**LEX XC 200 MILE CLUB**

For those of you who are interested, we will be doing the **200 Mile club** again this summer. First and foremost, it is totally optional and there is absolutely no pressure to do it. That said, if you are planning to run consistently all summer, why not give yourself the challenge? Here are the details:

You have from June 1st through August 24th to log **200** miles. This works out to a little less than 3 miles per day. All of you, regardless of your ability, should be able to run this amount with very little effort. Clearly, I would prefer it if you follow the training plan I have given you. That said, I understand that summer is busy and schedules are often crazy. So, bottom line, get them in however you can; within reason. In other words, I will personally kill if you if you squeeze 200 miles in in the last couple weeks of summer. The point of this club is to get you ready for XC ahead of time so that you can hit the ground running when you start in August. By coming into the season fit and ready to train, you’ll be able to spend less time on base building and more time on quality work to get you ready for the peak of the season. You’ll also be much less prone to injuries that tend to happen from jumping in too soon. It benefits both you and your team in so many ways to run steadily over the summer.

Anyone who completes 200 miles within those 11 weeks will get something awesome from me during the first week of practice. I guarantee it will be worth your time. Here's the kicker, you have to track your runs and turn in a log at the start of the XC season. You can keep it as simple as a mileage chart on a notepad or you can get more detailed and let me know how your progress is going throughout each month of the summer. With the log and your word, you will be eligible for the treat. No log, no prize.

I will be doing this challenge myself and thinking of you all as I log my miles each week this summer. Any questions, email me at rebecca.trachsel@gmail.com. I will be available to chat most of the summer via email.

Let's do this! GO LEX!

Best,

Coach Trax