

Preparing for Track Season

1. **Paperwork**- Schedule a physical exam with your doctor and make sure to submit your Final Forms paperwork by the Thursday before track season begins.
2. **Start Training Now!** Our track season is only 6 weeks long, so you'll have a much better experience if you show up to practice with some conditioning. Here are some suggestions to get you started.
 - Run at least every other day- Start out for 20mins and add 5 mins per week. If you're new to running or it's been more than 6 months since you've run, start with a 2min jog followed by a 1min walk for a total of 20mins. Increase your jogging time as it gets easier.
 - Strengthen your core muscles- This is a key factor in preventing injury and preparing your body for running, jumping, and throwing events. Here's a [video link](#) with some good exercises.
3. **Drink water & eat well**- Soda, energy drinks and candy don't fuel you! Make sure you're drinking 6 to 8 cups of water to stay hydrated and making smart choices about the food you consume. Fresh fruit & vegetables, whole grains, and lean protein are nutritious options that provide quality fuel for your body. Don't worry though- you can still have your favorite treats! Just make sure the majority of your meals and snacks are healthy choices.
4. **Find a training buddy**- It's far easier to stick to running & training if you do it with a friend, sibling, parent, neighbor, etc. See if there's someone in your life who might be willing to train with you.