

Cross-country Running Fall 2026

Practice schedule

All practices will be held on Mt. Royal.

Time: 3:15 to 4:45 p.m.

Meet in the Student Lounge for attendance at 3:15 p.m.

GMAA contact: Anna Waldie

Date	Workouts
Wednesday, Sept. 9th	Jog Beaver Lake x1 (perceived rate of exertion 3 to 5 out of 10) mobility (leg swings, twists, world's greatest stretch) Drills Strides/Beaver lake x2- x3 Killer hill repeats x 4 Benchmark timed set: 1x Beaver lake + incline to finish
Monday, Sept. 14th	Warm-up: • Jog Beaver Lake • Mobility and unilateral work (5 min) • Starts x3 Main: • Killer Hill + Olmstead Trail loop pace X 5 • Focus-fast • Focus: regain flat pace after climbing hill • Run hard up, lengthen stride near top +run flat 15 sec, jog downhill and back to start to recover. On the Last 15 sec continue uphill find pace over and down.

Wednesday, Sept. 16th	Warm-up jog and drills Tempo and volume run: - Jog to Rue Peel Stairs -Climb Peel Stairs Drills at Belvedere Lookout • Loop near Maison Smith on 4 min X4-5 Cool down - jog Beaver Lake loop
Monday, Sept. 21st (Yom Kippur) *GMAA Player and & Team entries due on Sept. 22nd AGE CATEGORIES Bantam: Born Oct 1st, 2012 or later Cadet: Born Oct 1st, 2010 to Sept 30th, 2012 Juvenile: Born in 2008, 2009, 2010	Intervals: Beaver Lake jog Mobility: sit-throughs, world's best stretch, spiderman half kneeling stretch, ankle mobility, balance & plank Starts: x3 triangle loop (start + finish) Interval 1: Down and up loop (loop near Beaver lake & up to last 100m) Interval 2: Last 100m flat run set + Bear crawl up hill Interval 3: Killer Hill intervals
Wednesday, Sept. 23rd	Tempo Jog to base of the Belvedere stairs and back 1 x 2.5 km jog 1x 2.5 km course benchmark time set. 1x 60% effort Cool down loop Beaver Lake

Monday, Sept. 28th *Player and team entries due Sept.	Jog to the base of the Belvedere stairs 3x-5x Lookout stairs (& trail run to cross OR) Course run through (bantam, midget, juvi) 1x Speed interval focus Finisher: up Killer Hill to Maison Smith and back
Wed. Sept. 30th (National Day of Truth and Reconciliation)	Review race plan Warm-up run to the stairs and back to the garbage cans. Full course run-through (tempo focus) 2.5 km in stages (as a group) 2.5 km on your own
Monday, October 5th	Review Race Plan
Tuesday, Oct. 6th (Day 2) 10:45 a.m. early dismissal *Please note: Oct. 6th is a Flex Day* *Final 2026 maps To Be confirmed. Athletes must wear a StG shirt during the competition	Race Day!! 10:45 a.m. early dismissal 11:30 a.m. Course walk-through Race times and Distances: 12:30 p.m. Bantam Girls 3 km 12:40 p.m. Bantam Boys 3 km 12:55 p.m. Midget Girls 4 km 1:05 p.m. Midget Boys 4 km 1:20 p.m. Juvenile Girls 5 km 1:20 p.m. Juvenile Boys 5 km

Dynamic warm-up & mobility (aim for 5-10 min)

Spinal roll downs, leg swings, scorpions, alternating side lunges, walking lunges, pike to plank, lizard, followed by light jog

After workout cooldown stretch options: scorpions, couch stretch, psoas stretch, pancake, TFL stretch variations, adductor stretch.

Hold stretches for 30-60 sec

Questions? Please contact:

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