



The Bulldog Bark

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



Monday, June 7, 2021

Week 2 Already! Summer Running In Full Swing

Boy, things do move quickly. We are already in Week 2 of our 10 week summer program. We have had about a dozen and a half runners make an appearance this first week. As we get further along the goal is to get even more out on a regular basis to bolster our potential fall success.

Looking forward June Is A Busy Month

School has just gotten out. Track has trickled down to a close. Summer running has just begun. And the USA is ready to explode in a frenzy of activity as the Covid restrictions are being relaxed nationwide. And lots of folks have lots of plans, and these plans include our runners and coaches. As much as we would all like to plot our a predictable and stable course of training, events always seem to make summer a bit more unpredictable than the rest of the year.

So how does this impact our cross country team, and the summer running plan we have in place for the summer? Any number of ways. And to deal with the immediate next few weeks, the coaches' plans are already being revised. Welcome to the new normal.



Happy runners finish the warmup with fence stretches.

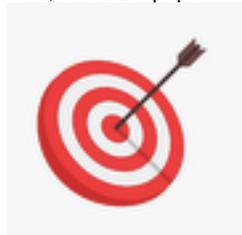
Workouts Still Every Weekday Morning

The first intrusion into our plan is that both Coach Angela and Coach Brewer will be gone for about two weeks as they attend the US Olympic Track Trials in Oregon in mid-June. Already, Coach Angela has been

cloistered in the office all last week to help the school shut down, and then she is off to a previously planned family vacation. Coach Brewer will spend the end of this week at a 50th high school reunion mini-event. And then the week after we both disappear for two weeks - - Coach Angela as a volunteer clerk at the Olympic Trials, and Coach Brewer as a pure spectator.

The Cardinales To The Rescue

Pearla's mom Sonia and her older sister Erica (both former Alhambra runners!) have stepped up to cover for Angela and Brewer in the interim. To accommodate this, the previously posted workout schedule will be amended a bit, but the general trend of the running workouts will not be significantly altered. So, workouts will continue. There will be warmups, drills, runs, time targets, core, and other pops . . . all as per usual.



Targets? Isn't Summer Running Supposed To Be Just Fun?

Sigh . . . getting into shape is not ever easy. So the first few days will be a challenge for everyone. Getting up to competitive fitness is the next step, and it takes a few weeks to gradually stretch the effort out a bit longer, a bit faster, a bit harder . . . and then keep up that momentum until the official season starts in mid-August.



Dominic takes it easy on the grass with a calf cramp.

Can't Make Summer Running Workouts Can Happen Anywhere, Any Time

As a cross country program that has been making some serious progress, we are not shying away from asking our athletes to put workouts on their daily calendar, regardless of whether they are with the daily group or someplace else.



Happy runners finish the cooldown with core work.

Daily Running Is Not A Crime

All we ask as coaches is at least the minimum of 35 minutes nonstop a day. More if you can handle it. And the more days a runner puts in running is more fitness achieved and more ability to run faster races in the fall. Fairly simple. We still have 63 days of summer running left. Let's take advantage of every day we can.



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