

## 2020 Cross Country Schedule

**9/5**

**Sapulpa**

**9/12**

**Kiefer**

**9/22**

**Bishop Kelley**

**9/26**

**Sand Springs**

## **Cross Country Running Plan**

**\*\*When running the timed longer runs-focus on more jogging and very minimal to zero walking! We're trying to build up stamina.**

**7/26- 10-15 minute jog**

**7/29- 10-15 minute jog**

**7/30- 1 mile run at race pace**

**8/1- 10-15 minute jog**

**8/5- 10-15 minute jog**

**8/6- 1 mile run at race pace**

**8/8- 10-15 minute jog**

## **Cross Country Shirt Sign Up**

**Name:**

**Size:**