

Coach Benhalim

210-857.3857

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**RETURNERS AND EXPERIENCED RUNNERS**

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| **June 2017** |
| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| **Remember to keep up with your Consecutive Days!!** | **Remember to keep track of mileage and time**Memorial Day  |  | **Sign up for Remind****text @xcbear to 81010** | **1****LAST DAY OF SCHOOL** | **2** | 3SARR run @ McAllister Park. FREE! My time =\_\_\_\_\_\_\_\_\_ |
| 445 min run | **5**5 miles gradual pick up  | **6****4 miles**Hilly RunWestcreek  | **7**4 miles at easy pace**Zoo Run 6:30PM****2 mile race** | **8**5 miles at recovery paceGraduation 3:00 | **9**5 miles @ push pace  | 10Off 28 |
| 1145 min run  | **12** 1 mile warm up3 X Bear Loop (3.6 miles total)**Time: \_\_\_\_\_\_\_** | **13**Hilly RunNarnia 6 miles | **14**Recovery Run -4 miles**Zoo Run 6:30PM** | **15** 5 miles Easy pace  | **16**5 miles @ push pace  | 17Off 29 |
| 1850 min run | **19**6 miles pick up last 3 miles or 20 min | **20**Hilly RunWestcreek6 miles  | **21**RecoveryRun 5 miles**Zoo Run 6:30PM** | **22**Easy run 6 miles  | **23****1 mile warm up** Soccer field loops 4x.41Should be fast 1 min rest sec rest | 24Off 33 |
| 2550 min run | **26**7 miles pick up pace last 3 miles or 20 min | **27**Hilly RunNarnia 6 miles  | 28 RecoveryRun 6 miles **Zoo Run 6:30PM** | **29** Easy run 6 miles  | **30****1 mile warm up** Soccer field loops 5x.41Should be fast 1 min rest sec rest | **Remember to log in your mileage and time daily!**35 |
|  | NOTES – Friday – Sunday you need to work out on your own! Do more than the minimum to keep up your Consecutive Days!!Sign up for Remind Cross Country 2017to 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 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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| **July 2017** |
| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| 260 min run **Remember to log in your mileage and time daily!** | 31 mile warm up3 X Bear Loop (3.6 miles total)**Time: \_\_\_\_\_\_\_****1 mile cool**  | **4**Hilly RunNarnia 6 milesIndependence Day | **5**RecoveryRun 6 miles **Zoo Run 6:30PM** | 6Easy run 7 miles  |  **7****1 mile warm up** Baseball/practice field loops 6x.50Should be fast 1 min rest sec rest | 8**30 min run**SARR run @ McAllister Park. FREE! My time =\_\_\_\_\_\_\_\_\_ 40 |
| 960 min run | **10**7 miles pick up pace last 3 miles or 20 min  | **11**Hilly RunWestcreek6 miles  | **12**RecoveryRun Taft Loop 5.5 **Zoo Run 6:30PM** | **13**Easy Run 7 miles  | **14**3x1.3 Bear Loop should be steady pace(not race pace) Miles warm up  | 1530 min Run 40 |
| 1665 min run | **17**8 mile run Pick up last 2 miles  | **18**Hilly RunNarnia 6 miles  | **19**RecoveryRun Taft 5.5 miles **Zoo Run 6:30PM** | **20**Easy run 7 miles **Last day of Powercamp** | **21**Push pace 7 miles  | 2230 min run44  |
| 2365 min run | **24**8 mile run Pick up last 2 miles  | **25**Hilly RunWestcreek 6 miles  | **26**RecoveryRun Alamo Ranch 6 miles **Zoo Run 6:30PM** | **27**Easy Run 7 miles  | **28**Push pace 7 miles | 29OFF41.5 |
| 3070 min run | **31**8 mile run Pick up last 2 miles  | **Remember to log in your mileage and time daily!** | **Remember to keep up with your Consecutive Days!!** |  |  |  |
| **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** | 5SARR 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 Runs2 mile run 6:30 PM – More details will be coming | **10****7:30 AM** | **11****7:30 AM** | 12**7:00 A.M** |
| 13 | **14****7:00 A.M** | **15****7:00 A.M**  | **16****7:00 A.M** | **17****7:00 A.M** | **18****First Meet 8 p.m** | 19**30 min run**  |
| 20**Remember to keep up with your Consecutive Days!!** | **21****First Day of** **School**  | **22****7:00 A.M** | **23****7:00 A.M** | **24****7:00 A.M** | **25****7:00 A.M** | 26Southwest meet |
| 27 | **28****6:30 AM****FIRST DAY OF SCHOOL** | **29****6:30 AM** | **30****6:30 AM** | **31****6:30 AM** |  |  |
| 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**. |