

Sunrise Mountain



Cross Country

Boys & Girls Cross Country

2025 Summer Schedule

The following is the summer running schedule that those wishing to be a part of the 2025 cross country team should follow. It is our hope that if you are not on vacation, or otherwise out of town, that you will meet with the team at every opportunity. If you cannot meet with the team, you should still try to follow our schedule as closely as you can on your own. The miles you put in during the summer are the miles that will allow you to be your strongest during the season. Experienced runners will run about 6-8 miles daily (35-50 miles/week), while newcomers will average about 4 miles per day (20-30 miles/week).

The mileage on the schedule below reflects what returning varsity runners will be doing. Newcomers will run less - something appropriate for your conditioning level. We are building a base of endurance and strength so you will be ready for the more intense speed workouts that will come when the season starts. When school starts in August, hopefully you have logged between 200-350 miles on your summer runs. The schedule below would give you about 250 miles through the first week of August. The easiest way to do this is come and run with the others at our scheduled runs. **We meet 4 days a week (Mon, Wed, Thurs, Sat).** Tuesday and Friday are “on your own” days, and Sunday is an “off” day. If you miss a day during the week, Sunday can also be used as a make-up day.

Make sure you have a good pair of shoes and plenty of water, and remember, we run early to avoid the heat of the day. You can go back home and go to bed after our run if you’re not a morning person!☺

***You must have a physical to be cleared for summer running.** Most local Urgent Care offices offer this for about \$25. **Must have the AIA physical documents** with you. Stop by the front office to see the athletic secretary for these forms, or the Athletic Trainer, or call 602-521-3024 if you have any questions.

*The following distances are for **returning varsity** runners. **Freshmen and beginners will run shorter.**

Week of 6/16: (all runs meet at 5:30^{am})

<u>Mon</u> -SM	<u>Tues</u>	<u>Wed</u> -SM	<u>Thurs</u> -SM	<u>Fri</u>	<u>Sat</u> -Rio	
4 mi	5 mi	6 mi	4 mi	5 mi	6 mi	= 30 miles

Week of 6/23: (all runs meet at 5:30^{am})

<u>Mon</u> -SM	<u>Tues</u>	<u>Wed</u> -SM	<u>Thurs</u> -SM	<u>Fri</u>	<u>Sat</u> -TBird	
5 mi	5 mi	7 mi	5 mi	5 mi	7 mi	= 34 miles

Week of 6/30: (all runs meet at 5:30^{am})

<u>Mon</u> -Jomax	<u>Tues</u>	<u>Wed</u> -SM	<u>Thurs</u> -SM	<u>Fri</u>	<u>Sat</u> -Puke
6 mi	5 mi	6 mi	5 mi	5 mi	8 mi = 35 miles

Week of 7/07: (all runs meet at 5:30^{am})

<u>Mon</u> -SM	<u>Tues</u>	<u>Wed</u> -SM	<u>Thurs</u> -SM	<u>Fri</u>	<u>Sat</u> -TBird
7 mi	5 mi	8 mi	5 mi	4 mi	10 mi = 39 miles

Week of 7/14: (all runs meet at 5:30^{am})

<u>Mon</u> -Jomax	<u>Tues</u>	<u>Wed</u> -SM	<u>Thurs</u> -SM	<u>Fri</u>	<u>Sat</u> -Rio
7 mi	6 mi	5 mi	6 mi	6 mi	10 mi = 40 miles

Week of 7/21: (all runs meet at 5:30^{am})

<u>Mon</u> -SM	<u>Tues</u>	<u>Wed</u> -SM	<u>Thurs</u> -SM	<u>Fri</u>	<u>Sat</u> -Puke
8 mi	4 mi	10 mi	6 mi	6 mi	6 mi = 40 miles

Week of 7/28: (all runs meet at 5:30^{am})

<u>Mon</u> -Jomax	<u>Tues</u>	<u>Wed</u> -SM	<u>Thurs</u> -SM	<u>Fri</u>	<u>Sat</u> -Puke
6 mi	5 mi	7 mi	4 mi	5 mi	6 mi = 33 miles

Week of 8/04: (all runs meet at 6:00^{pm} – all runs at SM)

<u>Mon</u>	<u>Tues</u>	<u>Wed</u>	<u>Thurs</u>	<u>Fri</u>	<u>Sat</u> -TBird
6 mi	5 mi	6 mi	5 mi	5 mi	10 mi = 37 miles

Week of 8/11: (all runs meet at 6:00^{pm} – all runs at SM)

<u>Mon</u>	<u>Tues</u>	<u>Wed</u>	<u>Thurs</u>	<u>Fri</u>	<u>Sat</u> -Puke
5 mi	6 mi	12 mi	6 mi	5 mi	6 mi = 40 miles

Wednesdays: Time Trial or Track**Tuesdays and Thursdays: Sprint workout after run****SM** = Sunrise Mountain High School (Pool Parking Lot)**TBird** = Thunderbird Conservation Park – 67th Ave entrance across from Mt Ridge HS)**Puke Hill** = (Off of westbound 101 access road – north side – at 47th Ave)**Jomax** = (Off of Jomax and 107th Ave – at bottom of the hill, turn on Jomax to end of pavement)**Rio** = Rio Vista Park (Thunderbird and 101)

STRENGTH!!!! Strength is a vital component to any athletic activity. It gives you **better performance** and helps **prevent injuries**. We may have access to the school's weight room two or three days a week after our runs. If you cannot lift with us but have access to a weight set, I recommend a full body workout, focusing on the core area. A couple of vital lifts for legs, hips, and core are squats and dead lifts – but ***you must know how to do these lifts properly to prevent injury!*** Do not attempt if you are not sure of proper technique! You can work some of the auxiliary muscles of the hips and legs with simple rubber banding/tubing. Any strength training you do on your own is a bonus!!☺

Coach Torin Lattie-**Boys**: 623-330-5600 (Cell – call or text)Coach Terry Lattie-**Girls**: 623-330-7456 (Cell – call or text)

Log your miles!!

Mustang Mile Club

Any Mustang runner that logs 300 miles or more over the summer will get a “Mustang Mile Club” T-shirt. To be eligible for the T-shirt, you must record your mileage for each run on a calendar, and your parents must initial it, verifying that you did the mileage recorded. Any mileage you log from the last day of school until the first official day of practice, including our summer runs, is good for the mile club.

To reach 300 miles, you will need to run an average of 5-6 miles per run, 5 or 6 days a week, starting from the beginning of summer. This is just another way to provide motivation for you while preparing for the upcoming season. Please understand the importance of this conditioning period, and get those runs in.

To reach the coveted 400 or 500 mile mark, you would have to run all summer, averaging about 70 miles per week for 500, or 57 miles a week for 400. This would mean running two-a-day workouts for much of the summer. The top runners in Arizona and across the country are typically running this kind of mileage.