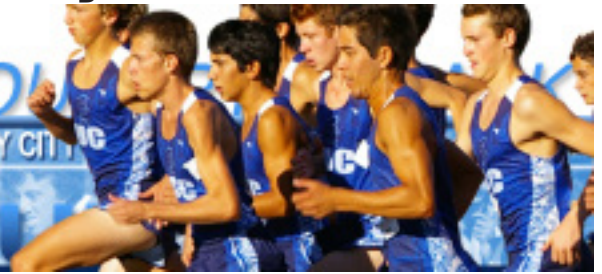




CROSS COUNTRY
UNIVERSITY CITY

UC CENTRAL



#	Miles Per Week For:	A	B	C	D	E	F	G	H
1	June 24-30	35	35	30	28	25	20	18	15
2	July 1-7	45	40	34	33	28	23	20	17
3	July 8-14	50	45	38	36	32	27	22	19
4	July 15-21	55	50	43	39	35	30	25	22
5	July 22-28	60	55	50	45	40	35	35	30
6	July 29-Aug 4	55	50	40	40	35	30	25	25
7	Aug 5-11 (camp)	65	60	55	50	42	35	35	27
8	Aug 12-18	65	60	60	55	48	35	35	30
9	Aug 19-25	60	60	55	54	50	40	35	30
10	Aug 26-Sept 1	80	70	65	60	55	45	40	35
11	Sept 2-8	80	70	65	60	55	45	40	35
12	Sept 9-15	80	70	65	60	55	45	40	40
Summer Total		730	665	600	560	500	410	370	325

Summer Training 2019

Put this on your Refrigerator!

Summer Mileage Club Goals:

	Girls	Boys
Frosh	275	325
<i>Elite</i>	350	450
Soph	350	400
<i>Elite</i>	425	500
Junior	400	500
<i>Elite</i>	500	600
Senior	500	600
<i>Elite</i>	600	700

Weekly Practice Schedule:

Monday, Wednesday, and Friday we will be meeting at Standley Park throughout the summer at **8:30 a.m.** Workouts will vary each day, and should go until about 10:30 a.m.

Tuesdays throughout the summer we will be meeting at Rancho Penasquitos Preserve, WEST ENTRANCE, at **8:30 a.m.** (Beginning July 2) to run on the trails. Only 10 minutes away from UC, this is an important run during the week. Directions are on the the website.

Thursdays throughout the summer we will be meeting at Mission Bay at the "runners bathroom" just south of the Information Center (Beginning June 27) at **8:30 a.m.** We will have addresses and emails to everyone so that we can coordinate rides to the bay.

Saturdays throughout the summer we will be meeting at various locations around the county with several other schools at **8:00 a.m.** Dates and locations will be posted on our website.

Summer Dates to Remember:

August 4-11: Sequoia Running Camp. This is the 33rd annual camp and will include many runners from several different high schools from around the state. Camp space is limited this year, so make sure you're training hard to earn a place at camp. Parents Meeting on July 17 TBA. Go to http://www.uccrosscountry.com/rc_home.html

August 24: Our first competition. This is a very low-key race that is only 1.5 or 2.1 miles long and flat. Our team does extremely well here because few teams train all summer and are ready for the early season.

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 plan your running while you're away.

Doctor's Physical: You must have an athletic form on file with a doctor's physical before you can participate in practice or competitions. This needs to be done before August 5 and will allow you to compete in all sports for the entire year. You will be required to go to AthleticClearance.com and follow the instructions to register through this website. I will have a link on our web page to all athletic packet information.

Contact:

Jim McCarthy, Head Coach 619-206-9814 gimimac@sbcglobal.net