

North Phoenix Prep 2018 XC Summer Runs/Workouts

Sunday, May 27th – ARR Summer Series #1 5k, Tempe Town Lake 6:30am
Saturday, June 2nd – Summer Run #1, School Campus, 6-8am
Monday, June 4th – Summer Run #2, School Campus, 6-8am
Monday, June 4th – HS XC Practice/Strength Training/Cross Training, School Campus, 6-8pm
Tuesday, June 5th – HS XC Practice/Strength Training/Cross Training, School Campus, 6-8pm
Wednesday, June 6th – HS XC Practice/Strength Training/Cross Training, School Campus, 6-8pm
Thursday, June 7th – HS XC Practice/Strength Training/Cross Training, School Campus, 6-8pm
Saturday, June 9th – HS/MS Shaw Butte Hill Climb #1, 5:45-8am
Sunday, June 10th – ARR Summer Series #2 5k, Freestone Park 6:30am
Monday, June 11th – HS XC Practice/Strength Training/Cross Training, School Campus, 6-8pm
Tuesday, June 12th – HS XC Practice/Strength Training/Cross Training, School Campus, 6-8pm
Wednesday, June 13th – HS XC Practice/Strength Training/Cross Training, School Campus, 6-8pm
Thursday, June 14th – HS XC Practice/Strength Training/Cross Training, School Campus, 6-8pm
Friday, June 15th – Summer Run #3, School Campus, 6-8am
Monday, June 18th – Summer Run #4, School Campus, 6-8am
Monday, June 18th – HS XC Practice/Strength Training/Cross Training, School Campus, 6-8pm
Tuesday, June 19th – HS XC Practice/Strength Training/Cross Training, School Campus, 6-8pm
Saturday, June 30th – HS/MS Shaw Butte Hill Climb #2, 5:45-8am
Monday, July 2nd – Summer Run #5, School Campus, 6-8am
Monday, July 2nd – HS XC Practice/Strength Training/Cross Training, School Campus, 6-8pm
Tuesday, July 3rd – HS XC Practice/Strength Training/Cross Training, School Campus, 6-8pm
Wednesday, July 4th – ARR Summer Series #3 4 mile, Rio Vista Park 6:30am
Wednesday, July 4th – HS XC Practice/Strength Training/Cross Training, School Campus, 6-8pm
Thursday, July 5th – HS XC Practice/Strength Training/Cross Training, School Campus, 6-8pm
Monday, July 9th – Summer Run #6, School Campus, 6-8am
Saturday, July 14th – ARR Summer Series #4 5k, Kiwanis Park 6:30am
Monday, July 16th – Summer Run #7, School Campus, 6-8am
Monday, July 16th – HS XC Practice/Strength Training/Cross Training, School Campus, 6-8pm
Tuesday, July 17th – HS XC Practice/Strength Training/Cross Training, School Campus, 6-8pm
Wednesday, July 18th – HS XC Practice/Strength Training/Cross Training, School Campus, 6-8pm
Thursday, July 19th – HS XC Practice/Strength Training/Cross Training, School Campus, 6-8pm
Friday, July 20th – Summer Run #8, School Campus, 6-8am
Monday, July 23rd – Summer Run #9, School Campus, 6-8am
Monday, July 23rd – HS XC Practice/Strength Training/Cross Training, School Campus, 6-8pm
Tuesday, July 24th – HS XC Practice/Strength Training/Cross Training, School Campus, 6-8pm
Wednesday, July 25th – HS XC Practice/Strength Training/Cross Training, School Campus, 6-8pm
Thursday, July 26th – HS XC Practice/Strength Training/Cross Training, School Campus, 6-8pm
Saturday, July 28th – HS/MS Shaw Butte Hill Climb #3, 5:45-8am
Monday, July 30th – Summer Run #10, School Campus, 6-8am
Monday, July 30th – HS XC Practice/Strength Training/Cross Training, School Campus, 6-8pm
Tuesday, July 31st – HS XC Practice/Strength Training/Cross Training, School Campus, 6-8pm
Wednesday, August 1st – HS XC Practice/Strength Training/Cross Training, School Campus, 6-8pm
Thursday, August 2nd – HS XC Practice/Strength Training/Cross Training, School Campus, 6-8pm
Thursday, Aug 2nd – Summer Run #11, School Campus, 6-8am
Sunday, Aug 5th – ARR Summer Series #5 5k, South Mountain 6:30am

ARR Summer Series Races are put on every summer by the Arizona Road Racers, arizonaroadracer.com. You can sign up and register for these races on their website. Kids, 18 and younger, can sign up in advance for \$5 per race or you can become an annual member for \$25 individual and \$35 for family. When you sign up as annual member, kids race for free. You still need to register for each race if you are an annual member.

Shaw Butte Hill Climb is a 1.25-mile (675ft) hill climb time challenge. We will meet at 7th St and Thunderbird Rd (large parking lot on southwest corner). The team will warm up there and then run .75 miles as part of the warmup to the base of the hill (Central and Aster Dr). The hill climb will take between 15-30 minutes to climb. We then head down as a team and meet back at the 7th St parking lot. We will probably use Starbucks or Dunkin Donuts across the street as the breakfast hangout spot afterwards.

Summer Runs will all start at the school gym unless we send out additional information. Each run will consist of warmups, a run, and stretching/core strength.

HS XC Practice/Strength Training/Cross Training time will be used for athletes to get their daily run in (if they haven't already), do strength training in the weight room, cross train with other sports activities, and for learning more about the sport of cross country.