

SANTA CLARITA TRACK CLUB'S

STUDENTS OFF AND RUNNING (SOAR)

TRAINING STRUCTURE



1) WHEN DO WE RUN ?

TEAM MEMBERS WILL TRAIN TUESDAYS, THURSDAYS, AND SATURDAYS (ON NON RACE WEEKENDS) UNTIL THE LA MARATHON IN FEBRUARY. A COMPLETE TEAM TRAINING SCHEDULE IS AVAILABLE AT WWW.SOAR-SC.ORG.

2) WHEN AND WHERE ARE WE GOING TO PRACTICE ?

THE TEAM WILL USUALLY PRACTICE 3 TIMES A WEEK WITH SATURDAYS BEING "LONG RUN" DAYS. WE WILL BE TRAINING OUT OF LOWES AT BOUQUET AND SOLEDAD MOST OF THE TIME.

3) WHAT TIME DO I NEED TO BE READY?

YOUR TRAINING GROUP MEETS AT A DESIGNATED TRAINING SITE PROMPTLY AT 3:30PM DURING THE WEEK. TRAININGS WILL LAST FROM 3:30-5 PM WITH LONGER, MORNING RUNS SCHEDULED FOR SATURDAYS AT 6AM. IF YOU ARE NOT READY TO GO YOU WILL BE LEFT BEHIND (THIS INCLUDES RACE DAYS).

4) HOW WILL I GET TO THE RACES ?

ALL TRANSPORTATION TO PRACTICES AND EVENTS IS TO BE PROVIDED BY YOUR PARENTS. IN A "NO RIDE" SCENARIO, TRANSPORTATION MAY BE PROVIDED BY ALTERNATE MEANS.

5) WHAT IS THE STRUCTURE OF A TYPICAL TRAINING?

A) YOU WILL REPORT TO YOUR COACH AT THE TRAINING SITE BY THE DESIGNATED PRACTICE TIME.

B) WE WILL RUN FOR A LIGHT WARMUP.

C) WE WILL STRETCH FOR 5 - 10 MINS

D) WE WILL RUN (THIS IS NOT A WALKING GROUP!) FOR DISTANCE (REMEMBER THAT WE WILL BE PUSHING YOU TO DO BETTER THAN 16 MINUTE MILES!) **IT IS IMPORTANT TO NOTE THAT YOUR TIME WILL BE LOGGED DAILY. AN UNEXCUSED MISSED PRACTICE WILL RESULT "MILES OWED". ALL MILES OWED MUST BE MADE UP BY THE NEXT RACE TO STAY ON THE TEAM.**

E) RUNS WILL BE EITHER BE CIRCUIT OR OUT AND BACK (IE. A 3.0 MILE RUN WILL BE 1.5 MILES OUT AND 1.5 MILES BACK). WE WILL FINISH BACK AT THE STARTING AREA, WHERE YOU WILL GET YOUR FINISHING TIME. EACH WEEK YOU WILL RECEIVE TRAINING PROGRESS UPDATES. UPDATES WILL ALSO BE POSTED ON OUR WEBPAGE AT: WWW.SOAR-SC.ORG

F) WE WILL "COOL DOWN" BY STRETCHING BRIEFLY AND WALKING BACK TO THE PARKING LOT FOR DEPARTURE. NO STUDENT MAY LEAVE UNTIL THE ENTIRE TEAM IS FINISHED TRAINING FOR THE DAY.