

Habits to Develop Before Summer Practice

1. Practice proper hydration
 - a. Start with two glasses of water every morning when you get up
 - b. Gradually increase fluid intake to at least ½ ounce of water for every pound of body weight
2. Take pulse daily when awakening
 - a. Do this for 60 seconds before getting out of bed
 - a. Get up at the same time daily
3. Establish good nutrition practices and proper caloric intake
4. Develop an exercise routine
 - a. Follow our strength circuits
5. Establish a daily exercise time
 - a. Be consistent about getting out the door
 - b. Make it a habit to run
6. Log exercise activities and morning pulse daily log into a daily exercise book
7. Gradually increase length of runs
 - a. Goal is to be able to run at least 30 minutes nonstop with 20 second sprints every 3 minutes by the MIDDLE OF summer practice.
8. Get a little faster each day
 - a. Run at least every other day
9. Cool down, stretch and do core and push-ups after workout
 - a. Rehydrate and eat a snack within 30 minutes after finishing a run.
10. Go to bed at the same time each day
 - a. Get at least 8 hours of sleep daily