

JMHS Cross Country & Track

Summer Strength and Conditioning



Description:

In preparation for the upcoming cross country season, summer workouts will be designed with two parts in order to improve the athlete’s overall fitness. Athletes will complete a running component that will vary from distance runs to timed runs to focus on cardiovascular fitness. During part two of the workout, athletes will complete bodyweight and core circuits that will focus on strength and stability.

Dates:	Weekly Schedule:	Where:	Cost:
Monday 6/15 - Wednesday 7/29	Monday - Wednesday 7:30 - 9:00 am Thursday - Friday Workouts will be logged independently	JMHS Track	\$75 per athlete

* UIL Dead Days: July 7-8 and July 20-21- No workouts

Additional Information:

- Orientation will be held on Monday, June 15th to discuss and teach social distancing and safety policies for the summer.
- In order to participate, all athletes must have current paperwork on file with the district including an up to date medical history.
 - Required paperwork can be found at:
<https://www.rankonesport.com/content/Parent/Parent>
- All athletes should register for the JMHS group on sportsYou to receive further updates and information about summer workouts. You can access sportsYou by visiting the website sportsyou.com or by downloading the app.
 - Register for the cross country group with the access code - 9BUK9HKJ

Contact Information: Please contact us if you have any further questions.

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