

Vikings XC Weekly Newsletter (Aug 9 - Aug 15)

Announcements

- **CROSS COUNTRY REGISTRATION IS OPEN!!** → [LINK TO REGISTER](#)
 - ◆ Athletes must be registered to participate in the **first practice on Aug 24**
 - ◆ Please be sure to have an ****updated physical****. This is the most common cause for a delayed start to an athlete's season. Please do our nursing staff a favor and get this done ahead of time. Thank you in advance!
- The Country Championships have been **moved (again) back to 10/31**
 - ◆ The athletic directors in Monroe County took a vote and the majority voted in favor of the original County Champs race date of 10/3
- Pre-season Camp Info
 - ◆ Aug 17-22
 - ◆ 7:00-8:30pm
 - ◆ Locations are being finalized and will be announced later this week
- Full Season Schedule with practice times and dates also to come out later this week

****OLD NEWS****

- [Link to Pre-Summer Meeting Slide Show](#)
 - ◆ See for last slide for **2026 Meet Schedule**

Coaches' Contact

Coach Danny Whiteside
Email: Whitesidexctf@gmail.com
Remind: mendonxc26

Coach Erica Nace
Email: erica.mead05@gmail.com
Remind: mendonxc26

Coach Erin Van Allan
Remind: mendonxc26

Remind Code: mendonxc26

Week at a Glance

Sun 8/9	Mon 8/10	Tues 8/11	Wed 8/12	Thurs 8/13	Fri 8/14	Sat 8/15
Rest	RUN (see plan)	RUN (see plan) Lift 3-4:30pm	RUN (see plan)	RUN (see plan)	RUN (see plan) Lift 3-4:30pm	RUN (see plan)

Summer Training Plan Links Please reach out if you have any questions about the plans!

Boys Varsity Plan	Notes: This plan is intended for our returning experienced boy varsity athletes from last season
Girls/Boys Frosh Varsity Plan	Notes: - This plan is intended for our returning experienced girls varsity athletes - This plan is also intended for underclassmen boys who are ready for varsity level training
Speed Oriented Plan	Notes: - This plan is intended for our athletes who run endurance sprints and would describe themselves as a "sprinter." - This plan has lower volume but more frequent higher intensity speed work <i>Please reach out to Coach Whiteside if you are considering this plan</i>
Junior Varsity Plan	Notes: - This plan is intended for our returning JV athletes and our athletes who are new to running. - This plan is intended to build a base before the season or as an on ramp to a varsity plan.