**** Don’t Do These Things

1. Get your wisdom teeth pulled during the season or preseason training period. It can take 2-6 weeks to return to where you were before the surgery. Plan this during the beginning of your 2 week break after XC or after spring track.
2. Give blood during the season or preseason training. It can take you two weeks to return to where you were before you gave blood.
3. Take Accutane or any other acne medication without first informing your coach you are on it. It really affects your running and will cause you to fall way behind in training and races. There are often times other medications that won’t affect you.
4. Take an extended vacation in the middle of the summer training or season. Planning ahead can help save your season!
5. Take coaching advice from ANYONE other than your coach! All this does is confuse you, and potentially keeps you from improving. Always listen to your coaches, and let others know that you get training and racing advice from your coaches only.
6. Ignore taking iron supplements until your Ferritin (iron stores) gets low and THEN try to figure out why you are running slowly. A normal Ferritin score is between 50-100. If you are under 30 you will run much slower. Taking iron supplements should happen daily. Get your Ferritin checked once in XC and once in track.
7. Schedule your PSAT, SAT, or ACT tests on days we have meets. Plan ahead, schedule them during summer or winter where you will not need to miss being there for your team!
8. Join a bunch of clubs or other outside activities that take you away from your running. If you want to be successful at running long term, you must eliminate outside conflicts like club sports, clubs at school, etc. Remember that there are only so many hours in the day. Focus on academics, running, and having a social life.
9. Leave your phone on when you go to bed! Make sure to turn it off so you won’t be awakened by a call or text at 2 in the morning by someone who doesn’t sleep! Rest is your best friend. Unplug every night at 9:00 pm and you will sleep much better.
10. Skip a season of running and expect to be a varsity athlete. There are 4 training seasons: Summer XC, Fall XC, Winter Track, Spring Track. You will not progress as a runner long term if you are taking months off at a time. You essentially will start over when you return to training the next season and all your hard work will be lost.