

St. Cloud Cathedral Girls Cross Country Summer Training Program 2023

Summer training for CC starts on June 5th at 8:00am. We will meet at Coach Jamison's house 1261 12th Ave. N. St. Cloud, MN.

We will meet daily Monday-Friday at 8:00am. We hope most runners will commit to coming at least on Monday, Wednesday and Friday.

This year we are inviting all runners to join us for our lifting program. Most 6-8th graders will do body weight and plyometrics and most 9-12th graders will do weighted lifts with squats and deadlifts. All programs can be modified and we hope to see most athletes come.

Schedule

Monday: 8-9:30 Run and stations (hips, hurdles, Abs) at Jamisons,
9:30-10:15 Lifting at Jamison's

Tuesday: 8-9:30 Run and Stretch/Roll out

Wednesday: 8-9:30 Run and Stations
9:30-10:30 Lift at Cathedral

Thursday: 8-9:30 Run and Stretch/Roll out

Friday: 8-9:30 Run and Stations
9:30-10:30 Lift at Cathedral

Saturdays are optional and change from week to week. We will usually talk about when and where on Friday.

We hope to have a few get togethers with other teams as well this summer. We met up with the Nighthawks last year and it was a highlight for many of the runners. They were our loudest cheer team at state. We hope to also meet with at least one other team this summer, but it will change our meeting times. More to come with that. We have a no contact time the week of the 4th as well.

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