

Sauganash Striders

running club founded by Coach Murphy

Cross Country Running Sessions

High School Season Prep - June 9th to Aug 6th, 2020

Middle School Prep- June 8th to Aug 5th, 2020

High School Season Prep - This group session will be open to all 8th grade runners who will be going into high school and all current high school runners who will be joining cross country in the fall. The goal of this session is to prepare the runners so they are ready for the high school cross country fall running season. The practices will incorporate similar types of runs getting the athletes ready for racing at the three mile distance. We will target competing (optional) in the Detweiller at Dark cross country meet in Peoria on July 24th, 2020 (assuming the event occurs). In addition, we will have time trial races during the session. Runners will be expected to do runs/workouts in between practices.

Middle School Prep - All runners are welcome to attend from the motivated novice to the experienced runners. The focus for the athletes will be on general speed training and running skills/form. Additionally, the camp will also focus on a customized training plan toward the individuals strengths. The sessions will introduce basic cross country running skills to those who are new as well as incorporate targeted workouts for the more seasoned runners. Practices will be held rain or shine. Please bring water bottle and running shoes.

Email contact: julian.murphy@comcast.net

Fee: \$140 per session (\$250 for both sessions I & II)

- Sauganash Striders Club T-shirt
- Individualized workouts
- Coaching

High School Prep Practices:

Session I

Tuesday June 9th 7:15-8:30AM
Thursday June 4th 7:15-8:30AM
Saturday June 13th 8:00-9:30AM

Tuesday June 16th 7:15-8:30AM
Thursday June 18th 7:15-8:30AM
Saturday June 20th 8:00-9:30AM

Tuesday June 23rd 7:15-8:30AM
Thursday June 25th 7:15-8:30AM
Saturday June 27th 8:00-9:30AM

Tuesday June 30th 7:15-8:30AM
Thursday July 2nd 7:15-8:30AM
Saturday July 4th 8:00-9:30AM

Tuesday July 7th 7:00-8:15AM

Session II

Thursday July 9th 7:00-8:15AM
Saturday July 11th 8:00-9:30AM

Tuesday July 14th 7:00-8:15AM
Thursday July 16th 7:00-8:15AM
Saturday July 18th 8:00-9:30AM

Tuesday July 21st 7:00-8:15AM
Thursday July 23rd 7:00-8:15AM
Saturday July 25th 8:00-9:30AM

Tuesday July 28th 7:00-8:15AM
Thursday July 30th 7:00-8:15AM
Saturday August 1st 8:00-9:30AM

Tuesday August 4th 7:00-8:15AM
Thursday August 6th 7:00-8:15AM

Middle School Prep Practices:

Session I

Monday June 8th 7:15-8:30AM
Wednesday June 10th 7:15-8:30AM
Saturday June 13th 9:45-11:15AM

Monday June 15th 7:15-8:30AM
Wednesday June 17th 7:15-8:30AM
Saturday June 20th 9:45-11:15AM

Monday June 22nd 7:15-8:30AM
Wednesday June 24th 7:15-8:30AM
Saturday June 27th 9:45-11:15AM

Monday June 29th 7:15-8:30AM
Wednesday July 1st 7:15-8:30AM
Saturday July 4th 9:45-11:15AM
Monday July 6th 7:00-8:15AM

Session II

Wednesday July 8th 7:00-8:15AM
Saturday July 11th 9:45-11:15AM

Monday July 13th 7:00-8:15AM
Wednesday July 15th 7:00-8:15AM
Saturday July 18th 9:45-11:15AM

Monday July 20th 7:00-8:15AM
Wednesday July 22nd 7:00-8:15AM
Saturday July 25th 9:45-11:15AM

Monday July 27th 7:00-8:15AM
Wednesday July 29th 7:00-8:15AM
Saturday August 1st 9:45-11:15AM

Monday August 3rd 7:00-8:15AM
Wednesday August 5th 7:00-8:15AM

Practices will be held at: Bunker Hill Forest Preserve - Entrance is on Caldwell avenue at Tonty Avenue