

Northwest Texans Cross Country Summer Training



- Dates:** June 17th thru the summer until the start of official practice August 5th
- When:** 7:30 am - Monday, Wednesday, Thursday
- Where:** Northwest HS track
- What:** Running, lifting, running, stretching, running, and abs

May 20 - June 2: Run 15 to 25 minutes six days a week

June 3 – 16: Run the following distances six days a week

1. Experienced kids: 3 to 4.5 miles per day
2. Learning kids: 2.5 to 4 miles per day
3. Newbies: 2 to 3 miles per day

Strength Training on your own: build up the following exercises as you progress through the next 4 weeks.

1. Push ups: start with 2 to 3 sets of 10 (work up to 15)
2. Ab work (varied): start with 2 to 3 sets 25 (work up to 4 or more sets)
3. Leg work(choose one of the following each day):
 - a. Body Squats – 2 to 3 sets of 25 (work up to 4 or more sets)
 - b. Split Leg Squats – 2 to 3 sets of 10 each leg (work up to 15 each leg)
 - c. Walking lunges forward and back: 2 to 3 sets of 10 yards (work up to 15 yards)

Meet the New Coach and Parent Meeting: June 17th @ 6:00pm in the NHS Athletic Film Room

Contact Information

Coach Burke Binning
OR

[**burketbinning@gmail.com**](mailto:burketbinning@gmail.com)

Remind: @texansx

Coach Melanie Green

[**mgreen@nisdtx.org**](mailto:mgreen@nisdtx.org)

Remind: @8ekd6