



# The Bulldog Bark

The Voice of Alhambra Cross Country  
Where Lunacy is a Permanent Resident



Tuesday, June 1, 2021

**Day 1 !!**

## Summer Conditioning Up And Running

We are now officially in the summer running phase of cross country. 17 braves souls came out for Day 1 and encountered all the aches and pains and challenges of getting back into running shape.

Lots of Rookies

It was gratifying to see a good amount of runners new to the program, along with our veterans. This always augurs well for continuity, as well as keeping our program number up. And with the newbies getting a good head start on the summer, they will be even more prepared for the competitive season come fall.



Kylee leads Ali and Noura on the warmup.

## So, How Did Day 1 Go?

Well, the warmup was a killer. Just getting the system activated to handle a workout seemed to be a challenge. We do about 3/4 of a mile for getting the metabolism going, and then transition into a series of drills for active mobility. This takes another 3/4 of a mile.

At this point some of our newbies, and even a few veterans were in "huff-and-puff" land. The actual workout was gentle enough, with accommodations for all levels of experience, and it was with relief that the kids went to their core drills for cooling down.

**This will pass soon**

It doesn't take long for teenagers to get into shape. 2-3 weeks of daily running will see large gains in conditioning, running comfort, running confidence, and ability to speed up.



The kids are glad the workout is over.

## Vacations, Summer School, Travel, Et Cetera

Summer running is 70 days between now and the first day of the season. We would like to see our athletes run for at least 50 days of those 70.

If the athlete cannot make those 50 days with us due to family and travel and other obligations we encourage athletes to run on their own. The minimum range is 35 minutes without stopping.

On vacation? Visiting family? Job or school taking the athlete away from our sessions? 35 minutes (and hopefully more) of continuous running each day will go a long way towards getting the athlete into excellent shape by the end of the summer.

**Every Week Day**

## Running Takes Place

We have a set of summer running workouts scheduled for the entire summer. As much as we can have each runner tuck as many workouts under their belts, the better we will be as a team come the fall season.

**8:00 -- 10:00 a.m. each weekday morning**

And not only do we have daily running and coaching, it's free! Can't get much better than that. This comes with a guarantee - - the runner will get better if he or she makes the summer runs.

**Summer Bonuses:**

## Day Camps Being Planned

The coaches are working on organizing a series of Day Camps for our summer runners. Things are still in the air, but the ideas being circulated are a beach run at Half Moon Bay, a long trail run at Castle Rock Park, and a loop run from Alhambra High along Snake Road to Port Costa and back via Franklin Canyon.

Stay tuned for final dates, but we are hoping to launch a couple of these mini-events later during the summer.

**New Shoes**

## Let's Avoid Injuries

New shoes are the most effective measure for preventing running injuries. Solid, comfortable, and durable training shoes are available from all of the major manufacturers.

New shoes  
It is necessary for the serious runner, to get new shoes every 200 miles, or 2-3 months for high school runners. Shoes lose their cushioning quickly, so we need running athletes and families to be aware of the need to avoid preventable problems.