

## 2022 OOMS XC Summer Conditioning Schedule

### June 27-30: Pioneers Distance Running Camp, 9:30-11:30 AM

Join us for a fun introduction to running that will help meet the needs of all runners. Participants will learn about all aspects of running and hear from guest speakers. There will be lots of running and games! Register at [www.orangepioneerathletics.com](http://www.orangepioneerathletics.com).

### Summer Fun Runs

Date	Location	Time
Tues, July 5	McNamara Park	9:00-10:00 AM
Thur, July 7	Alum Creek (lower dam)	9:00-10:00 AM
Tues, July 12	Char-Mar Ridge Reserve	9:00-10:00 AM
Thur, July 14	Shale Hollow	9:00-10:00 AM
Tues, July 19	McNamara Park	9:00-10:00 AM
Thur, July 21	Alum Creek (lower dam)	9:00-10:00 AM
Tues, July 26	Char-Mar Ridge Reserve	9:00-10:00 AM
Thur, July 28	Shale Hollow	9:00-10:00 AM

**\*\*BRING YOUR OWN WATER/GATORADE, TOWEL, AND WATCH to every run!**

**McNamara Park:** 7049 Big Walnut Rd, Galena, OH, intersection of Big Walnut Rd. and N State St North of Westerville (Behind fire station)

**Char-Mar Ridge Reserve:** Up the road from McNamara Park on Rte. 3 North, has a great 1.5-mile loop to run, plus the Genoa bike path is there. Off Lewis Center Rd, near where it intersects with Rte. 3

**Alum Creek:** Meet by the lower dam area near the intersection of Africa, Big Walnut, and Lewis Center Rds.

**Shale Hollow:** 6320 Artesian Run, Delaware, OH across from the Kroger on Columbus Pike. Follow the service road all the way to the lower parking lot.

**TIPS:** The single best thing you can do to prepare for Cross Country is RUN!! It is hard to get started, but here are some more great tips for Summer running!

- Make sure to buy a good pair of running shoes, you should get a discount at most running stores if you tell them you are on a xc team.
- Run in the mornings or evenings when it's cooler, not in the middle of the day
- You should run at a pace where you can carry a conversation
- Run with friends and family – it's easier to run with others!
- Follow the given running schedule, make it a daily routine
- Run for time, make it a goal to run for a set time without walking
- Drink plenty of water and fluids during the Summer – stay hydrated!
- Most importantly, HAVE FUN while you are running during the Summer!

**Official Practice Starts Monday, August 1st!!**

**Coach Contact:** The middle school head coach is David Green, math teacher in the building. You can contact him through school email – [david\\_green@olsd.us](mailto:david_green@olsd.us) or through the team twitter account @OOMSCC

## What to do NOW

1. Create a final forms account at [olentangy.finalforms.com](http://olentangy.finalforms.com). Be sure to select OOMS cross country to be added to the team!
2. Complete a sports physical and upload it to your final forms account.

\*\*\*No one can join official practice on August 1st until both of these are completed

## Olentangy Orange Middle School Cross Country Summer Training

If you want to have a GREAT Cross Country season it is a good idea to start running over the summer. If you follow the program below you are going to set yourself up to have a GREAT season!

Numbers are for the number of minutes you run each day

Date	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total
5/30	15		15		15	15		60
6/6	15	20		20		15		70
6/13	25		25		20	15		85
6/20	20	15	30	20		20		105
6/27	25	20	30		30	20		125
7/4	40		30	25	30	25		150
7/11	35	25	40		30	30		160
7/18	40	30	30	25	30	30		185
7/25	45	25	30		40	30		170

This chart is simply a guideline, you can do a little more or a little less depending on your running experience and how you feel. You will have success if you can do a 30-40 minute run before practice begins!

### OOMS XC Fall Meet Schedule:

August	September	October
23 - Big Walnut	6 - @Blendon	1 - Berlin Bear Den Dash
26 - Hartford Twilight Invitational	10 - Tiffin Carnival Invitational	4 - All Olentangy @Berkshire
30 - Worthingway	13 - Hyatts	8 - Les Eisenhart Invitational
	20 - Shanahan	
	24 - Celtic Clash Invitational	
	27 - @Liberty	