

WINTER RUNNING TIPS

1. Start with reasonable goals and mileage you can handle. Consult your coaches for advice.
2. Follow the mileage increases laid out by the club directors, both with regard to your total weekly mileage and your weekly long run. Stick to the plan!
3. Avoid running inside at all costs! The more time you spend on the unforgiving hallway surface, the more likely you are to get hurt/wear down. Get outside and run, even if it's cold. If you've got decent winter running clothes, being outside running is absolutely manageable, even down to below 10 degrees.
4. WEAR GOOD SHOES. 500 miles per pair of shoes is what's recommended by most runners. You'll get the most for your money at shoes around \$100 (don't forget about discounts for athletes at places like Running Room, TerraLoco, etc.). If it costs a lot less, they're junk. If it costs a ton more, you're overpaying.
 - a. NOTE: wear your running shoes ONLY for running. Wearing them for everyday use and for running can lead to injury.
5. Change distances, change speeds. Don't run at the same pace or the same route every day. Be sure you get in a long run every week to build tendon, ligament, and muscle strength. This also increases the number of capillaries and increases the blood flow (oxygen) to your muscles. In addition, the long run makes it possible for you to have a short/easy day without your mileage dropping.
6. Stretch and do regular strength training to prevent injury.
7. PLAN AHEAD. Watch the weather report. Do longer runs on warm days. If you know, for example, the temp is going to dive later in the week, frontload your weekly mileage.
8. Take a day off once a week. Your body needs time to rest and recover from the mileage you did in the previous week, so that you can get ready for the next week's effort.
9. RUN TOGETHER. Winter training is hard enough alone. Regularly running in groups after school will make things much easier. Not only will the runs go by more quickly, but you can hold each other accountable. With this in mind, try to participate in as many Wednesday Runs as possible.