

Sauganash Striders

running club founded by Coach Murphy

Cross Country Running Sessions

High School Season Prep - June 9th to August 3rd, 2025

Middle School Prep- June 10th to August 1, 2025

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. 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

High School Session Fee: \$325

Middle School Session Fee: \$240

Middle School Prep**Practices:**

Tuesday June 10th 8:45-10:00AM
Thursday June 12th 8:45-10:00AM
Friday June 13th 8:45-10:00AM

Tuesday June 17th 8:45-10:00AM
Thursday June 19th 8:45-10:00AM
Friday June 20th 8:45-10:00AM

Tuesday June 24th 8:45-10:00AM
Thursday June 26th 8:45-10:00AM
Friday June 27th 8:45-10:00AM

Tuesday July 1st 8:45-10:00AM
Thursday July 3rd 8:45-10:00AM
Tuesday July 8th 8:45-10:00AM
Wednesday July 9th 8:45-10:00AM

Wednesday July 16th 8:45AM-10:00am
Friday July 18th 8:45AM-10:00am

Tuesday July 29th 8:45-10:00AM
Thursday July 31st 8:45-10:00AM
Friday Aug 1 8:45-10:00AM

High School Prep Practices:

Monday June 9th 8:30-9:45AM
Wednesday June 11th 7:30-8:45AM
Friday June 13th 7:30-8:45AM

Monday June 16th 7:30-8:45AM
Wednesday June 18th 7:30-8:45AM
Friday June 20th 7:30-8:45AM

Monday June 23rd 7:30-8:45AM
Wednesday June 25th 7:30-8:45AM
Friday June 27th 7:30-8:45AM

Sunday June 29th 7:00am - Long Run
at Harms Woods North

Monday June 30th 7:30-8:45AM
Wednesday July 2nd 7:30-8:45AM
Thursday July 3rd 7:30-8:45AM
Saturday July 5th 7:30-8:45am

Monday July 7th 7:30-8:45AM
Wednesday July 9th 7:30-8:45Am
Friday July 11th - time to be
determined

Monday July 14th 7:00-8:15AM
Wednesday July 16th 7:30-8:45AM
Friday July 18th 7:30-8:45AM

Monday July 28th 7:30-8:45AM
Wednesday July 30th 7:30-8:45AM
Friday Aug 1st 7:30-8:45AM
Sunday Aug 3rd 7:30-8:45AM

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

There will be optional Sunday morning long runs for both High School and Middle School. Dates to be determined closer to start of session.