

Freshman or year 1 Expectations

<u>By the end of the season:</u>	Be able to understand better food choices
Run 50 Minutes continuously for a long run	Arrange schedule to get on average 8 hours of sleep
Run 35-40 minutes on average per day (5-6 days per week)	Arrange schedule to maintain a 3.0 or higher
Be able to complete basic Warm-ups unguided	Learn and understand race strategies
Be able to complete basic strength work unguided	Get iron serum levels checked at least once
Be able to hydrate properly	Be able to recite Core values
Recruit 1 new athlete to the team	Be introduced to the summer training program
Create a plan for success and involvement in HS	Start thinking about what colleges

Sophomore (or 2nd Year) Expectation

<u>By the end of the season:</u>	Make and follow better food choices
Run 60 Minutes continuously for a long run	Be able to hydrate properly
Run 45-50 minutes on average per day (5-6 days per week)	Maintain a schedule to get on average 8 hours of sleep
Be able to to <u>TEACH</u> basic Warm-ups unguided	Arrange schedule to maintain a 3.0 or higher
Be able to <u>TEACH</u> basic strength work unguided	Start to apply race strategies
ADD the second level of strength work to your regimen	Get iron serum levels checked at least once before and after the season
Be able to teach our core values	Recruit 2 new athletes
Commit to the Summer training program starting in June learn how to use it	Set goals for end of season improvement
Fine tune your HIGH SCHOOL plan for success and involvement	Research colleges and the classes required to plan you Junior Year

Junior (or 3rd year) Expectations:

<u>By the end of the season:</u>	Make and create a food choice plan for optimal performance in the classroom and sports
Run 70 Minutes continuously for a long run	Be able to hydrate properly
Run 55-60 minutes on average per day (5-7 days per week) including 1-2 morning runs	Adjust your schedule to get on average 8 hours of sleep
Be able RUN AND GUIDE a basic Warm-ups	Arrange schedule to maintain a 3.0 or higher, the higher the better for scholarships
Be able to RUN AND GUIDE basic strength work unguided	Use race strategies to get better and help younger athletes develop race strategies
Teach the second level of strength work to your regimen	Get iron serum levels checked at least once before and after the season and maintain them
Create a Summer training program that you will follow to achieve your goals	Teach and show the core values
Adjust plan to make sure you have an unforgettable time in HS while focusing on future plans	Finalize basic college research and classes need including visits

Senior (or 4th year) Expectations:

<u>By the end of the season:</u>	Teach and help your teammates plan better food choices
Run 80-90 Minutes continuously for a long run	Be able to hydrate to your individual needs and help teammates
Run 70 minutes on average per day (6-7 days per week) Including 2-3 morning runs	Maintain a schedule to get on average 8 hours of sleep
Be able to <u>OVERSEE the teaching of</u> basic Warm-ups unguided	Arrange schedule to maintain a 3.0 or higher
Be able to <u>OVERSEE the teaching of</u> basic strength work unguided	Start to apply race strategies to make your last season your best
ADD the 3rd dynamic of strength work to your regimen on your own in the am 2-3 days per week	Get iron serum levels checked at least once before and after the season
Create a Summer training program that you will follow to achieve your goals	Leave a legacy of core values.
Be able to LEAD and organize OYO practices	Choose college and APPLY including Scholarships, FAFSA,
Finish Strong	