

## **Summit Athletic Running Club (SARC)**

A club for all runners – please consider joining [www.summitathletic.com](http://www.summitathletic.com)

**SARC offers: Youth Cross Country and Track, Prediction Run ,5K's, 15K, ½ Marathon/Relay, Club Meetings, High School Scholarships, Community Runners, Team Ohio (Elite Racing Team)**

**Youth Running Club Info found at <http://www.summitathletic.com/sarc-youth-cross-country-track-programs>**

**Equipment – Water Bottle, Running Shoes – Discounts at Ritchies Sporting Goods, running shorts and t-shirt, Team T-shirt provided along with Hoodie**

**Bag with extra clothes- sweat shirt, hat, towel, snack**

### **Tuesday Practice**

**Warm up – Dynamic and Static Stretches**

**- Form Drills, Push Ups, Sit Ups, Speed drills**

**Timed Run – Distance, Repeats**

**Game – scavenger hunt, color game, relay races, capture the flag, Mock Triathlon**

**Practice at home – encouraged to run at least 1 time per week during season**

**Warm up**

**Run – 15 mins, 1 X per week**

**Run for time, run to the stop sign and back, count mail boxes**

**add on each week.**

**Go to a park, run new trails, run 2 mins / walk 1 min, Play a game**

### **Sunday Meets –**

**Cross Country League run by All Star Training Club – ATC**

**<http://www.allstartrainingclub.org>**

**Time, Schedule, Age Groups all on the SARC's web site**