

Fontainebleau Junior High Cross Country

Welcome to cross country at Fontainebleau Junior. Cross country is offered to students in seventh and eighth grades. Junior high students generally run a race distance of 2 miles. Cross country is a sport that requires commitment, endurance, and a willingness to train. The cross country season is from August through October. Since the season begins as soon as school resumes, it is important to come prepared. Anyone wishing to try-out should have the ability to run a mile without stopping before reporting to conditioning. Below I have outlined an independent training program that I would encourage anyone who is interested in running cross country to follow. Start your training with WEEK 1 even if the dates do not correspond to your start.

Beginning runners need a base of general fitness before they begin to undertake training specialized for racing. All beginners should focus on establishing a solid base of endurance, flexibility, and strength. Injuries in young runners happen most frequently when they try to rush their training. It would also be helpful to find friends with whom you can train.

It is important to drink water and stretch before and after each run. It is essential to train with running shoes that are in good condition. Training in old shoes can lead to injury.

Conditioning: Monday, August 10th, Tuesday, August 11th, and Wednesday, August 12th, after school until 4:45pm. **Each student must have a current physical and proof of insurance in order to practice and try-out.** Be sure to bring clothes to run in, running shoes, and a water bottle each day.

Try- Outs: Thursday, August 13th after school until 4:45pm. The try-out will consist of a timed mile long run.

Additional practices: Monday- Thursday after school until 4:45 (with a few exceptions). Members of the team are required to attend a minimum of three practices a week.

Meets: A schedule of meet dates and times will be given the first week of practice.

I look forward to working with each student and am excited about our upcoming fall season!

-Coach Gabby Kernion

You can email me with questions at gabrielle.kernion@stpsb.org

WEEK 1- Sunday, May 24-Saturday, May 30

Sunday: 1/2 mile jog at a steady pace

Monday: 20 minutes light walking

Tuesday: 1/2 mile jog (at a pace you can talk with a friend)

Wednesday: 20 minutes light walking

Thursday: 1 mile jogging/ walking equally mixed (5 minutes jog/5 minutes walk)

Friday: 1 mile jog

Saturday: Cross Train - ex: biking/swimming

WEEK 2- Sunday, May 31- Saturday, June 6

Sunday: 1/2 mile jog at a steady pace

Monday: 20 minutes light walking

Tuesday: 1/2 mile jog (at a pace you can talk with a friend)

Wednesday: 20 minutes light walking

Thursday: 1 mile jogging/ walking equally mixed (5 minutes jog/5 minutes walk)

Friday: 1 mile jog

Saturday: Cross Train - ex: biking/swimming

WEEK 3- Sunday, June 7- Saturday, June 13

Sunday: 1 mile jog at a steady pace

Monday: Rest

Tuesday: 1 mile jog (at a pace you can talk with a friend)

Wednesday: 20 minutes light walking

Thursday: 1 mile jogging/ walking equally mixed (5 minutes jog/5 minutes walk)

Friday: 1 mile jog

Saturday: Cross Train - ex: biking/swimming

WEEK 4- Sunday, June 14- Saturday, June 20

Sunday: 1 mile jog at a steady pace

Monday: Rest

Tuesday: 1 mile jog (at a pace you can talk with a friend)

Wednesday: 20 minutes light walking

Thursday: 1 mile jogging/ walking equally mixed (5 minutes jog/5 minutes walk)

Friday: 1 mile jog

Saturday: Cross Train - ex: biking/swimming

WEEK 5- Sunday, June 21- Saturday, June 27

Sunday: 2 miles jogging/walking

Monday: Rest or cross train

Tuesday: 2 miles jogging with a brief walk if needed

Wednesday: 1 mile jog

Thursday: 2 miles steady jog (try to have your 2nd mile a bit faster than your first)

Friday: 1 mile jog

Saturday: 20 minutes brisk walking

WEEK 6- Sunday, June 28- Saturday, July 4

Sunday: 2 miles jogging/walking

Monday: Rest or cross train

Tuesday: 2 miles jogging with a brief walk if needed

Wednesday: 1 mile jog

Thursday: 2 miles steady jog (try to have your 2nd mile a bit faster than your first)

Friday: 1 mile jog

Saturday: 20 minutes brisk walking

WEEK 6- Sunday, July 5- Saturday, July 11

Sunday: 2 miles jogging/walking

Monday: Rest or cross train

Tuesday: 2 miles jogging with a brief walk if needed

Wednesday: 1 mile jog

Thursday: 2 miles steady jog (try to have your 2nd mile a bit faster than your first)

Friday: 1 mile jog

Saturday: 20 minutes brisk walking

WEEK 7- Sunday, July 12- Saturday, July 18

Sunday: 2 miles jogging/walking

Monday: Rest or cross train

Tuesday: 3 miles jogging with a brief walk if needed

Wednesday: 1 mile jog

Thursday: 2 miles steady jog (try to have your 2nd mile a bit faster than your first)

Friday: 1 mile jog

Saturday: rest walking or cross train

WEEK 8- Sunday, July 19- Saturday, July 25

Sunday: 2 miles jogging/walking

Monday: Rest or cross train

Tuesday: 3 miles jogging with a brief walk if needed

Wednesday: 1 mile jog

Thursday: 2 miles steady jog (try to have your 2nd mile a bit faster than your first)

Friday: 1 mile jog

Saturday: rest brisk walking or cross train

WEEK 9- Sunday, July 26- Saturday, August 1

Sunday: 2 miles jogging/walking

Monday: Rest or cross train

Tuesday: 3 miles jogging with a brief walk if needed

Wednesday: 1 mile jog

Thursday: 2 miles steady jog (try to have your 2nd mile a bit faster than your first)

Friday: 1 mile jog

Saturday: rest or cross train

WEEK 10- Sunday, August 2- Saturday, August 8

Sunday: 2 miles jogging/walking

Monday: Rest or cross train

Tuesday: 3 miles jogging with a brief walk if needed

Wednesday: 1 mile jog

Thursday: 2 miles steady jog (try to have your 2nd mile a bit faster than your first)

Friday: 1 mile jog

Saturday: rest or cross train