

## El Dorado Cross Country

### Tips for Success

1. Consistency
  - a. Quality is more important than quantity
    - i. Consistent training leads to good health, fast races, and friendship
2. Goals
  - a. Write them down and read them every day
  - b. Commit to being excellent
  - c. Communicate your goals to your coaches
3. The Long Run
  - a. Aerobic fitness and mental fortitude are key factors in distance running and should be embraced.
4. Patience
  - a. Start gradually
  - b. Each day a little better
5. Faith in Coach
  - a. Believe in the program
  - b. Trust in what you are doing