



THE HARRIER

2018 Series

Raymore Peculiar

August, 30 Issue #3

Coach Johnson Up coming Events

We are entering into the competition part of our season real soon.

Shutterfly 2018 This is where we will be sharing all of our photos from the meets. If you have pictures from the Intrasquad meet Please post them for everyone. I have already posted Thursdays picture day photos for everyone to see.

It is going to look like WOW impressive on Saturday when we show up at the Cass County meet with 150 gold team shirts. Bus leaves Saturday at 7:30. All runners must ride the bus to compete so Please do not be late.

Varisty girls race at 9:00 Varsity Boys at 9:30 JV Girls at 10:00 JV Boys at 10:30

Parents may sign out there runners after the team pictures have been taken after the Awards approximately 11:30

The efforts being shown on a daily basis it appears as if our runners are getting into shape. We should look very good in this 2 mile race.

As you are cheering your favorite runners and all of the other Panthers Please use positive comments it helps them feel better run faster even thought they may be dead tired.

Examples... You look strong.... Keep swinging your armsNice job keep it up..... Strong Kick

Avoid——Pick it up.....Catch that guy.....Go faster.....Come on move it



Coach Swift ——The Intra-Squad Report

The 2018 intrasquad race turned out to be one of the most fun and exciting intrasquad races that we have ever had. This year we invited several of our alumni to come and join in on the fun while checking out the progress of the tradition they helped build over the last several decades. Impressively the alumni team held on for the overall victory with 3 current and recent college grads placing in the top eight. Jason Fambrough (of UMKC) led the charge, followed closely by 4 current boys (Braden Zaner, Marlon Williams, Jaren Jones, and Carson Eve). College freshman Zach Hill (running for Longview this year) placed 6th with Tyler Swift following closely behind in 7th. Rounding out the top 10 were Justin Howard (all state and recent UCM grad), Ethan Holman and Tucker Woodson. Leading the way for the girls were Miranda Dick (16th). Makenzie Stucker (18th), and Marissa Dick (22nd). This week the Panthers will face off against “real” opponents in Belton, Warrensburg, Pleasant Hill, Smith Cotton, and 10 other schools at the course located near Southwick Stadium next to Belton High School.



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Coach Dudek ——— Nutrition ——— *Top Three Iron Foods TO Eat*

Iron

The most critical role Iron plays is getting oxygen to your muscles. A deficiency is recognizable by unexplained fatigue and a decrease in performance. This makes iron incredibly important for runners.

Foods loaded with iron:

Spinach
Red meats
Turkey
Dark chocolate (Yeah!!)
Broccoli





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Coach Shields- - - Aerobic Running



Aerobic Training

When we run, our muscles use energy to contract and move our bodies along. The energy the muscles use can be produced either aerobically or anaerobically. Aerobic means with oxygen while anaerobic means without oxygen. During very easy running nearly all of the energy the muscles use is produced aerobically. When we run very fast, the amount of energy needed becomes so large that the body needs to produce more of the energy anaerobically. The problem with this is that producing energy anaerobically produces waste products which cause our muscles to fatigue. Because of this, our muscles can only work very hard for a limited amount of time before fatigue sets in and we have to slow down or stop completely.

During long distance races, a very large percentage of the energy used by our muscles is produced aerobically. Therefore we spend most of our time training to improve our aerobic energy production. We want to be able to run at faster paces for longer periods of time while still producing as much energy aerobically as possible. This allows us to delay fatigue and run faster during longer races. We do want to still spend a little bit of our time training our body to handle very fast running but the majority of our running will be done at speeds that are slower than race pace.

There are several types of aerobic training that we will utilize. These include our easy to moderate paced mileage runs that usually last between 30 and 60 minutes. It would also include our long runs that usually last from 50 to 90 minutes. These mileage runs allow our bodies to get used to running for extended periods of time. On the harder end of aerobic training we include tempo runs and moderately paced intervals. Tempo runs are continuous runs that are run slower than race pace but faster than an easy run. Comfortably hard is how most coaches like to describe tempo runs. Interval running that is run at 5k race pace or a little slower is also aerobic training, though it is on the very high end of the aerobic spectrum. The faster aerobic running helps us develop the ability to run at faster speeds for longer periods of time while delaying the fatigue caused by the anaerobic energy production.