



# 2026 Bear Creek Distance Camp

Join the Keller XC Team this summer.

Your performance is a direct result of the training you have put in during the summer!

Athletes will be placed in training groups based on age and years of training.

Cost:

**\$130 for the entire summer!**  
**Cash, Check, or Venmo to**  
**Coach Justin Gretzinger**



[Register HERE](#)

## Session 1: Building the Foundation

- Start June 1st to June 24th ( 3.5 Weeks)
- M to Th from 7am to 9am
- Mileage Increases Slowly
- Meeting Location on Parent Square
- Focus (RPR, REST, Running Form)

## Sample Week Session 1:

M: Long Run 3-8mi, Plyos, Various Locations  
Bus Transportation from KHS to Park and Back  
T: Ez run, Outdoor Strength, 3-4 mi, KHS  
W: Sprint Prep, Speed work, Ez run, 3-8 mi, Bear C.  
Th: Pace (AT) Run, 3-6 mi, Natatorium / Bob Jones  
Bus Transportation provided from KHS to Park

## Session 2: Endurance Development

- July 8th to July 31st (3.5 Weeks)
- M - Th from 7am to 9am
- Begin intervals and hills
- Practice Location on Sports You
- Focus ( Hydration, Nutrition, Racing)

## Sample Week Session 2:

M: Long Run, 5-8 mi. Plyos, Various Locations  
Bus Transportation from KHS to Park and Back  
T: Steady Run, Outdoor strength 4-5 mi, KHS  
W: Speed Day, Form Drills 4-6 mi, KHS or BC  
Th: Pace (AT) run 4-6 mi, Natatorium / Bob Jones  
Bus Transportation provided from KHS to Park



## CONTACTS

Parent Square:

Join the parent square group for practice schedule.



[HERE](#)

## COACHES

**Justin Gretzinger**

Head XC and Track Coach

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**Thane Garnett**

Assistant Cross Country Coach

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**Samantha Roth**

Assistant Track Coach

Email: [Samantha.roth01@kellerisd.net](mailto:Samantha.roth01@kellerisd.net)

**ALL RUNNERS WILL RECEIVE A SHIRT & TRANSPORTATION FROM KHS TO THE TRAILS**

## Things to bring:

- Good running shoes
- Stop watch
- Spikes
- Towel or Yoga Mat
- Water
- Snack for after

**CONSISTENCY IS KEY !!!**

