

Dear Cross Country 2021 Athletes and Parents,

This letter serves to provide some preliminary details about our summer training for cross country. We will send out a second letter with more details in a few weeks.

Coach Gagne and Coach Linda have designed thoughtful and comprehensive summer training calendars that have been linked onto the summer athletics page. Athletes may also directly contact the coaches for individualized training plans/guidance as we know travel and summer plans can sometimes disrupt training plans. Not to worry, summer is all about easy mileage. The summer is a great time to cross train with hikes, swimming, scuba diving, biking, frisbee, etc. All these activities can keep an athlete in shape, stave off mental burnout, and some can reduce the likeliness of injury. Athletes are encouraged to contact the coaches if they have specific questions.

We will be hosting a few group runs and activities over the summer and detailed information about each will be sent out via email once we have a roster and contact list. These dates and locations are on **Thursdays** and Sundays.

**June 10th, 4:45pm-6pm Potomac Campus**

June 13th: 10am to noon.- Seneca Regional Park- Swimming hole- bring towel.

June 20: 4pm-6pm --Burke Lake-- mini golf-maybe do pizza and ice-cream

**June 24th 4:45pm-6pm Potomac**

June 27th: 10am-noon Teddy Roosevelt Island- Brunch/coffee in Georgetown

**July 8th 4:45pm-6pm Potomac Campus**

July 11th: 4pm—6pm Burke Lake--mini golf- maybe do pizza and ice cream.

July 18th: 10am- tow path- Brunch/coffee in Georgetown

**July 22nd 4:45pm Potomac Campus**

July 25th: 3pm-8pm. Lake Fairfax Campsite. Cookout, paddle boat rentals.

Preseason begins August 23<sup>th</sup> at 9am. We will meet at Potomac aside the track starting line and will conclude by 11am. We will also meet at the same time and location on August 24<sup>th</sup>. If conditions allow, we will depart for a 2 night cabin trip at nearby Algonkian Park (Sterling, VA). Details to come.

A note about attendance: it is essential in order to create a caring, supportive, and meaningful team experience. Every athlete is allowed 2 personal days to use for doctor appointments, outside commitments, other school commitments (Model UN, robotics, etc) or even just for extra study time or a mental break. If a student is absent from school, they are not expected to be at practice nor does this day deduct from his/her personal days. Athletes getting physical therapy after school do NOT count against the student. Requests beyond 2 personal days will be considered on a case- by- case policy. We understand that each student may have his/her own extenuating circumstances and that a “one-size fits all” attendance policy will not be right for every individual. We will try our best to be fair while also being consistent. Attendance at meets is mandatory, even if the athlete is unable to run, unless cleared by coaches (weddings, funerals, uncontrollable situations). Athletes are also expected to stay the

duration of the meet to cheer on and support their teammates. These are important bonding days. Perhaps more than ever, we understand the importance of being together and forging meaningful relationships in-person. Please help make this a possibility for your child.

Sincerely,

Your 2021 XC Coaches

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 Day off - all	31 Day off - all	1 Day off - all	2 Day off - all	3 Day off - all	4 Day off - all	5 Day off - all
6 Easy Run – 3.5 miles w/ striders  Easy Run – 3 miles w/ striders	7 Day off – all	8 Easy Run – 4.5 miles  Easy Run – 3 miles	9 Day off - all	10 Easy Run – 3.5 miles w/ striders  Easy Run – 3 miles	11 Day off - all	12 Easy Run – 6.25 miles (Total– 18) Day off (Total– 10)
13 Team Gathering @ 10am – Seneca Regional Park Day off – maybe 2 easy miles with team?  Easy Run – 3.25 miles w/ striders	14 Easy Run – 3.5 miles w/ striders  Day off	15 Easy Run – 5 miles  Easy Run – 3.25 miles	16 Day off - all	17 Easy Run – 4.25 miles w/ striders  Easy Run – 3.25 miles	18 Day off - all	19 Easy Run – 6.5 miles (Total– 19.25) Day off (Total – 10.75)
20 Team Gathering @ 4pm – Burke Lake Easy Run – 3 miles w/ striders  Easy Run – 3 miles w/ striders	21 Easy Run – 4.25 miles  Day off	22 Easy Run – 3 miles  Easy Run – 3 miles	23 Day off - all	24 Team Gathering @4:45pm – POTOMAC! Easy Run – 4 miles w/ striders  Easy Run – 3 miles w/ striders	25 Day off - all	26 Easy Run – 6.5 miles (Total– 20.75) 2.75 miles (Total– 11.75)
27 Team Gathering @ 10am – Teddy Roosevelt Island Easy Run – 3.5 miles w/ striders  Easy Run – 3 miles w/ striders	28 Easy Run – 5 miles  Day off	29 Easy Run – 3.5 miles  Easy Run – 3.25 miles	30 Day off - all			

Potomac Cross Country

Summer Training schedule

Veteran Runners in Blue / New Runners in Orange

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Easy Run – 4.25 miles w/ striders  Easy Run – 3 miles w/ striders	2 Day off - all	3 Easy Run – 6.75 miles (Total– 23) 3.5 miles (Total– 12.75)
4 Easy Run – 3.5 miles w/ striders  Easy Run – 3 miles w/ striders	5 Easy Run – 5 miles  Day off	6 Easy Run – 4 miles  Easy Run – 3.5 miles	7 Day off - all	8 Team Gathering @4:45pm – POTOMAC! Easy Run – 4.25 miles w/ striders  Easy Run – 3 miles	9 Easy Run – 3 miles  Easy Run – 2 miles	10 Easy Run – 6.75 miles (Total– 26.5) 4.25 miles (Total– 15.75)
11 Team Gathering @ 4pm – Burke Lake Easy Run – 4 miles w/ striders  Easy Run – 3 miles w/ striders	12 Easy Run – 5.25 miles  Day off	13 Easy Run – 4 miles w/ striders  Easy Run – 3.5 miles	14 Day off - all	15 Easy Run – 5 miles w/ striders  Easy Run – 3.5 miles	16 Easy Run – 3.25 miles  Easy Run – 3 miles	17 Easy Run – 7 miles (Total– 28.5) 4.5 miles (Total– 17.5)
18 Team Gathering @ 10am – Tow path Easy Run – 4 miles w/ striders  Easy Run – 3.25 miles w/ striders	19 Easy Run – 5.5 miles  Day off	20 Easy Run – 4.5 miles w/ striders  Easy Run – 4 miles	21 Day off - all	22 Team Gathering @4:45pm – POTOMAC! Easy Run – 5.25 miles w/ striders  Easy Run – 4 miles	23 Easy Run – 4 miles  Easy Run – 3 miles	24 Easy Run – 7.25 miles (Total– 30.5) 5 miles (Total– 19.25)
25 Team Gathering @ 3pm – Fairfax Lake Easy Run – 4.25 miles w/ striders  Day off	26 Easy Run – 6 miles  Easy Run – 4.5 miles w/ striders	27 4-5 mile TEMPO w/ .5 mile warm up and cool down 3 mile TEMPO w/ .5 mile warm up and cool down	28 Day off - all	29 Easy Run – 6 miles w/ striders  Easy Run – 4.5 miles	30 Easy Run – 4.5 miles  Easy Run – 3.75 miles	31 Easy Run – 7.75 - 8 miles (Total– 32.5) 5.5 miles (Total– 21.25)

