

European u18

A typical non competing day.....

- 7-9:30 Wake up and have breakfast in the buffet
- 12:30 Last Bus to Reiti from accommodation leaves
- Some might travel on earlier buses to do run sessions on the warm up track in Reiti
- 1-4:00 Lunch is served in the athlete cafeteria
- In between times would chill out in the athlete centre, explore Reiti or watch our team compete!
- 6:00-10:00 Dinner was served
- 9-12 buses ran every hour!
- 10pm: Curfew if not competing



Competition day

- Bus at 6:30
- Warm up 60 mins before call room
- Call room at 9
- Race at 9:30!
- Took me 9:33 to complete
- Placed 5th overall



In total we spent a week in Italy! An incredible experience I would love to do again one day.



Yr 6



Yr 7



Yr 8



Yr 10



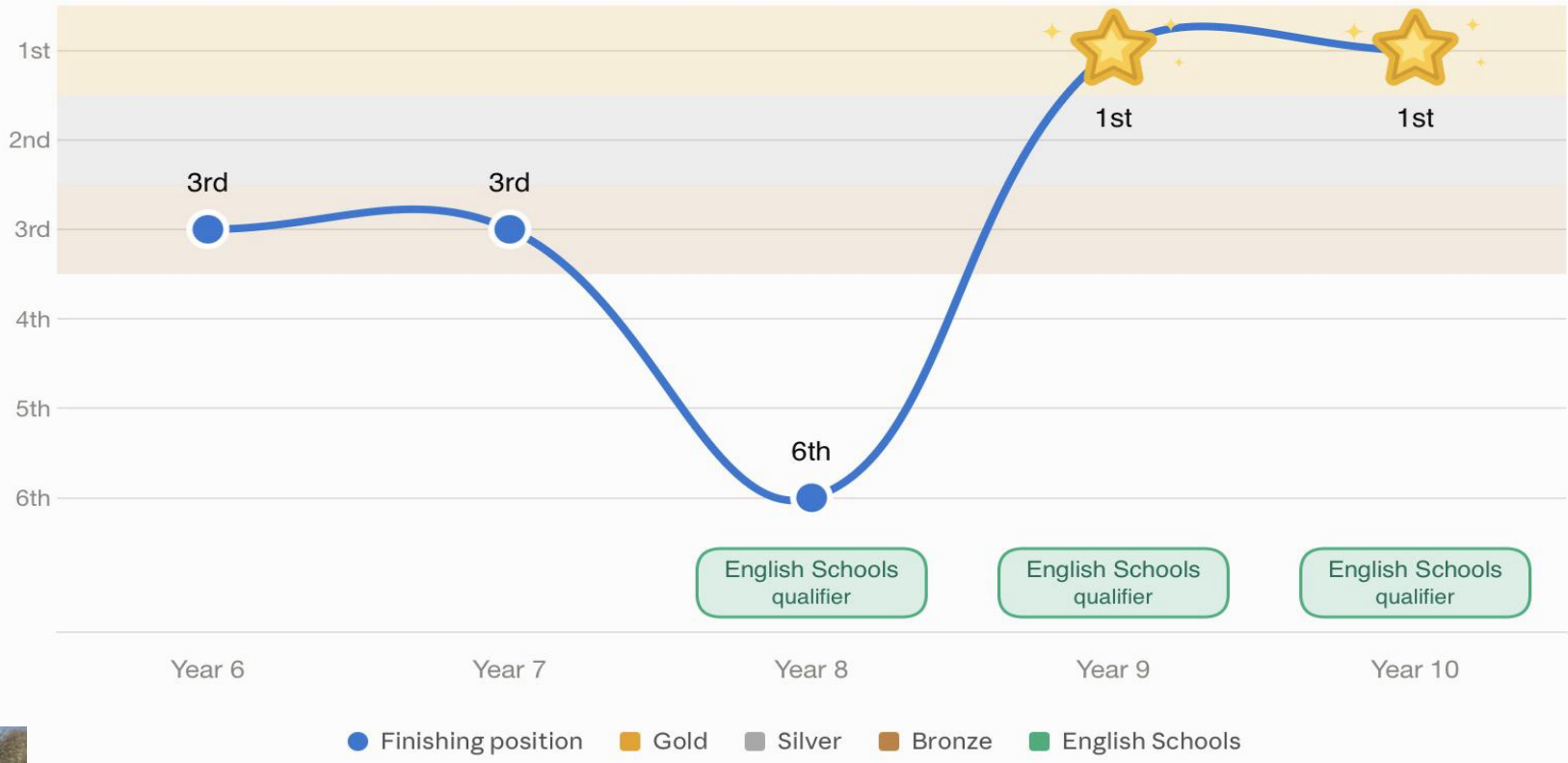
Yr 9



Surrey Schools Cross-Country Champs

My journey to the top

Progress is not linear



Poppy's Running Do's and Don'ts

Do

- ✓ Set goals every year
- ✓ Train consistently, no shortcuts
- ✓ Build up slowly: my 1500m went from 5:22 to 4:22
- ✓ Rest and recover properly
- ✓ Eat well and stay hydrated
- ✓ Cheer on your teammates
- ✓ Invest in a watch
- ✓ Enjoy every race, even the muddy ones

Don't

- ✗ Skip your warm-up
- ✗ Go off too fast in the first lap
- ✗ Compare yourself to other runners
- ✗ Let a bad race stop you: 206th at Nationals, then 4th four years later
- ✗ Get caught up in statistics. That's for later
- ✗ Ignore injuries: tell your coach
- ✗ Stay up late before a big race
- ✗ Forget to thank family and coaches