**Freshman Training Instructions:**

For the freshmen, we suggest getting out for a run 3 times a week (like M-W-F) for 30-35 minutes. For brand new runners, a good workout is alternating 2 minutes of running and 1 minute of walking for 30 minutes. Once it’s comfortable, the workout can be changed to 3 or 4-minute running segments with 1-minute walking breaks. The aim will be to carefully remove walking breaks over time. If a freshman has been consistently running 3 times a week for 4 weeks, add one more run to make it 4 runs per week. Please don’t forget to warm up into the run by starting at a manageable pace. Afterward, do any core exercises or strengthening exercises you know (squat, lunge, plank, push-ups) and do some stretching. Make sure you are also drinking a good amount of water and eating vegetables!

If you are more advanced in your training – feel free to check out and utilize all or some of the Sophomore training schedules on the team website. Maybe alternate between the freshman and sophomore training schedules. You can also contact coach Keith if you want to run a training idea or question by him.

His email is keith22mendoza@aol.com