

YOU SHOULD HAVE RECEIVED YOUR GOOGLE LOGIN INFORMATION FROM MCHS!
PLEASE GET LOGGED IN. I HAVE INVITE YOU TO THE CLASSROOM. IF I DID NOT, SEND
ME AN EMAIL AND I WILL GET THAT TO YOU! kgummerson@mchs.net

Aug 2, 2025

Quiet Period Next Week. We are not allowed to practice as a team. [Link](#)

Week 7 - [Training Log. I had not posted this yet!](#)

Jul 28, 2025

No summer running today. I was hoping the storms would weaken. I will post what to do instead. See you tomorrow!

Since, we have a little flexibility over the summer. I am going to adjust the entire week now. Friday will be our Power Run and Tuesday will be our long run.

Once it is safe today, go on out and get a normal distance run in today.

AM RUN -

Novice - 4 miles

Emerging and Elite (G) - 5 miles

Elite (B) - 6 miles

🌟 Boys Afternoon Run: 30 minutes at Normal Distance Run Pace 🌟

🌟 Girls Afternoon Run: 22 minutes at Normal Distance Run Pace 🌟

Jul 27, 2025

Hey there MIXC!

This week (7.28-8/3), we are looking at the following dates for running:

Monday - HS Central Campus 7:30 am on the track (Weights)

Tuesday - Channahon Community Park - 7:30 am

Wednesday - On Your Own Day

Thursday - McKinley Woods 7:30 am

Friday - HS Central Campus - 7:30 am on the track (Last Day of Summer Running)

The week of August 4th is the dead week, we are not permitted to have official practice. I will be posting the weekly workout plan later this evening. See you tomorrow!

Jul 20, 2025

[This week is Week 6](#) Here are the days we will meet:

Monday, Wednesday @ Central

Tuesday at Channahon Community Park

Thursday at McKinley Woods

Friday ON YOUR OWN

DON'T FORGET TO SUBMIT THE WEEK 5 TRAINING LOGS

Jul 14, 2025

Fall registration is officially open! Please complete the registration process as soon as possible.

Important Reminder: All athletes must have a current physical on file in order to participate in practice.

As we head into the season, we'll continue to embrace *SISU*—the Finnish concept of grit, determination, and resilience. Let's start the season with that same spirit by being prepared, locked in, and ready to go.

[SIGN UP LINK INFORMATION](#)

Jul 13, 2025

[Week 5 Plan](#)

Jul 11, 2025

[Raging Waves Sign Up](#)

[Week 4 Training Log](#)

Jul 10, 2025

Power Run Info: How Your Paces Were Determined

[EXPLANATION](#)

[PACES](#)

Jun 29, 2025

Want to elevate your running and you don't wear a watch? Here is all you need. This is a very valuable tool and as I have said, it doesn't need to be fancy. This watch came out in 1989, and nostalgia is in. It has 4.5 out of 5 stars on Amazon. You can find ones a wee bit cheaper, but this is a pretty good deal. The black watch is 16.83 (11% off the list price)

Looking at the reviews, Jennifer gave it 5 stars and said this:

The Casio F91W is a legendary digital watch for a reason—it's simple, durable, and impressively functional for the price. Whether you're looking for a reliable timekeeper or a lightweight backup, this watch delivers exactly what it promises.

[Link](#)

Hello There Minooka XC Athletes,

Thank you for your patience as I finalized the schedule for our summer running program. I'm excited to get started and can't wait to see how good this team can be in the fall!

One of my favorite parts of coaching cross country is seeing who decides to get focused and driven over the summer, and who is willing to put in the work and make that next big jump.

Attached to this post, you'll find several important documents. Please take some time to read through each of them carefully:

1. [Post-Track XC Training Plan](#) – For athletes currently in the Rest & Recovery Phase.
2. [2025 XC Season Calendar](#) – Includes summer trips, fall meet schedule, and practice schedule.
3. [Summer Camp Sign-Up Link](#) – Be sure to register if you plan to attend.
4. [Summer Running FAQs](#) – This is for new athletes. Helpful info to guide you through summer training.
5. [Minooka XC Remind 2025 Sign-Up Info](#) – I'll eventually stop posting to the 2024 Remind, so make sure you're signed up for the new one.

Coach Gummerson