



# The Bulldog Bark

The voice of Alhambra High School  
Cross —CC-> Country  
Thursday, July 19, 2018



## Looking Ahead

### Boy, The Season Comes Up Quickly !

The summer is moving quickly towards the start of school. The cross country season is about to start in less than a month. And it is time to start getting a clear focus on the upcoming season.

The end of summer has a number of its own interruptions to a consistent schedule, with running camp and student registration day and start of classes. Here is a more detailed running schedule leading up to the start of our season:

#### July 16 - Aug 1

We will continue to have our regular summer workouts each day at 8:00 Mon - Fri.

#### Aug 1

Last pool workout of the summer !

#### Aug 2 - Aug 7

Lake Tahoe Running Camp

#### Aug 2 - Aug 3

Non-camp runners OYO

#### Aug 6 - 7

Non-camp runners 8:00 am. workouts w/ Coach Brewer

#### Aug 8

Pre-Season Pancake Breakfast (and run !)  
details to follow

#### Aug 9 - 10

8:00 a.m. workouts

#### Aug 13

3:12 p.m. First day of official workouts on the track

#### Aug 14

8:00 a.m. workout  
1-7 pm Student check-in table

#### Aug 15 - end of season

3:12 pm workout on the track

#### Aug 20

Classes start

#### Aug 21

Time Trial on the track

#### Aug 24

Goal Setting

#### Aug 25

8:30 a.m. Festival of Rakes and Shovels  
Hidden Valley Course cleanup

## On Your Own

### What Is This OYO, Anyway?

This is a a training term for the "extra" workouts that coaches recommend for runners on the weekends and holidays and days without coaches involved. The On Your Own refers to the motivation factor involved - - the athlete needs to be challenged to run on his or her own desire, and not because a coach is telling that athlete what to do at the moment.

#### Physiological Background

The scientists who study endurance running supply a steady stream of information so coaches can coach more effectively. One of the more important bits of information is that success at distance running comes over a period of time. This is not a new concept, as most sports understand the skill levels of basketball or soccer or volleyball or football develop over a period of years.

Distance running is similar, but differs in that the skill level is in being able to run for 5-6 days a week for 20-30 weeks in a row to develop even the basis for improvement in the first year of running. Heart rate needs to be improved, blood flow needs to be increased, efficient oxygen use by muscles needs to be maximized, muscles need to be acclimatized to the demands of running, et cetera. This all takes extended time.

#### Magic Numbers

So what does an athlete do on an OYO day to make his or her effort contribute to the maximum benefit for training? This one is an easy answer. On OYO days, if the athlete can go on a distance run, that run needs to be a minimum of 35 - 45 minutes (depending on level of conditioning) and up to 60-75 minutes for the more advanced runners. This is the best type of individual running an athlete can do for overall improvement On Your Own.

## Recruiting !!

### We All Are Recruiters For The Season !

Even though the Bulldogs are on target for a good season, and summer running numbers are up from previous years, we still want more people to come out for the team.

#### Sure, Your Friends Might Resist

Well, when you encourage your friends to join the team, be sure to tell them that we have more fun than other sports. You might want to mention Otter Pops. Also, you can tell them that if they can't experience any improvement in two weeks of training, then perhaps this sport is not their real sport.

#### Travel !!

Do your friends know that we go on a trip to Los Angeles? That we have a beach party at Half Moon Bay? That we race in South San Francisco and Santa Rosa? What other sports on campus offer this type of opportunity?

#### Otter Pops

And just to add the icing to the cake, we have otter pops after the hard workouts to reward our athletes for their stamina and effort. Yes, cross country is a superior sport.

#### For the Record - - Just Try It

If an athlete wants to try out for the sport, but is reluctant to try, let them know that if they can't see any improvement in two weeks, they are welcome to leave. Chances are, after two weeks, they will be as hooked on running as you are and stick with the team for the whole season.

#### Get to Work !

So spread the work about the glories of running, and get your friends out to summer running. All students of all abilities are welcome.

### Team Shirt Slogan:

### 2018 Suggestions Welcome

Coach Paradise announced that we now have the design for this year's team tee shirt. Now all we need is the team slogan for the back of the shirt. Submissions are welcome, and in a few weeks will be held to a team vote.

If you have any inspirational quote, or snarky phrase, or rallying exclamation, let Coach Paradise know so she can put it on the final ballot.

## Coach Paradise Introduces Hurdle Drills !

This week the team learned (or re-learned) the hurdle flexibility drills. Lots of hopping and skipping over hurdles to loosen up the hips and increase range of motion to make us all better runners.

