



## **Fall 2022 Season**

### **Cross Country**

Our regular practices will be held on Tuesdays and Thursdays at 5:00pm in Munhall. Meet at the courts on East Miller Street behind St. Therese School. We intend to offer a 3rd practice day but expect it might change weekly with our schedules. As always, attend as many practices as you can and run on your own if you need to miss a day! Athletes should bring water to every practice and hydrate throughout the day.

#### **Running Shoes**

Comfort, cushion, structure (for stability and arch support) and a knobby sole for traction are things to look for in a shoe. If possible, avoid: slip-ons, smooth foam soles and flat shoes.

These brands offer good choices in adult and youth sizes: Asics (Gel Cumulus), New Balance and Saucony. Brooks has great choices in adult sizes. Nike offers many 'running shoes' but choose with the above features in mind. Good shoes are available in all price ranges. Fleet Feet in South Hills or Shoe Fly at the Waterfront will fit runners for shoes if you are interested.

#### **Conditioning**

We encourage runners to start conditioning TODAY by running 5-8 times before our first practice. Focus on increasing time/distance to build endurance. Don't worry about speed, run at an easy and comfortable pace. Start with a run/walk if necessary and build towards the following goals:

K-2nd: 1-1.5 miles/10-20min

3rd-5th: 2 miles or 20-30min

6th-8th: 2-3 miles or 30 min

**\*\*Even 10 minutes every other day would be a great start!**