



CROSS COUNTRY

UNIVERSITY CITY HIGH SCHOOL



CENTURIONS

#	Week of	A	B	C	D	E	F
1	June 15-21	40	35	30	25	20	
2	June 22-28	45	40	35	30	25	15
3	June 29-July 5	55	50	45	40	30	20
4	July 6-12 (rest)	50	45	40	30	25	20
5	July 13-19	60	50	45	40	35	25
6	July 20-26	60	50	45	40	35	25
7	July 27-Aug 2	65	55	50	45	40	30
8	Aug 3-9 (rest)	55	50	45	40	30	25
9	Aug 10-16 (camp)	75	65	60	50	45	35
10	Aug 17-23	80	70	65	60	50	40
11	Aug 24-30 (rest)	60	55	50	45	40	35
12	Aug 31-Sept 6	75	65	60	55	45	35
	Summer Total	720	630	570	500	420	300

Summer Training 2009

Put this on your Refrigerator!

Summer Mileage Goals:

Frosh	275	325
Soph	350	400
Junior	400	500
Senior	500	600

Weekly Practice Schedule:

Monday, Tuesday, Wednesday, and Friday we will be meeting at the University City High School track throughout the summer at 5:30 p.m. Workouts will vary each day, and should go until about 7:00 p.m.

Thursdays throughout the summer we will be meeting at Mission Bay at the "runners bathroom" just south of the Information Center, 5:30 p.m. We will have addresses and emails to everyone so that we can coordinate rides to the bay.

Summer Dates to Remember:

August 9-16: Sequoia Running Camp. This is the 23rd annual camp and will include many runners from several different high schools from around the state. Many athletes bring their entire families for this great week in the mountains.

September 5: Our first competition, before the first week of school. This is a very low-key race that is only 1.5 miles long and flat. Our team does extremely well here because not many teams have freshmen that train during the summer.

To Do:

Consistency: Be at practice every day. Our sport is fitness based, and your bodies will get very fit over the summer, but we have to work out every day. Please let me know when you have vacation and other obligations so we can work around them.

Doctor's Physical: We must have a blue form with a doctor's physical before you can compete in any sport at UCHS. This needs to be done only once each year and will allow you to compete in all sports for the entire year.

Contact: Jim McCarthy, Head Coach 619-223-5817 gimimac@sbcglobal.net