



Maypearl XC Summer Training for 2022-2023

- Aerobic endurance is **your ability to exercise at moderate intensity for extended periods of time.**
- Main thing for the summer is to ***RUN!!!***
- For the first 3-4 weeks run for 30-40 min.
- **Mileage per week:**
 - **Beginner/Novice: 15-20 miles**
 - **Intermediate: 20-30 miles**
 - **Good: 30-40 miles**
 - **Elite: 40+ miles**
- **After that on July 1st get a Race pace run in.**
 - **2 miles for girls**
 - **3 miles for boys**
- Goals to be at by August:
 - **Varsity Girls: Under 15 min**
 - **Varsity Boys: Under 20 min**
- Push yourselves this summer but also listen to your bodies.
- **Drink lots of water.**
- **1st Day of Practice:**
 - **For HS: Monday August 1st at 7 am.**
 - **For MS: Monday August 18th at 3:45 pm**
- **Physicals are on Monday May 16th. You must have one by the first day of practice.**
- Sign up for my Remind 101. I will be sending updates on practice times & changes, tournament information, and also you can message me through the app if you have any questions.
- **For HS:** Enter this number: **81010** & text this message: **@mp2022xc** to join my Remind 101.
- **For MS:** Enter this number: **81010** & text this message: **@maypearljh** to join my Remind 101.
- My email is seth.powers@maypearlisd.org if you need to contact me with further questions.