**Training Plans: A Note from Coach Reno**

Palmer Cross-Country Grouping:

 Hello everyone. As we approach the cross-country season, it is time to prepare our bodies and minds. We as a coaching staff are preparing training with the goal of reaching the month of October as fit and healthy as possible. As we navigate this time, remember this is a new experience for all. We are attempting to make training, whether in person or virtually, as simple, and effective as possible. All published training plans are general, so they can be modified to meet individual needs. Communication is a gift, so you only need to contact Coach Roberson, Gilliam, or me to make modifications. We all know some of our varsity level boys may wake up on any given day and decide to run up a mountain or something like that. This is more than acceptable if they are ensuring health and the ability to run fast around Halloween.

 At this point, training plans are broken into a’s, b’s, and c’s. A’s are athletes who have shown an ability to complete training with a high density of volume and intensity. This year I only really foresee a handful (between 2 and 5 athletes) able to complete all the prescribed workouts at this level. B’s are athlete who are relatively fit but are not quite ready to handle the density of an A training plan. At this point, most of the athletes on our team fall into this category. C’s are athletes who are new to running or have not ran or been active since cross county. The plan for c’s is to prepare their bodies to complete the b workouts ASAP. I feel it is important to learn to listen to our bodies when we are training. If you are overly tired it is okay to do less or take an extra day off. If you are feeling good, it is okay to do more or run a little faster.

 As a coaching staff we are working to set up groups and finding ways that we can connect either virtually or in person. At this time we are not going to assign to each of you which training plan to follow. We are trusting your judgment, but we each are available to help you decide which plan works best. We can mix and match or personalize your training to fit the needs of your personal circumstance. Please do not hesitate to contact any of us with any questions or concerns?