

Coach Benhalim

210-857.3857

Veronica.benhalim@nisd.net

**FRESHMAN AND NOVICE SUMMER TRAINING**

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| **June 2017** | | | | | | | |
| **Sunday** | | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| **KEEP A DAILY LOG OF YOUR RUNS!** | | **Keep up with your consecutive days** | **Sign up for Remind**  **text @mrsvbenh to 81010** |  | **1**  **LAST DAY OF SCHOOL** | **2** | 3  SARR run @ McAllister Park. Pavilion#1 FREE! My time =\_\_\_\_\_\_\_\_\_ |
| 4  20 min run | | **5**  **First day of 7:30AM @ track**  2 X BEAR Loop (1.3 MILES)  TIME: \_\_\_\_ | **6**  2 Miles easy | **7**  3 miles at easy pace  **Zoo Run 6:30PM** | **8**  2 miles at gradual pick up towards end of run  **Graduation 3:00** | **9**  2 miles at easy pace | 10  **OFF**  **Consecutive days ran :**  **\_\_\_\_\_**  **Total miles:**  **\_\_\_\_\_\_\_\_\_\_** |
| 11  25 Min run | | **12**  3 miles gradual pick up | **13**  2 mile run easy | **14**  3 mile run  **Zoo Run 6:30PM** | **15**  3 miles hilly run  @ Westcreek  Sage run and bk | **16**  3 miles easy | 17  **OFF**  **Consecutive days ran :**  **\_\_\_\_\_**  **Total miles:**  **\_\_\_\_\_\_\_\_\_\_** |
| 18  30 min run | | **19**  2 X BEAR Loop (1.3 MILES)  TIME: \_\_\_\_  **Power camp begins** | **20**  4 miles easy | **21**  3 miles easy  **Zoo Run 6:30PM** | **22**  3 miles hilly run  @ Westcreek  Sage run and bk | **23**  3 miles easy | 24  **OFF**  **Consecutive days ran :**  **\_\_\_\_\_**  **Total miles:**  **\_\_\_\_\_\_\_\_\_\_** |
| 25  35min run | | **26**  4 MILE  RUN LAST 10 MIN PUSH PACE | **27**  4 MILE RUN EASY | 28  5 MILE RUN EASY  **Zoo Run 6:30PM** | **29**  4 miles hilly run  @ Westcreek to Creek Knoll | **30**  4 mile run easy | **Consecutive days ran :**  **\_\_\_\_\_**  **OFF**  **Consecutive days ran :**  **\_\_\_\_\_**  **Total miles:**  **\_\_\_\_\_\_\_\_\_\_** |
|  | NOTES –  Friday – Sunday you need to work out on your own! Be accountable to yourself and your teammates. Keep up with counting your consecutive days  Time your runs and record you should be getting faster throughout the summer.  Sign up for Remind Cross Country 2017 to receive messages via text, text @xcbear to 81010.  SA Roadrunners hosts a FREE 5K the first Saturday of each month. Go and run in a FREE 5K and see what kind of shape you are in! It will be a good way to test your fitness. Go to [www.saroadrunners.com](http://www.saroadrunners.com) for all event details.  San Antonio Road Runners also hosts a FREE weekly run at the ZOO at 6:30pm. Check out [www.saroadrunners.com](http://www.saroadrunners.com) for event details! IT’S FREE!!! | | | | | | |



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| **July 2017** | | | | | | | |
| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| 30 **Remember to log in your mileage daily!** | 31  **Keep up with your consecutive days** | **Remember to write down your time for each run.** |  |  |  | 1  SARR run @ McAllister Park. Pavilion#1 FREE! My time =\_\_\_\_\_\_\_\_\_ |
| 2  45 min run | **3**  3 X BEAR Loop (1.3 MILES)  TIME: \_\_\_\_ | **4**  Hoffman Elem. loop 4 miles easy  Independence Day | **5**  4 miles Recovery  Volunteer stop sign and bk  **Zoo Run 6:30PM** | **6**  4 run easy | **7**  4 mile run last 10 min of run pick up pace | 8  30 min run  **Consecutive days ran :**  **\_\_\_\_\_**  **Total miles:**  **\_\_\_\_\_\_\_\_\_\_** |
| 9  45 min run | **10**  Hoffman Elem. loop 4 miles last 10 min pick up pace | **11**  4 mile hilly run Westcreek to Creek Knoll and bk | **12**  4 mile Recovery  **Zoo Run 6:30PM** | **13**  5 Miles | **14**  4 miles  4-5 Soccer field repeats (fast)  30 seconds rest | 15  30 min run  **Consecutive days ran :**  **\_\_\_\_\_**  **Total miles:**  **\_\_\_\_\_\_\_\_\_\_** |
| 16  50 min run | **17**  3 X BEAR Loop (1.3 MILES)  TIME: \_\_\_\_ | **18**  4 miles recovery run | **19**  5 miles CVS loop  **Zoo Run 6:30PM** | **20**  5 miles  Hilly run  Grosenbaucher | **21**  4 miles  4-5 Soccer field repeats (fast)  30 seconds rest | 22  30 min run  **Consecutive days ran :**  **\_\_\_\_\_**  **Total miles:**  **\_\_\_\_\_\_\_\_\_\_** |
| 23  50 min run | **24**  5 mile run  Last 10 min pick up pace | **25**  5 mile run | **26**  5 miles  **Zoo Run 6:30PM** | **27**  5 miles  Hilly run  Grosenbaucher  **Last day of powercamp** | **28**  **4 mile recovery run** | **29**  30 min run  **Consecutive days ran :**  **\_\_\_\_\_**  **Total miles:**  **\_\_\_\_\_\_\_\_\_\_** |
| **Everyone has to be cleared in the training room before they are allowed to start practicing on August 1st. Please take care of this BEFORE August 1st!**  SA Roadrunners hosts a FREE 5K the first Saturday of each month. Go and run in a FREE 5K and see what kind of shape you are in! It will be a good test for you. Go to [www.saroadrunners.com](http://www.saroadrunners.com) for all event details.  San Antonio Road Runners also hosts a FREE weekly run at the ZOO at 6:30pm. Check out [www.saroadrunners.com](http://www.saroadrunners.com) for event details! IT’S FREE!!!! | | | | | | | |



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| **August 2017** | | | | | | |
| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| **30**  30 min run | **31** | **1**  **First day of CC Practice meet in team room**  **7:30 AM** | **2**  **7:30 AM** | **3**  **7:30 AM** | **4**  **7:30 AM** | 5  SARR run @ McAllister Park. FREE! My time =\_\_\_\_\_\_\_\_\_ |
| 6  **Remember to log in your mileage daily!** | **7**  **7:30 AM** | **8**  **7:30 AM** | **9**  SARR Zoo Night Runs  2 mile run  6:30 PM – More details will be coming | **10**  **7:30 AM** | **11**  **7:30 AM** | 12 |
| 13 | **14**  **7:00 A.M** | **15**  **7:00** | **16**  **7:00** | **17**  **7:00** | **18**  **First XC night meet** | 19 |
| 20 **Remember to keep up with your Consecutive Days!!** | **21**  **7:00 AM** | **22**  **7:00 AM** | **23**  **7:00 AM** | **24**  **7:00 AM** | **25**  **7:00 AM** | 26  Southwest meet |
| 27 | **28**  **6:30 AM**  **FIRST DAY OF SCHOOL** | **29**  **6:30 AM** | **30**  **6:30 AM** | **31**  **6:30AM** |  |  |
| NOTES –  Everyone has to be cleared in the training room before they are allowed to start practicing on August 1st. Please take care of this **BEFORE August 1st!**  We will have Saturday practices the days we do not have meet except Aug 19th. These are **required practices**. | | | | | | |