

Poteet Cross Country
Summer Workout Guidelines

1. Freshman/New Runners run 150 miles or 1000 minutes before Aug 10th
Returning Girls run 230-310 miles or 1250 minutes before Aug. 10th

TOUR OF TEXAS:

Returning Runners who meet mileage totals that report them and invited freshman will go to Round Rock for a day to run the State Meet course on August 7th or 14th.

More information will follow.

2. Report Miles to Coach Ward.
Use www.flotrack.com for your training log or call/email Coach Ward.
BE SURE YOUR WEEKLY MILES ARE UP TO DATE
BY MONDAY EVERY WEEK!
3. Attend a minimum of one team workout each week. Workouts are scheduled 2 days in June and 5 days in July. When in town, you are encouraged to attend as many as you can.
4. Report all illness/injuries to Coach Ward

Coach Ward email: award@mesquiteisd.org

Phone: 972-977-7518

5. The first official workouts of the 2010 season begin on Tuesday,

August 10th .