



MLC CROSS COUNTRY

Equipment List:

Item	Description / Use	Mandatory / Optional
Flats – running shoes	Distance running shoes with plenty of cushion	M
Water bottle	Used to fill up from cooler – must bring this to every practice	M
Light clothing	Both light in <i>color</i> (safety) and light in <i>weight</i> (breathable, absorbent). One article (either top or bottom) should be WOFY compliant – white, orange, red, fluorescent, or yellow	M
Gear bag	Bag or backpack to store gear (water bottle, shirt change, clothes, etc.) in locker	M
Watch – with stopwatch capability	Don't use cell phones for this. Lets runner know when to stop running on course. Great way to help you learn to pace yourself.	M
Warm up suit	Sweat pants / shirt or warm up jacket pants for cooler / rainy weather. May need long sleeve shirt for cooler weather.	M (weather dependent)
Spikes	Spiked middle distance / distance track or XC shoes for meets / speed work	O (highly recommended) M for top 7 runners
Heart rate monitor	Monitors pulse to record level of intensity of activity & resting HR	O
Reflective vest	Aids in visibility on road runs	O
Dry shirt	Use to change into after practice	O
Hat	Keeps sweat out of eyes and head cool; protects against sun	O
Suntan lotion	Minimizes harmful effect of UV rays	O
Towel	Wipe up perspiration after practice	O

Training Objectives:

1. Improve flexibility and strength
2. Improve the body's ability to transport blood and oxygen
3. Increase the ability of running muscles to effectively use their available oxygen (to convert carbohydrate and fat fuel into useful energy)
4. Shift lactate threshold to correspond to a faster running speed (increase lactate tolerance)
5. Increase aerobic capacity (VO2Max)
6. Improve speed
7. Lower the energy demand of running (improve running economy)