



CROSS COUNTRY

UNIVERSITY CITY HIGH SCHOOL

CENTURIONS



#	Week of	A	B	C	D	E	F
1	June 14-20	35	30	30	25	--	--
2	June 21-27	40	34	33	28	20	15
3	June 28-July 4	45	38	36	32	23	17
4	July 5-11	50	43	39	35	27	20
5	July 12-18 (rest)	50	43	39	35	30	23
6	July 19-25	55	48	44	38	30	23
7	July 26-Aug 1	62	53	49	41	33	26
8	Aug 2-8	68	59	55	45	36	29
9	Aug 9-15 (camp)	80	75	65	55	45	40
10	Aug 16-22 (rest)	45	42	40	36	26	22
11	Aug 23-29	75	65	60	50	40	35
12	Aug 30-Sept 5	75	70	60	50	40	35
Summer Total		680	600	550	470	390*	320*

Summer Training 2010

Put this on your Refrigerator!

Summer Mileage Goals:

Frosh 275 325

Soph 350 400

Junior 400 500

Senior 500 600

Weekly Practice Schedule:

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

Tuesdays throughout the summer we will be meeting at Rancho Penasquitos Preserve at 5:00 p.m. to run on the trails. Only 10 minutes away from UC, this will be one of the most important runs of the week.

Thursdays throughout the summer we will be meeting at Mission Bay at the "runners bathroom" just south of the Information Center, 5:00 p.m. We will have addresses and emails to everyone so that we can coordinate rides to the bay.

Summer Dates to Remember:

August 8-15: Sequoia Running Camp. This is the 24th 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 4: 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.

Visit us at uccrosscountry.com

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 619-206-9814 gimimac@sbcglobal.net