

Summer Training 2021

We want people to “log” their runs over the summer either **using the app Strava** (www.strava.com) or **on paper**. You can join the group page within Strava called A-C Wolves Track XC - this was created by your peers to see what your teammates are doing. We recommend that you ramp up the privacy settings on Strava and not let anyone you do not know follow you. Be smart! While this is by no means a requirement, it may be an easier alternative for some of you than using a paper log. **However**, logging your runs on paper is completely fine. Mr. Chi and I both have experiences with logging on paper – just make sure if you do that you don’t lose it, and you hand it in at the end of the summer training period. Below are the perks of logging over the summer, and the number of days you need to log to get that perk:

- 25 Days – You will be eligible to go to Nike Regionals at Bowdoin State Park
- 35 Days – Free T-Shirt
- 42 days – Free breakfast with the coaches from a place of your choosing

This will start on July 5th and ends on August 23rd (49 days total). You can log multiple times in a day if you would like, but only one log per day will count towards the perks above. The following activities can be logged and count as “physical activity” for a day if the minimum time requirement is met of **20 minutes**:

- Running
- Walking/Hiking
- Swimming
- Lifting
- Elliptical
- Biking
- Rowing
- Cross Training/Yoga (other sports like basketball, soccer, lacrosse, tennis, etc.)

Please contact Mr. Chichester or Mr. Whittemore if you have any questions. As of now, there are no official plans for captain’s practices or “camp.” If the captain’s (Chloe, Jenna, Pierce) want to plan group runs, that is up to them. We will keep you posted as we get more information with the new phases that are happening. We will be sending out summer training plans before July 5th to both your school email address and Remind.

~Whit & Chi