

Hello all,

As you know our season has been cancelled. This is hard news. We join a team and come to work each day training to be our best for ourselves, our teammates and our school. Without any competitions lined up, it is hard to put together a training plan that progresses and meets the needs of our goals. When one does not have goals, it is hard to draw motivation give our time and push our bodies to new heights.

That being said I would like to institute a new goal for all of you still interested in improving. The goal is to set up a routine that is centered around being active, being productive and being better. For the next two weeks my challenge for all of you is the following:

-Set a bed time and a daily time to get up each morning. Research shows that a consistent sleep schedule is key not only to good physical health but mental health as well.

- Set a time each day that you will exercise. Just like we go to practice every day from 3-5 try and set a consistent time to work out. Try to start with a reasonable goal like 30 minutes a day and strive to get 1 to 2 hours.

(Using the Nike Fitness App Premium is now free. The layout is easy to follow and it gives you workouts ranging from 5 minutes to an hour) (On Instagram you can follow under armor and they have their experts giving workouts in their feed)

- For the running portion break your week up to contain 2 day of speed endurance (see past workouts this is 85% reps) 1 day of max velocity (going as fast as you can for 3 or 4 seconds) 1 strength day and 1 or 2 easy run days (20-30 minutes)

\*\*\* Bonus activities Write your core values: what matters to us...what we value fuels every decision that we make. Take this time to identify what matters to you and then reflect on the ways that you can do things every day (yes even during quarantine) that align with those things you identified.  
<https://www.cmu.edu/career/documents/my-career-path-activities/values-exercise.pdf>

It was nice seeing you all on zoom a couple of days ago. I was genuine when I say that coaching is a deep joy of mine and I am appreciative of the opportunity you gentlemen give me to work with you. Not being able to do something I love has been tough, but I have enjoyed sending you these workouts and trying to be a guiding force and example.

Until we meet again stay on the grind and be your best at the service of others.

Coach Fiore