

## Lynbrook Cross-Country 1994

Hello. I want to take this opportunity to introduce myself to you and to fill you in on some of our plans for the '94 season. Both Ben Samson and I will be sharing the duties of the Men's & Women's Cross Country coaches. Since you already know Ben and not me, here's a little background on myself.

I started running in 8th grade, when the Summer Olympics were in Mexico City and Derek Clayton had the Marathon World Record of 2:08:37. I ran all through Jr. High, High School and College. I started a track club at the company where I worked and coached both men and women from the 400M runners up to the marathoners. I also coached at Gunn High School, my Alma mater, from 1988-1991. That's the basics on me, as you get to know me better, I'll fill you in on more of the details.

We're looking forward to a great season with lots of success and old fashioned fun. Please read the information below.

- 1) If you have a friend that might be interested in joining the team, have them sign-up and talk with me or Ben. The best way to grow the team is by word-of-mouth. Hey, we're a fun group, all runners are!
- 2) Physicals are needed before you can officially run for the team. Make an appointment with your doctor now as they will get booked up once school, and others sports, start.
- 3) Practice will begin on Aug. 15th (Mon) 9:30-10:30 AM out in front of the pool at Lynbrook (come dressed to run).
- 4) Running Shoes - Purchase a quality pair of training and/or racing shoes. I recommend Ryan's Sport Shop on Lafayette in Santa Clara. If you tell them that I sent you, they should give you 10% off (in addition to a lot of 'bull' about me which you shouldn't believe!)
- 5) General Workout Schedule, starting Aug. 1st (Run with a friend):

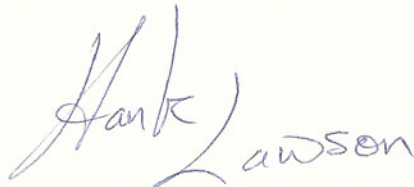
Week 1 - Run every other day (3-4 miles)  
4 x 150 strides at the end of each run  
Stretch for 15-25 minutes before each workout

Week 2 - Same as Week #1 but have one of the runs be a 'fartlek' type of run or a 'hill' workout.  
On the alternate days, bike or swim so that you are working out 5-6 days a week.  
Keep up that stretching!

Week 3 - This is when we start running together before school starts (Aug. 15).  
Run 4-6 miles, 5 days a week (with a 'hill' workout)  
8 x 150 strides after each workout  
Start in with the weights if the weight room is open

Week 4 - More of the same but increase our mileage.  
Run 6 days a week with one day of rest.

School starts and we watch the people who didn't follow this plan suffer while they get into shape. Then we work together as a team to get ready for the racing season.

Hank Lawson