

2026 OOMS XC Summer Conditioning Schedule

June 22-25: Pioneers Distance Running Camp, 9:00-11:00 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. More information will be sent home.

Summer Fun Runs

Date	Location	Time
Tues, June 30	McNamara Park	9:00-10:00 AM
Thurs, July 2	Char-Mar Ridge Reserve	9:00-10:00 AM
Tues, July 7	Alum Creek (lower dam)	9:00-10:00 AM
Thurs, July 9	McNamara Park	9:00-10:00 AM
Tues, July 14	Char-Mar Ridge Reserve	9:00-10:00 AM
Thurs, July 16	Alum Creek (lower dam)	9:00-10:00 AM
Tues, July 21	McNamara Park	9:00-10:00 AM
Thurs, July 23	Char-Mar Ridge Reserve	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.

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 3rd!!

What to do NOW

1. Create a final forms account at 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 3rd 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!

Date	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total
6/1	15	20		20		15		70
6/8	25		25		20	15		85
6/15	20	15	30	20		20		105
6/22	25	20	30		30	20		125
6/29	40		30	25	30	25		150
7/6	35	25	40		30	30		160
7/13	40	30	30	25	30	30		185
7/20	45	25	30		40	30		170
7/27	40	20	45		30	30		165

Numbers are for the number of minutes you run each day.
DON'T worry about pace or distance yet!!!

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!

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