

## CROSS COUNTRY SUMMER 2021



Summer is here! AM running is best. Welcome to XC at Hermon. Incoming freshmen and new faces are welcome! Come join a great group of student-athletes!

<b>JUNE</b>	
29 (Tues)	HHS Weight Room- 7:30am - 8:30am
<b>JULY</b>	
1 (Thurs)	HHS Weight Room- 7:30am - 8:30am
6 (Tues)	HHS Weight Room- 7:30am - 8:30am
8	HHS Weight Room- 7:30am - 8:30am
13	GROUP RUN: 7am HHS shed, HHS Weight Room- 7:40am - 8:30am
15	HHS Weight Room- 7:30am - 8:30am
20	HHS Weight Room- 7:30am - 8:30am
22	HHS Weight Room- 7:30am - 8:30am
27	GROUP RUN: 7am HHS shed, HHS Weight Room- 7:40am - 8:30am
29	HHS Weight Room- 7:30am - 8:30am
<b>AUGUST</b>	1-15th
	Hands off period, continue your individual summer program!
16	First day of practice at HHS XC shed @ 8am!

This is a brief overview of workout sessions that require us to meet at specific times, however, I have a daily summer program for each of you!! The goal is to get your miles on and be ready to compete come fall time! Your official “on your own” training starts on June 21st!

I will have your individual summer programs available at the high school (come see me!) If you are new to the program, please email me to get your individual summer program!

If you need anything, just let me know!

Coach Megan McCarthy  
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