

Equipment List

Summer 2023 Training

Lovejoy HS XC

All Harriers

New Running Shoes: please make sure your runner has a new pair of running shoes for the summer to help prevent injuries. Shoes should be replaced every 300-500 miles. If you need guidance or have questions, ask your coach.

Water Bottle: your runner will need this for every practice - very important as water is not provided.

Watch: I recommend purchasing a Garmin GPS watch. A basic watch is the Garmin Forerunner 45. Some runners on the team have more advanced watches. A GPS watch allows runners to track their pace and distance for everyday runs and workouts. If you are unable to purchase a GPS watch, a basic watch with start/stop function will work. Each runner needs a watch regardless. The preference is Garmin so that it will sync up with two running apps the runners use - that info is below.

Beach Towel: this can come in handy for our core and strength sessions on the grass at Celebration Park.

Dumbbell Weights: Runners will need weights for our strength sessions on Tuesday and Thursday at Celebration Park. 10-lb, 15-lb, or 20-lb weights will work depending on the strength of the runner.

Girls

Running Attire: several pairs of black spandex/shorts are ideal. We will start a practice uniform schedule sometime in July.

Boys

Running Shorts: several pairs of running shorts are ideal. Runners will need Black Shorts most days of the week. On Fridays, runners can wear the shorts of their choice.

Optional Shorts:



Texas Shorts for Tuesdays

Watermelon Shorts for Wednesdays

Running Tops: This year the boys will wear a certain color top to practice each day to be more uniform and look like a championship team. When we begin running, most of the boys prefer to go shirtless and that will still be allowed when we are not on school campus. Boys will need to arrive in the assigned colored top each day.

Red, Black, White, or Gray shirt or tank tops. These tanks can be purchased via the Online Store. The black tank top must be purchased via the team store. Runners can purchase their own white and red tops not listed in this online store if you would like. On Fridays, runners can wear the tops of their choice.