

This school year obviously looks a little bit different from years past, and practice will be no exception.

Typically I meet with members of the Cross Country team at the end of the school year (an impossibility this year) and give a summer schedule. In fact, I've worked hard over the past several years to get a summer running ethic in place in the High School. This year (and for this year only) I decided not to hold summer practices and never sent out a summer schedule. That being said, I will include a basic "from zero" program at the end of this letter. This summer and every summer I ask for your help in making your son's transition to regular season practice as safe as possible by having him do summer preparation for the season.

Each student needs to take a **mask** to practice as well as something in which he can store the mask (and which will not blow away). We will not be able to consolidate equipment and personal items as we have done in the past. The mask will be worn when not running. For hygiene's sake and especially because the masks will be worn when your son has perspired I recommend having multiple masks.

Each student must have his own **water and water bottle(s)**. I highly recommend taking at least a gallon of water to practice.

As always, each student should have **multiple athletic supporters or equivalent compression** shorts to protect his health. Between my class and the class above mine at Priory there were three cases of testicular cancer (none of them runners). Young men need to do everything they can to protect themselves from a disease that can strike at a young age.

All students should have **running shoes** (not cross training shoes or some other general tennis shoes). Running shoes can look fine but not be suitable for running because the foam in them has been compressed. This typically happens by about 400 miles of running or so. In other words, if you have shoes from last Cross Country season you need a new pair. There are many online stores that specialize in running shoes, and Big River Running is almost directly south of Priory on Manchester Rd.

Each student must have a **digital watch** at practice every day in order to be able to properly complete the run or workout. The Casio F91W-1 is an inexpensive (\$13.99 on amazon) option.

Once in High School each student will be required to have a pair of racing spikes. These are not required in the Junior School, but can certainly be used.

Again, a "from zero" schedule follows this message. **The times listed below are goals for you to run continuously; please be sure to take the time to cool down/stretch after your run.** We do our best to make everything as safe as possible, but I ask for your help in this by ensuring that your son gets some basic fitness in place as soon as possible this year (and in future years). If anyone has any questions or concerns please feel free to contact me by email at [pcouncilor@priory.org](mailto:pcouncilor@priory.org).

**Week 1**

- Monday - 5 min.
- Tuesday - 5 min.
- Wednesday - 5 min.
- Thursday - 7 min.
- Friday - 5 min.
- Saturday - 8 min.
- Sunday - OFF

**Week 2**

- Monday - 7 min.
- Tuesday - 8 min.
- Wednesday - 8 min.
- Thursday - 5 min.
- Friday - 10 min.
- Saturday - 8 min.
- Sunday - OFF

**Week 3**

- Monday - 10 min.
- Tuesday - 8 min.
- Wednesday - 10 min.
- Thursday - 8 min.
- Friday - 12 min.
- Saturday - 8 min.
- Sunday - OFF

**Week 4**

- Monday - 12 min.
- Tuesday - 15 min.
- Wednesday - 10 min.
- Thursday - 15 min.
- Friday - 12 min.
- Saturday - 15 min.
- Sunday - OFF