

2022 Lady Titan Cross Country Summer Training Info

****See back for summer training and 1st week of official practice schedule.**

****Questions? Contact Coach Haselhorst at jeremy.haselhorst@plcschools.org or 402-312-3315**

Summer Training Details

- Our training is offered for 7th – 12th grade female students who are planning to compete in Cross County in the fall at Papillion La Vista South HS, Liberty MS, or Papillion MS.
 - If you have a student younger than 7th grade who is interested in exploring distance training, please reach out to Coach H to discuss their situation.
 - If your student will attend a different school in the fall but is interested in training with the Lady Titans, please contact Coach H to discuss their situation.
 - Please do not use our training time as “conditioning” for another sport if you do not plan to participate in cross country. Our training is designed specifically for athletes who are interested in running cross country.
 - Boys interested in training over the summer should contact our Head Boys Cross Country Coach: shannon.stenger@plcschools.org
- Meet on the south side of the building at Papillion La Vista South HS.
- Training will include running & strength training. Athletes will train at a level that is appropriate for their individual fitness level, training age, and specific goals related to cross country.
- Summer training is not mandatory. However, if you want to be ready for the season it would be wise to be in attendance as often as possible.
- Please do not adjust family vacations around conditioning...family time is important. Training plans can be provided when athletes are not able to attend our group training time.

1st Official Week Details

In order to practice once our season officially starts on Monday, August 8th, your Lady Titan will need a Blue Card. This will be obtained at “fall check-in” in August. The most important thing to take care of this summer is to get a sports physical completed and turned into the Athletic Office at Papillion La Vista South HS.

LTXC “Tryout” Information

Cross country races at the high school level are 5000 meters (~3.1 miles) in length. We expect all Lady Titan cross country athletes to be able to complete this distance without walking. For athletes that have been in the program for multiple years, we expect to see progress. A 5k time trial will take place on the 1st day of practice and the following will be used to determine who makes the team:

- Freshman: All will be strongly considered. However, if walking in workouts (unless instructed by a coach) becomes an issue that will lead to dismissal from the team.
- 2nd year in Program: Expected to run faster than 29 minutes (9:19 pace per mile) at our “tryout” 5k.
- 3rd year in Program: Expected to run faster than 27:30 minutes (8:52 pace per mile) at our “tryout” 5k.
- 4th year in Program: Expected to run faster than 26 minutes (8:23 pace per mile) at our “tryout” 5k.
- Non-freshman 1st time XC athletes will start at the 2nd year in program level.

We understand that athletes can have off days when running a time trial. If an athlete does not hit the required mark, our coaching staff will make the decision based on the body of evidence about where that athlete is at in their fitness level through summer training.

2022 Lady Titan Cross Country Summer Training Schedule

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>	<i>SATURDAY</i>
May 30 th Memorial Day No Group Training	31 st Training for Select Lady Titans Only: 7:00am – 8:30am	June 1 st Training: 7:00am – 8:30am	2 nd Strength: 6:30am - 7:00am Training: 7:00am – 8:30am	3 rd	4 th
6 th Strength: 6:30am - 7:00am Training: 7:00am – 8:30am	7 th Training for Select Lady Titans Only: 7:00am – 8:30am	8 th Training: 7:00am – 8:30am	9 th Strength: 6:30am - 7:00am Training: 7:00am – 8:30am	10 th	11 th
13 th Strength: 6:30am - 7:00am Training: 7:00am – 8:30am	14 th Training for Select Lady Titans Only: 7:00am – 8:30am	15 th Training: 7:00am – 8:30am	16 th Strength: 6:30am - 7:00am Training: 7:00am – 8:30am	17 th	18 th
20 th Strength: 6:30am - 7:00am Training: 7:00am – 8:30am	21 st Training for Select Lady Titans Only: 7:00am – 8:30am	22 nd Training: 7:00am – 8:30am	23 rd Strength: 6:30am - 7:00am Training: 7:00am – 8:30am	24 th	25 th
27 th Strength: 6:30am - 7:00am Training: 7:00am – 8:30am	28 th Training for Select Lady Titans Only: 7:00am – 8:30am	29 th Training: 7:00am – 8:30am	30 th Training: 7:00am – 8:30am	July 1st Training & Strength: 7:00am – 9:00am	2 nd
4 th No Group Training	5 th No Group Training	6 th Training: 7:00am – 8:30am	7 th Training: 7:00am – 8:30am	8 th Training & Strength: 7:00am – 9:00am	9 th
11 th Strength: 6:30am - 7:00am Training: 7:00am – 8:30am	12 th Training: 7:00am – 8:30am	13 th Training: 7:00am – 8:30am	14 th Training: 7:00am – 8:30am	15 th Training & Strength: 7:00am – 9:00am	16 th
18 th Strength: 6:30am - 7:00am Training: 7:00am – 8:30am	19 th Training: 7:00am – 8:30am	20 th Training: 7:00am – 8:30am	21 st Training: 7:00am – 8:30am	22 nd Training & Strength: 7:00am – 9:00am	23 rd
25 th Strength: 6:30am - 7:00am Training: 7:00am – 8:30am	26 th Training: 7:00am – 8:30am	27 th Training: 7:00am – 8:30am	28 th Training: 7:00am – 8:30am	29 th Training & Strength: 7:00am – 9:00am	30 th
August 1st Strength: 6:30am - 7:00am Training: 7:00am – 8:30am	2 nd Training: 7:00am – 8:30am	3 rd Training: 7:00am – 8:30am	4 th Training: 7:00am – 8:30am	5 th Training & Strength: 7:00am – 9:00am	6 th
8 th 1st Official Day of Practice & Tryout (Must have Blue Card) Practice 3:35pm – 5:45 pm	9 th Practice 3:35pm – 5:45 pm	10 th Practice 3:35pm – 5:45 pm	11 th Practice 7:00am - 8:30am (10 th -12 th only) 1st Day for Freshmen Team Picture at Noon	12 th Practice 3:35pm – 5:45 pm	13 th Practice 7:30am – 9:30am