drinks by Aug. 1. Drink **at least** half your weight in water (80 oz) every day. 1 bottle of electrolytes every day (Gatorade, propel, elect. Packets). Practice eating things before you run, ex. 1 banana 30 minutes prior to running, 2 hard boiled eggs, or lunch meat 1 hour before running, granola bar/toast/oatmeal 2 hours before running, spaghetti for dinner the night before you run. More on this later. We all love ice cream, just not before you run!

4. Practices next year will be M-F at 630 am during the school year. **JULY 28th -1st day of practice, likely finish summer running, 1st day practice on Keswick Campus August 4.**

5. **Come to summer conditioning!!!** It is a super fun way to build endurance, team chemistry, and get ready for the season. **The schedule will be posted on Keswick website, and Facebook page.**

Coach Jesse Beckett- 727-543-7968

Summer Conditioning Schedule- please join on Facebook page or Instagram Pinellas County XC 2025

Week 1: June 2-6 Monday- Lake Seminole Park 730am (park by softball field), Tuesday- Walter Fuller Park@730am, Thursday- Hills of Keswick 730- parking lot across from gym on 54th Ave. Friday- Sunset park @730am (central ave @ park st.)

Week 2: June 9-13. Monday- Monday- Lake Seminole Park 730am (park by softball field), Tuesday- Walter Fuller Park@730am, Thursday- \$\$\$ Trails of Tampa w/cracker barrel bfast after (meet at Keswick depart 630am), Friday- Sunset park @730am (central ave @ park st.)

Week 3: June 16- 20. Monday- Lake Seminole Park 730am, Tuesday- Walter Fuller Park@730am, Thursday- Boat ramp Walsingham Park 730a —, Friday- War Veterans Park @730am (1st parking lot on the right in the back).

Week 4: June 23-27. Monday- Lake Seminole Park 730am, Tuesday- Walter Fuller Park 730am, Thursday- \$\$\$ Trails of Tampa, Rainbow river tubing, lunch after- 630a-230p, Friday- War Veterans Park @ 730am

Week 5: June 30- July 4. Monday- Lake Seminole Park 730am, Tuesday- Hills of Keswick 730a Thursday- Midnight 5k race in Dunedin- must sign up in advance, I can come pick up/drop off at home if needed, or leave Keswick 1030pm. Friday- Happy 4th of July!

Week 6: July 7-11. Monday- Lake Seminole Park 730a, Tuesday- Walter Fuller park @730am, Thursday- \$\$\$ Celery fields hill, Water Lagoon park after? Or chick fila. Friday- Sunset park @ 730am

Week 7: July 14-18th. Monday- Lake Seminole 730a, Tuesday- Hills of Keswick 730am, Thursday- \$\$\$ Holloway Park test 5k- 630a leave Keswick- chick fila after run, Friday- Walter fuller park @ 730am

Week 8: July 20-26. Keswick/Northside Run camps. \$450 for the camp.

Week 9: July 28-Aug. 1- Monday- Lake Seminole Park 730am, Tuesday- Walter Fuller Park 730am, Thursday- Hills of Keswick 730a, Friday- Lake Seminole Park- 730am, last run of the summer- tshirts passed out, breakfast at Chick fila.

Questions- Coach Jesse Beckett 727-543-7968, Coach Barry Greenleaf- 727-458-8556