

Walnut Hills Cross Country

Summer Packet



Fall 2026 Meet Schedule

Important Summer Dates

Summer Condition

T-Wal Track Carnival Fundraiser

Team Retreat

Logistics

2026 WHXC Meet Schedule

Meet	Time	Date	Location
Time Trial.....	TBD	8/21	Otto Armleder Memorial Park
Milford	AM	8/29	Live Oaks – Milford, Ohio
Loveland	8AM	9/5	Home of the Brave Park – Loveland, Ohio
Little Miami.....	10AM	9/12	Little Miami HS – Morrow, Ohio
Troy	5PM	9/19	Memorial Stadium – Troy, Ohio
Firebird	8AM	9/26	Kettering Middle School – Kettering, Ohio
Ross	9AM	10/3	Ross HS - Ross, Ohio
TBD	9AM	10/10	TBD - TBD, Ohio
ECC	9AM	10/17	Live Oaks – Milford, Ohio
Regionals	TBA	10/31	Troy HS – Troy, Ohio
State	TBA	11/7	Fortress Obetz – Obetz, Ohio

Important Summer Dates:

6/15 Monday – First day of conditioning

6/19-6/21 – Varsity Retreat (returning varsity runners and seniors only)

7/18 – Saturday T-Wal Track Carnival

8/3 Monday – First day of official practice

8/16 Sunday – Preseason Parent Meeting

8/18 Tuesday - Welcome Night

8/19 Wednesday – First day of school

8/21 Friday – Time Trial

8/22 Saturday – Team Retreat

8/29 Saturday – First Regular Season XC Meet

Summer Conditioning Schedule

Monday: 7:00pm – 8:30pm at Walnut Hills HS - Weight Room

- Running first then weights

Tuesday: 7:00pm – 8:00pm at Walnut Hills HS

Wednesday: 6:30pm – 8:30pm at Walnut Hills HS - Weight Room

- Weights first then running

Thursday: 7:00pm – 8:00pm at Busken Bakery, Madison Rd

~ **Walnut Hills Distance Project weekly run** ~

Friday: No Practice - Please run on your own

Saturday: 8:00am – 9:30am at **Avoca Park**, Little Miami Bike Trail

This schedule will end on August 3rd

Weight Room

- Training routines will be provided by the coaches
- Plans will be sent out during weekly email.

Summer Mileage Plan

June

	Week1	Week 2	Week 3	Week 4
Boys – varsity, 3 rd and 4 th year:	25-35 mi	35-45 mi	40-50 mi	45-55 mi
Girls – varsity, 3 rd and 4 th year:	20-30 mi	30-40 mi	35-45 mi	35-45 mi
Boys – JV, 2 nd year:	20-30 mi	30-40 mi	35-45 mi	40-50 mi
Girls – JV, 2 nd year:	15-25 mi	20-30 mi	25-35 mi	30-40 mi
Boys and Girls – 1 st year:	10-20 mi	15-25 mi	20-30 mi	20-30 mi

July

	Week1	Week 2	Week 3	Week 4
Boys – varsity, 3 rd and 4 th year:	40-50 mi	50-60 mi	40-50 mi	40-50 mi
Girls – varsity, 3 rd and 4 th year:	35-45 mi	40-50 mi	35-45 mi	35-45 mi
Boys – JV, 2 nd year:	35-45 mi	45-55 mi	35-45 mi	35-45 mi
Girls – JV, 2 nd year:	25-35 mi	30-40 mi	25-35 mi	25-35 mi
Boys and Girls – 1 st year:	20-30 mi	20-35 mi	20-35 mi	20-35 mi

Summer Mileage Goals

- ☐ Summer mileage goals:
 - ☐ 1st year runner - 225
 - ☐ 2nd year runner - 300
 - ☐ 3rd year runner - 350
 - ☐ 4th year runner - 400

Generally:

- Try and do a mid-week long run and then a long run on Saturday
- Base Building is all about time on feet; **All about effort**; Some days will be faster than others
- Focus on listening to your body
- Keep track of your individual miles - start a running log!
- New runners, focus on time. Try to work yourself up to running without stopping for 25-30 minutes.
- **DO NOT OVERTRAIN**

Shoes:

Summer mileage can be tough on the feet. **Please invest in a new pair of shoes.** Footwear studies have shown that high-quality running shoes can last for more than 600 miles. Many generally advise a new running shoe in between 300 to 500. This mostly depends on the activity, surface, and person.

Hydration:

DO NOT forget to drink water throughout the day. We all know how Cincinnati summers go. Please make it a habit to drink water throughout the day and bring water to conditioning.

Nutrition:

There is no special food or drink that will turn you into a great athlete. Rather, we must learn to balance our meals and commit to resting our bodies when necessary. Running throughout the summer we will use a lot of energy. Make sure you are fueling your body with your favorite meals and snacks.

Record Keeping:

We know not everyone will be able to make every summer conditioning. However, that does not exclude you from skipping out on summer mileage. Please keep track of your summer mileage with a printed-out calendar. If you miss a day of running for a weekend trip that is going to be okay. What we want to avoid is two weeks of travel and you jumping into a long run with no build up.

The T-Wal Track Carnival

Saturday July, 18

8am – 12pm

The T-Wal Track Classic is our major fundraising event for WHXC. It is a distance track event that will be held at Walnut Hills High School, obviously on the track. We invite students, parents, alumni, and other friends to come and participate, but we will also need volunteers to help the event run smoothly.

To register: <https://twal-track-classic.square.site/>

Sign up options include:

Participation and shirt - \$35

Run in a relay for free

Spectators will be charged \$1 at the gate

Volunteers get in for free

We will need volunteers to help with:

Timing:

Spectator admissions:

Athlete check-in:

Other:

We will also need people to provide food and drinks for the day. We will need hydration and recovery for the athletes and after the meet is over we will need food for an afterparty. This whole event is meant to be a party for our WHXC family. Let's have fun!

Water/Gatorade	Fruits/veggies	Crackers/bagels/breads	Other(dessert/lunch/etc)
1.	1.	1.	1.
2.	2.	2.	2.
3.	3.	3.	3.

T-Wal Track Classic Schedule

8:00 am – The Gianni Allwein 5k

8:45 am – 400m

9:00 am – Kids 400m Fun Run

9:15 am – 4x800m relay

10:00 am – 1600m

10:30 am - Kids 800m Fun Run

10:45 am – 800m

11:15 am - 3200m

11:45 am – 4x400m relay

Team Retreat

WHXC team retreat is a one day retreat before the season really kicks into gear. This is a time for teammates to bond and for us to set goals for the upcoming season! The main point of a team retreat is to build good team dynamic and communication.

This year our team retreat will be Saturday, August 22nd

We will be canoeing with Scenic River Canoe Excursions

<https://scenicrivercanoe.com/>

Itinerary and signups to be sent out early July

If you have any questions or concerns please reach out to Coach T-Wal | 330.412.8366 |

Coachtwal.whxctf@gmail.com

Communications

Email: Summer communications will be communicated by Coach T-Wal

[New Email Form](#)

Visit Our Website: <https://www.walnuthillsdistanceproject.org/>

Google Calendar:

[WHXC 2024 Calendar](#)

PARENT VOLUNTEERS

Needs for the Summer

Volunteers for the T-Wal Track Classic

Volunteers for the Team Retreat