



STA Cross Country 2026 - Summer Information

Coaching Staff

Vince Wren (Head) vwren@cadets.com
Kim Friede kfriede@cadets.com
Roger Friede rfriede@gmail.com
Tony Kinzley tkinzley@cadets.com
Anne McQuillan (MS) amcquillan@cadets.com

Captains

Gabe Frommelt '27
Leo Cleary '27
Lucas Weber '28

Summer Expectations

1. Set a goal and work to achieve that goal.
2. Make running a routine part of your day.
3. **Attend as many of the summer team practices as possible.**
4. Control the controllables all summer (especially staying hydrated and properly nourished).
5. Get good running shoes, a watch, and a water bottle ready to go.
6. Email Coach Wren if you have questions or concerns at vwren@cadets.com.

Season

- See Attached Season Calendar
- Practice is mandatory for ALL team members starting August 17. Please, plan accordingly.
- 3 unexcused / 6 total absences = no varsity letter.

Parent Meeting: August 27 5:00pm @ STA
Weekdays: August 17 - October 20 (Varsity – November 7) 3:30pm practice @ STA
Saturdays: Required dates are mandatory for grades 11, 12, and varsity. All others encouraged.
Sundays: Rest Day
Meets: All meets are required.

Strava

- Download the Strava app and create a profile
- Join the “STA XC Team”
- Use the app to track your workouts
- Watch the progress of your teammates over the summer and stay in touch!

Twin Cities Specialty Running Stores

Summer training is essential to be prepared for the season and to become the best runner you can be while avoiding injury. Properly fitted, new running shoes are equally important. Below is a list of stores that have runners employed to help you do the following:

1. Purchase a good pair of training shoes.
2. Purchase a good pair of cross country racing spikes (*not* track spikes) to be used next fall.
3. Purchase a timing device (chronograph watch or phone).
4. Purchase a water bottle.
5. Be sure to ask for the team discount (usually 10-20% off) – tell them you run for STA.

TC Running Co (also in Eden Prairie, Woodbury and Burnsville)

868 Randolph Ave.
St. Paul, MN
(651) 290-2747

Saint City Running

767 Cleveland Ave
St. Paul, MN
(651) 330-3649

Mill City Running

411 E Hennepin Ave
Minneapolis, MN 55414
(612) 378-6001

Fleet Feet Sports

2312 W. 50th St.
Minneapolis, MN
(612) 920-2606

Gear Running Store

4406 France Ave. S.
Edina, MN
(952) 926-2645

Running Room

1068 Grand Ave
Saint Paul, MN 55105
(651) 225-8443



2026 Tentative Schedule

Monday, August 17 – First Day of Season/Official Practice

Tuesday, August 25 – First Day of School

Thursday, August 27 – STA Showcase

Thursday, September 3 – St. Olaf Showcase (St. Olaf)

Tuesday, September 15 – MEC Preview (St. Croix Bluffs)

Saturday, September 19 – Roy Griak Invitational (Fort Snelling Golf Course)**

Thursday, October 1 – Osseo Invite (Elm Creek Park Reserve)

Saturday, October 10 – Alexandria Invite (Arrowwood Resort)

Tuesday, October 20 – MEC Championships (St. Croix Bluffs)

Thursday, October 29 – Section Championships (Valleywood Golf Course)**

Saturday, November 7 – State Meet (TBD)

****Varsity Only**



Summer 2026 Training

Team Practices:

Generally, we meet in STA Grotto. Pay attention to emails for updates.

June –

Tuesday and Thursday @ TBD

Thursday, June 18th Captains Practice 10:30am @ Flaskey's – 17836 Ikaria Trail, Lakeville

July –

Tuesday, Wednesday, and Thursday @ TBD

No contact period July 3 to July 9.

Thursday, July 2nd & 23rd Captains Practice 10:30am @ Flaskey's – 17836 Ikaria Trail, Lakeville

August –

No contact period August 1 to August 16. First official practice on August 17.

Training Calendar:

Recovery Run (RR)

- *Base Runs*
- Intensity level is “conversation pace”
- Shorten as needed

Long Run (LR)

- Intensity level is “conversation pace”
- Duration is around 20% of weekly mileage
- Stretch
- Generally, incorporate “core work” following the run

Tempo Run

- Intensity is 85% of VO2 max
- Active warm-up
- Extent of work is distance
- Light cool-down and stretch, elevate

Hills

- Easy warm-up run before workout
- Active warm-up with a strideout
- Extent of work is # reps x distance (generally 120-200m) at 2-3% incline
- Light jog recovery down the hill
- Easy cool-down run after workout with stretch

Fartleks

- Light warm-up

- Extent of work is distance, vary pace randomly 2 times per mile (i.e., conversation pace, threshold pace, stride outs)
- Light cool-down and stretch

VO2 Max

- Intensity is maximum effort
- Route should be safe and fast
- Active warm-up
- *Record times*
- Cool-down run and stretch, elevate

Strength

(2 sets x 10-15 reps each)

1. 2 Leg Squat
2. 1 Leg (Pistol) Squat
3. Lunge
4. Box Step-Ups
5. Pushups
6. Body Weight Dips
7. Bird Dog
8. Bird Dog X
9. Runners
10. Triceps Pushups
11. 1 Leg Bridge
12. Burpees

Core

(2 sets x 30 seconds each)

1. Crunches
2. One leg crunch, each side
3. Plank
4. Side planks, each side
5. Leg Lifts
6. Scissors
7. Bicycles
8. Deadbugs

Mobility

(1 set, 20-30m each on track or soft surface)

1. Side shuffle with arm swings
2. Walking lunge
3. Walking lunge with twist
4. Knee to Chest
5. Walking quad stretch
6. Walking piriformis/Figure 4 (heel to opposite hip)
7. Walking (3 step) straight leg kick (foot to opposite hand)
8. Lateral lunges (lean left/right and alternate sides)
9. Scoops
10. World's greatest stretch
11. World's greatest stretch with rotation to sky
12. Inchworms (walk hands out, stretch abdominals, then walk feet up)

Stretching

(hold 20-30 seconds each)

Standing

1. Low Calf
2. High Calf
3. Quad Stretch
4. Roll out arms and neck
5. Pretzel
6. Hug Self
7. IT (standing)
8. ABC's with each foot

On Ground

9. Butterfly stretch
10. Separate legs
11. IT stretches
12. Glute Stretch
13. Hamstring
14. Hip Flexor
15. Hamstring
16. Touch Toes
17. Cat
18. Downward Dog