



# CROSS COUNTRY

## Summer Training Update

June 29, 2022,

### Upcoming Training Dates

Saturday 7/2 at Nocatee Gate Station, 6:30am (top runners)

### Drink Water!

Hydration is incredibly important. Well hydrated bodies overheat less often, recover more quickly, sleep better, avoid injury, and heal quicker! Each athlete needs to bring their water bottle with them everywhere, especially at practice.



### Stay connected:



Text to 81010 for the best way to get info about your athletes training group. You can follow multiple groups.

Group	Text code to: 81010
j.v. boys distance	@btjvbd22
j.v. girls distance	@btjvgd22
varsity boys distance	@btvbd22
varsity girls distance	@btvgd22

### **Racing in the Summer**

Generally, we do not want a lot of racing this time of the training calendar. However, a 5k or two might be fun and won't hurt.

The annual 1<sup>st</sup> Place Sports [Celebration 5k](#) is this Monday, 7/4.

[1st Place Sports Running: Baymeadows Road 3931 Baymeadows Rd, Jacksonville, FL 32217](#)

Have discussions with coaches about a good time to race!

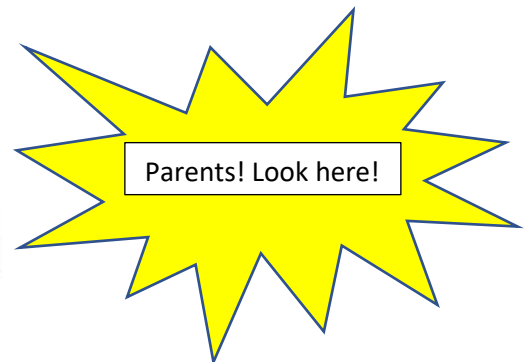
### **How Are Your Running Shoes?**

Make sure your shoes are good. Running on worn shoes is the number one cause of injury. Shoes need to be retired when the midsole (white cushion part) is compressed. You will notice many small compression wrinkles and they will generally just feel hard or unresponsive. Shoes last 300-500 miles. Do not judge your shoes on outsole (rubber bottom) or upper (top of the shoe that wraps around your foot).

Read more [here](#) and [here](#).

### **Are you logging your runs on Strava?**

Upper class athletes (11<sup>th</sup> & 12<sup>th</sup>) will not make the 2022 BTHS CC team if they are not in shape.



-Coach Frank, Roughan, Fliess, Clark



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## 2022 Summer Milage Totals

First	Last	June 6-12	Jun 13-19	Jun 20-26	Jun 27-Jul 3	Jul 4-10	Jul 11-17	Jul 18-24	Jul 25-31	Total
JD	Lupinski	39	47	42						128
Billy	Hall	35	47	42						124
Eric	Perry	20	31	42						93
Maddox	Ray		41	42						83
Logan	Wenzel	13	23	40						76
Braden	Motycka	11	17	35						63
Rylan	Borgmeyer	30	34	34						98
Joseph	Watson	29	24	34						87
Kira	Casane			27						27
Laura	Frank	19	27	26						72
jacob	parks	8	19	21						48
Abigail	Mitchell	22	20	20						62
lily	lupinski	2	19	20						41
Caleb	Marmo	9	19	18						46
Charlotte	Fryman		17	13						30
Eden	Costanza	4	9	12						25
Rajya	Kataru		9	12						21
Anya	Southammavong		5	12						17
Leila	Colletti			10						10
Peter	Hudson			10						10
Bella	DiDonato			7						7
Tanner	Holtz			7						7
Kate	Wenzel			5						5
Mac	Carlson	8	3	4						15
Maya	Miles		5	4						9
Camille	Clark	2	1	4						7
Carter	Wenzel	3	5	3						11
Dekari	Jackson	4	3	3						10
Aiden	Copeland	5		3						8
Billy	Hall	32	44							76
Matthew	Presley	29	29							58
lukas	lee	15	5							20
Nick	Ivan	10	1							11
Reese	Henley	3								3
Ella	Rigdon	3								3
Elias	Jesse		2							2



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2022 Summer Running in minutes/day								
	Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Weekly Tot
	22-May	23-May	24-May	25-May	26-May	27-May	28-May	
"A" Group	24	50	32	32	40	0	40	218
Veterans	19	45	26	26	32	0	32	179
JV	14	34	19	19	24	0	24	134
Novice	10	22	13	13	16	0	16	90
	29-May	30-May	31-May	1-Jun	2-Jun	3-Jun	4-Jun	
"A" Group	24	55	32	32	40	0	48	231
Veterans	19	50	26	26	32	0	38	191
JV	14	35	19	19	24	0	29	141
Novice	10	25	13	13	16	0	19	95
	5-Jun	6-Jun	7-Jun	8-Jun	9-Jun	10-Jun	11-Jun	
"A" Group	32	60	40	40	40	0	48	260
Veterans	26	55	32	32	32	0	38	215
JV	19	40	24	24	24	0	29	160
Novice	13	28	16	16	16	0	19	108
	12-Jun	13-Jun	14-Jun	15-Jun	16-Jun	17-Jun	18-Jun	
"A" Group	32	65	40	48	40	40	56	321
Veterans	26	58	32	38	32	32	45	262
JV	19	43	24	29	24	24	34	197
Novice	13	29	16	19	16	16	22	131
	19-Jun	20-Jun	21-Jun	22-Jun	23-Jun	24-Jun	25-Jun	
"A" Group	40	65	40	48	48	40	56	337
Veterans	32	58	32	38	38	32	45	276
JV	24	45	24	29	29	24	34	208
Novice	16	32	16	19	19	16	22	141
	26-Jun	27-Jun	28-Jun	29-Jun	30-Jun	1-Jul	2-Jul	
"A" Group	40	70	40	56	48	40	56	350
Veterans	32	63	32	45	38	32	45	287
JV	24	45	24	34	29	24	34	213
Novice	16	32	16	22	19	16	22	144
	3-Jul	4-Jul	5-Jul	6-Jul	7-Jul	8-Jul	9-Jul	
"A" Group	40	70	48	48	56	40	60	362
Veterans	32	63	38	38	45	32	51	300
JV	24	48	29	29	34	24	38	226
Novice	16	35	19	19	22	16	26	154
	10-Jul	11-Jul	12-Jul	13-Jul	14-Jul	15-Jul	16-Jul	
"A" Group	40	75	48	48	60	48	60	379
Veterans	32	68	38	38	51	38	51	318
JV	24	50	29	29	38	29	38	237
Novice	16	35	19	19	26	19	26	160
	17-Jul	18-Jul	19-Jul	20-Jul	21-Jul	22-Jul	23-Jul	
"A" Group	40	75	40	56	60	48	60	379
Veterans	32	68	38	45	51	40	51	326
JV	24	53	24	34	38	30	38	241
Novice	16	35	16	22	26	19	26	160
	24-Jul	25-Jul	26-Jul	27-Jul	28-Jul	29-Jul	30-Jul	
"A" Group	40	80	48	56	60	48	60	392
Veterans	32	72	38	45	51	38	51	328
JV	24	53	30	34	40	30	36	247
Novice	16	35	20	22	25	20	25	163
	31-Jul	1-Aug	2-Aug	3-Aug	4-Aug	5-Aug	6-Aug	
"A" Group	40	80	48	56	60	56	60	400
Veterans	32	72	38	45	51	45	51	334
JV	24	58	30	34	40	34	40	259
Novice	16	38	19	22	26	22	26	170
	7-Aug	8-Aug	9-Aug	10-Aug	11-Aug	12-Aug	13-Aug	
"A" Group	40	80	48	56	64	56	60	404
Veterans	32	72	38	45	55	45	51	338
JV	24	58	30	34	40	34	40	259
Novice	16	38	20	22	26	25	30	177
Black Bear Sessions 6:30am								
Black Bear "A" Group and Vets								
Official Practice begins								
								Summer Totals
								"A" Group 4370
								Veterans 3629
								JV 2730
								Novice 1834