


Tentative Cross Country 2025 Calendar

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	Labor Day No School	September 2 No Practice	9/3 3:00 pm - 4:15 pm Cross Country Practice	9/4 3:00 pm - 4:15 pm Cross Country Practice	9/5	9/6
9/7	9/8	9/9 3:00 pm - 4:15 pm Cross Country Practice	9/10 3:00 pm - 4:15 pm Cross Country Practice	9/11 3:00 pm - 4:15 pm Cross Country Practice	9/12	9/13
9/14	9/15	9/16 3:00 pm - 4:15 pm Cross Country Practice	9/17 3:00 pm - 4:15 pm Cross Country Practice	9/18 3:30 pm Cross Country Meet @ Franklin	9/19	9/20
9/21	9/22	9/23 3:00 pm - 4:15 pm Cross Country Practice	9/24 3:00 pm - 4:15 pm Cross Country Practice	9/25 3:30 pm Cross Country Meet @ Bear River	9/26	9/27 Cross Country Meet @ Railhead Park, Auburn
4/28	9/29	9/30 3:00 pm - 4:15 pm Cross Country Practice	October 1 3:00 pm - 4:15 pm Cross Country Practice	10/2 3:30 pm Cross Country Meet @ Bear River	10/3	10/4
10/5	10/6	10/7 3:00 pm - 4:15 pm Cross Country Practice	10/8 3:00 pm - 4:15 pm Cross Country Practice	10/9 3:30 pm Cross Country Meet @ Franklin	10/10 End of Cross-Country Season	10/11

 Middle School Cross Country — 6 Week Schedule Template Practice Time: 3:00 – 4:15 pm <ul style="list-style-type: none"> • Warm-Up: ½ mile jog + stretch • Two 5-min water breaks • Workout or Game • Cool-Down: ¼ mile jog + stretch 	Week 4 (Meets Thursday & Saturday) <ul style="list-style-type: none"> • Tuesday – Easy run ($\frac{3}{4}$ mile) + 4 × 100m strides • Wednesday – Fun relay / games (light day) • Thursday – ☒ Meet Day • Saturday – ☒ Meet Day
Week 1 <ul style="list-style-type: none"> • Tuesday – Easy run ($\frac{3}{4}$–1 mile) • Wednesday – Relay games • Thursday – Fartlek run (1 min jog / 30 sec faster x 8–10 min) 	Week 5 (Meet Thursday) <ul style="list-style-type: none"> • Tuesday – 1 mile steady + pacing practice • Wednesday – Indian run (10 min, rotating sprints) • Thursday – ☒ Meet Day
Week 2 <ul style="list-style-type: none"> • Tuesday – 1 mile steady run • Wednesday – Fast corners (4 - 6 laps) • Thursday – Intervals (4 × 200m fast, 1–2 min rest) 	Week 6 (Final Meet Thursday) <ul style="list-style-type: none"> • Tuesday – $\frac{1}{2}$–$\frac{3}{4}$ mile easy run + 2 × 200m strides • Wednesday – Fun day (short relays / team games) • Thursday – ☒ Final Meet Day
Week 3 (Meet Thursday) <ul style="list-style-type: none"> • Tuesday – 1.25 mile steady run • Wednesday – Light intervals (2 × 400m at race pace) • Thursday – ☒ Meet Day 	Week 7 <ul style="list-style-type: none"> • Turn in cross country uniforms