

## JV Striders 2024 Cross Country

This is the schedule as of 8/10/2024. The Goose Day 5K is a race that the distance runners may want to run, the striders club will be working it as a fund raiser for the club (and we do need parent helpers).

The State College Meets & the Indian Valley Elementary Meets are free and are at the Oak Hall Park in Boalsburg and the Indian Valley Elementary Center. We are an AAU Club and have the right to enter the AAU Mid-Atlantic Meet and National Championship, if you have a current AAU membership. You must enter early and can use local meets to qualify. Practices begin at 6 PM and end at 7:30 PM on Mondays, Wednesdays, and Thursdays at the Indian Valley Elementary Center in Reedsville. Athletes will need a Juniata Valley Striders Club membership (individual \$10, family \$20).

### JV Junior Striders 2024 Cross Country Schedule

Thu August 29	Sign up @ Indian Valley Elementary Center	6 PM
Sat Sept 14	Oak Hall XC	8 AM
Sat Sept 21	IV Elementary Center	9 AM
Sat Sept 28	Goose Day @ the Square Lewistown	9 AM
Sat Oct 5	Oak Hall XC	8 AM
Sat Oct 12	IV Elementary Center	9 AM
Sat Oct 19	Oak Hall XC	8 AM
Sat Oct 26	IV Elementary Center	9 AM

### The Program

1. Develop a sense of purpose
2. Discover your personal gifts and then develop them
3. Develop a (HARD WORK) ethic

4. Understand the mental aspects of success
5. Develop self-discipline and good character
6. Serve don't expect others to serve you
7. Strive for perfection, learn from failure

Be on time for practice and meets 6 PM @ IVEC on Monday, Wednesday, Thursday, / 1 PM Sunday Mt. Run (optional for champions)

Do a proper warm up / warm down

Focus on your active stretching

Understand 30% is genetic, 30% the number of A1 minutes you run a week, 30% mental, and 10% luck

#### Training

Sunday	A1 long run building up to 60 minutes +
Monday	Hard Mix of A2, LT, Rep, Intervals
Wednesday	Moderate
Thursday	Easy, technique and skills
Saturday	Race Max VO