



Hey SMA Blues Cross Country Runners!

These are your senior cross country captains, Ella, Fiona, and Abby! We are so excited to welcome you to the team or welcome you back from last year, and we can't wait to start training with you virtually and then hopefully in person! This year, the season starts in February due to the COVID-19 pandemic. However, we can start training today to be as strong as possible for the competition season! Here's a link to the fall training info you can do on your own. [Fall Train Plan](#) The general plan for the team is to train for 12 weeks in the fall, take a break during November and December, and then slowly start up again in January so that way we can all increase our fitness. You do not need to start training crazy hard right now, but practicing now will make you stronger for the season! We will get super fit and ready when the season starts in February, so just do what you can right now. Running is amazing for your mental and physical health, so do what makes you feel good and be kind to yourself!

Try to get out and be active for at least half an hour three times per week. We made a video showing what drills (stretches and exercises) you should do before workouts: [Warm Up Routine](#). Like and subscribe ;) We also will be starting weekly online strength workouts soon and will send information about them via the Remind app.

Here is what you can do to stay involved with XC this fall:

- 1) Learn more about the SMA XC team by checking out our Instagram @bluesxc. If you take pictures of yourself running, hiking, or doing any other outdoor activities, please DM them to us so that we can feature you!!
- 2) Join our team's group on the Remind app. This is the only way you will receive new information from here on out. You can use this link to join: [2020 Cross Country](#).
- 3) Join our club on the Strava app, where we are tracking our runs, workouts, and any outdoor activities to share with the rest of the team! Here's the link: [Blues Running Club on Strava](#).

If you have any questions, please don't hesitate to email us at ella212@smapdx.org, fiona212@smapdx.org, or abigail212@smapdx.org. Spread the word to any other friends who love to run, and keep running and stay safe! We're so excited to train with you!!



Ella, Fiona, and Abby