

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** | 3  SARR run @ McAllister Park. FREE! My time =\_\_\_\_\_\_\_\_\_ | |
| 4  45 min run | | **5**  5 miles gradual pick up | **6**  **4 miles**  Hilly Run  Westcreek | **7**  4 miles at easy pace  **Zoo Run 6:30PM**  **2 mile race** | **8**  5 miles at recovery pace  Graduation 3:00 | **9**  5 miles @ push pace | 10  Off  28 | |
| 11  45 min run | | **12**  1 mile warm up  3 X Bear Loop (3.6 miles total)  **Time: \_\_\_\_\_\_\_** | **13**  Hilly Run  Narnia  6 miles | **14**  Recovery Run -  4 miles  **Zoo Run 6:30PM** | **15**  5 miles Easy pace | **16**  5 miles @ push pace | 17  Off  29 | |
| 18  50 min run | | **19**  6 miles pick up last 3 miles or 20 min | **20**  Hilly Run  Westcreek  6 miles | **21**  Recovery  Run 5 miles  **Zoo Run 6:30PM** | **22**  Easy run 6 miles | **23**  **1 mile warm up**  Soccer field loops 4x.41  Should be fast 1 min rest sec rest | 24  Off  33 | |
| 25  50 min run | | **26**  7 miles pick up pace last 3 miles or 20 min | **27**  Hilly Run  Narnia  6 miles | 28  Recovery  Run 6 miles  **Zoo Run 6:30PM** | **29**  Easy run 6 miles | **30**  **1 mile warm up**  Soccer field loops 5x.41  Should 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** |
| 2  60 min run  **Remember to log in your mileage and time daily!** | 3  1 mile warm up  3 X Bear Loop (3.6 miles total)  **Time: \_\_\_\_\_\_\_**  **1 mile cool** | **4**  Hilly Run  Narnia  6 miles  Independence Day | **5**  Recovery  Run 6 miles  **Zoo Run 6:30PM** | 6  Easy run 7 miles | **7**  **1 mile warm up**  Baseball/practice field loops 6x.50  Should be fast 1 min rest sec rest | 8  **30 min run**  SARR run @ McAllister Park. FREE! My time =\_\_\_\_\_\_\_\_\_  40 |
| 9  60 min run | **10**  7 miles pick up pace last 3 miles or 20 min | **11**  Hilly Run  Westcreek  6 miles | **12**  Recovery  Run 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 | 15  30 min Run  40 |
| 16  65 min run | **17**  8 mile run  Pick up last 2 miles | **18**  Hilly Run  Narnia  6 miles | **19**  Recovery  Run Taft  5.5 miles  **Zoo Run 6:30PM** | **20**  Easy run  7 miles  **Last day of Powercamp** | **21**  Push pace  7 miles | 22  30 min run  44 |
| 23  65 min run | **24**  8 mile run  Pick up last 2 miles | **25**  Hilly Run  Westcreek  6 miles | **26**  Recovery  Run Alamo Ranch 6 miles  **Zoo Run 6:30PM** | **27**  Easy Run 7 miles | **28**  Push pace  7 miles | 29  OFF  41.5 |
| 30  70 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** | 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  **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** | 26  Southwest 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**. | | | | | | |