



EAST ROCKFORD MIDDLE SCHOOL CROSS COUNTRY:

Hello Cross Country,

I hope you are all doing well and getting ready to run this fall. At this point we are planning to start practice on the first Wednesday after school starts. More to come about that day once all our fall athletic procedures are in place.

As you all know, success in cross country is determined very much by your work and preparation. To help you with that, I have a couple options.

Workout Schedule

- Start running about 3-4 days a week. Workout to choose from include:
 - Straight runs starting at 1 mile and working towards 2 or 3.
 - Interval runs of 45 seconds quicker with a jog back to the start. This can be done 4 – 10 times
 - Tempo Intervals of 4 minutes at a pace you breath hard but don't have sore legs. 1 min standing rest. Try to do 3-5 of these.
 - Run out 6 minutes easy, try to get back in 5 minutes

We are also starting some optional summer conditioning on Thursdays at 9:30 am at the ERMS track starting 7/9 and will last about an hour.

We will need to follow some structures to stay within COVID guidelines:

Requirements due to Covid-19

- Daily waiver question form completed...if you need to answer “yes” to any questions you may not participate and need to go home. Coach will ask you these questions when you arrive.
- Have temperature checked by coach when arriving to conditioning location.
- Wear a mask to practice and keep mask on until physical activity begins.
- Maintain 6 ft social distancing.
- After final activity, wear a mask when departing for vehicle until you are inside your vehicle.

Hope to see you or hear about your workouts soon!

Coach Hodgkinson

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