

Racing has begun!

We saw some great performances out there, and everything went very smoothly. For the newcomers, this was your first taste of an XC meet—it's very exciting, if not a little nerve-wracking. You all did great, and I'm sure you'll only continue to improve throughout the season.

Next meet, we head to O'Melveny!

It's a faster course because it's less hilly; however, it is a bit more technical, with some tight turns and tall grasses at the start. This is typically one of the hotter meets, so make sure you're hydrating all week long (it's supposed to be another hot week anyway). Let's make this another great week of training and racing!

There is **no official practice today**, so you'll be running on your own. You can run for the same amount of time as last week, or a little bit shorter.

Example: Group 1A runs 32–40 minutes.

I also wanted to reiterate what I and the other coaches discussed this past Monday about outside coaching/training/etc. While getting some friendly advice about running is one thing, doing additional workouts—especially on a Storm workout day—is quite another.

None of the coaches want any of the athletes to perform poorly in races or get injured. We want you to succeed, which is why we work hard to create a comprehensive training plan that meets all of our athletes' needs.

Recovery from a hard workout is almost as important as the workout itself.

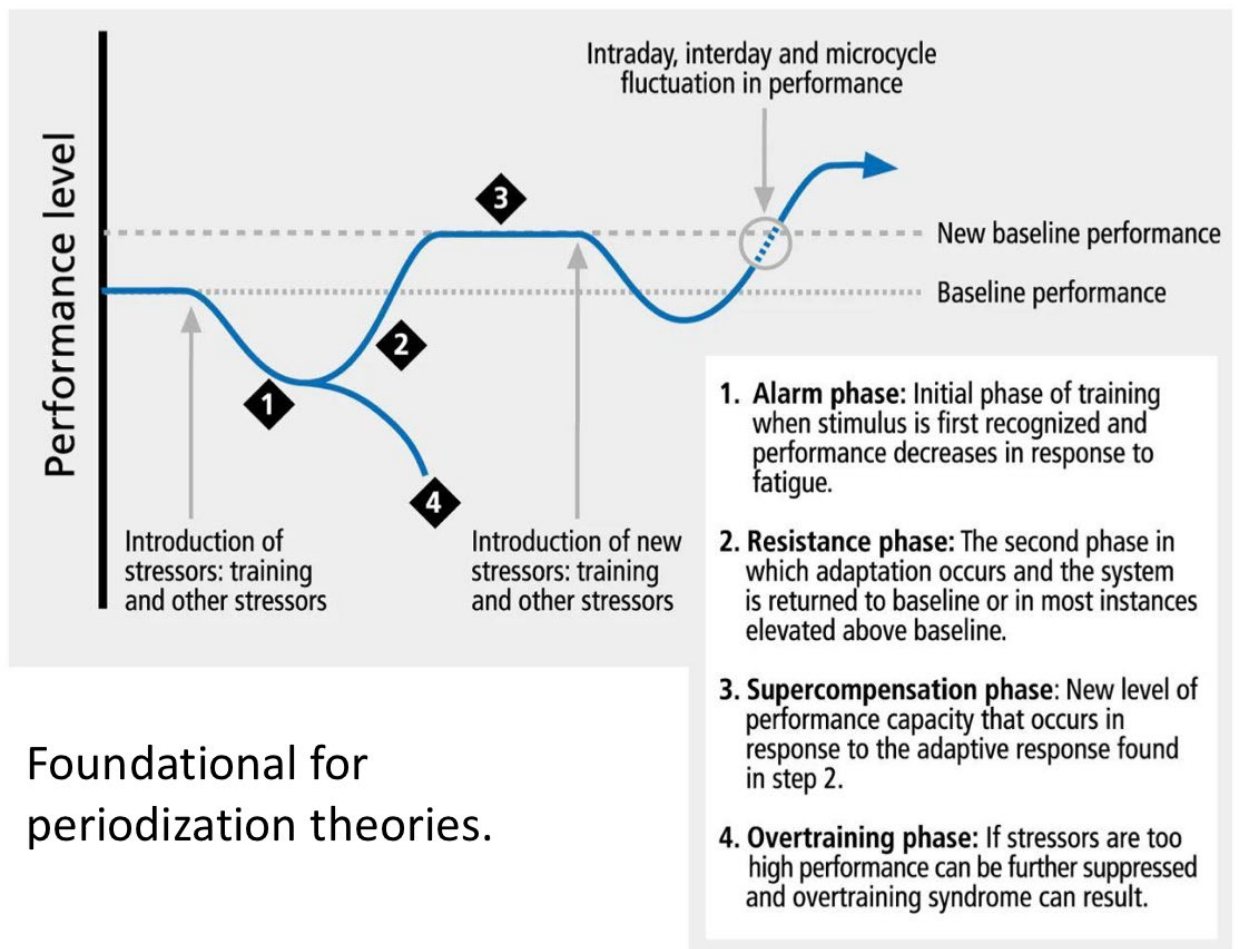
Think of it this way: when you do a hard workout, you're breaking your body down. Your body then responds to that stimulus and builds itself back up stronger—but this takes time, proper nutrition, hydration, sleep, etc.

If you do additional hard workouts during this crucial recovery period, you're just breaking your body down further, which makes the recovery take longer. If this cycle continues, you'll experience one (or both) of the following: **overtraining and/or injury**.

Injury is self-explanatory, but what is overtraining? It's when you've broken your body down so much that it significantly affects your performance. You'll feel sluggish and tired, and your times won't be where you want them to be.

I'm a visual learner, so I'm including a graph to help you visualize this.

– Coach Jonah



Foundational for
periodization theories.