

# Coventry High School Cross Country

-----Join the Adventure!-----



The *CHS Cross Country* team will begin practice on August 1<sup>st</sup> from 6:30 – 7:30 at Firestone Metro Park. Cross Country is open to all 9<sup>th</sup> - 12<sup>th</sup> grade boys and girls of any fitness level. This is a great way for students to get involved in their school and we would like to have as many as possible come out and join us in the fall (you do not have to be an "elite" runner to join the team.)

Running is also a great way to make new friends, relieve stress, and build a healthier body.

## Cross Country FAQ's:

1. When school starts practice is usually right after school until 4:30.
2. Races are usually on Saturday mornings.
3. The season is from August – October.
4. All runners compete in every race (as long as you can complete a 3 mile run.)
5. Races are held off-road (at parks or school campuses) - no tracks or streets.
6. All races are 3.1 miles long.
7. Anyone can join.....All fitness levels welcome. Run to compete or to become healthier or both!
8. If you are playing soccer we can work around your schedule and you can still join the cross country team.

Sample conditioning schedule. ➡ (Anything is better than nothing... Get running!) ⬅

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
June 18-23	Run 1 mile	Run 2 miles	Rest	Run 2 miles	Rest	Run 2 miles	Walk 30 mins.
June 25-30	Run 2 miles	Run 2 miles	Rest	Run 3 miles	Rest	Run 2 miles	Walk 30 mins.
July 2-7	Run 3 miles	Run 2 miles	Rest	Run 4 miles	Rest	Run 3 miles	Walk 30 mins.
July 9-14	Run 2 miles	Run 4 miles	Rest	Run 3 miles	Rest	Run 3-4 miles	Walk 30 mins.

Summer Running: Starts in July Monday- Thursday 6:30-7:30 @ Firestone Park

## Contact Information:

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For all XC information, join the XC Remind Account: Text @covcountry to 81010