

2025 SJJ Cross Country Summer Training Schedule

Every runner needs to have and wear a runner watch (Timex) and new running shoes!! Wearing a running watch will allow you to track your mileage, progress, and learn pacing.

We will be meeting at four different locals throughout the summer starting **June 8th.**

*All **Sunday** runs will be at Mallard Lake, Oak Openings (**Back Parking Lot**)

*All **Monday** runs will be at Side Cut Park in Maumee. (**Park in the lot up at the top of the old canal locks, by the tennis courts (just off the AW Trail/Wayne Street)**)

*All **Tuesday** and **Thursday** runs will be at SJJ, with *lifting and core exercises*, this will go until 11:00 a.m. (**very vital part of the summer training**)

*All **Wednesday** runs will be at Wildwood Park in Toledo. (**park by the old stables, back lot**)

Meeting Times

*Mondays/Wednesdays at 9:00 a.m. **Tuesdays/Thursday at 9:00 a.m.-11:00 a.m..***

Sunday at 7:00 p.m.

This schedule will remain in effect until the **Cross-Country Retreat – August 6th-8th*

Month of June

Week #1-25 miles

Week #2-30 miles

Week #3-30 miles

Week #4-35 miles

Month of July

Week #1-35 miles

Week #2- 40 miles

Week #3-45 miles

Week #4-50 miles

Cross training is recommended to increase your fitness level on the off days. On your off days, cross training by biking or swimming.

*****Freshmen and new runners, your mileage will remain around 30-40 miles a week throughout the season.***

****Lifting weights is a very essential part of the SJJ CC training program, it will be taken serious, and Coaches expect each runner to work hard in the weight.***

A running log is required, please keep track of your weekly mileage.

Coach Black at 419-779-0258 (c) or 419-720-0724 (w), tblack@sjjtitans.org

St. John's Jesuit Cross Country

June 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p style="text-align: right;">1</p> <p>7:00 p.m. 5 miles easy</p> <p>Oak Openings Mallard Lake</p>	<p style="text-align: right;">2</p> <p>9:00 a.m. 5 miles easy</p> <p>Side Cut Park off AW Trail/ tennis courts</p>	<p style="text-align: right;">3</p> <p>9:00 a.m. 5 miles easy</p> <p>at SJJ, plus lifting, core, and sit-ups</p>	<p style="text-align: right;">4</p> <p>Cross Training (Swim/Bike)</p>	<p style="text-align: right;">5</p> <p>9:00 a.m. 5 miles easy</p> <p>Side Cut Park off AW Trail/ tennis courts</p>	<p style="text-align: right;">6</p> <p>4-5 miles easy</p> <p>At SJJ</p>	<p>Cross Training (Swim/Bike)</p>
<p style="text-align: right;">8</p> <p>7:00 p.m. 5 miles easy</p> <p>Oak Openings Mallard Lake</p>	<p style="text-align: right;">9</p> <p>9:00 a.m. 5 miles easy</p> <p>Side Cut Park off AW Trail/ tennis courts</p>	<p style="text-align: right;">10</p> <p>9:00 a.m. 5 miles easy</p> <p>at SJJ, plus lifting, core, and sit-ups</p>	<p style="text-align: right;">11</p> <p>Cross Training (Swim/Bike)</p>	<p style="text-align: right;">12</p> <p>9:00 a.m. 5 miles easy</p> <p>at SJJ, plus lifting, core, and sit-ups</p>	<p style="text-align: right;">13</p> <p>4-5 miles easy</p> <p>At SJJ</p>	<p style="text-align: right;">14</p> <p>Cross Training (Swim/Bike)</p>
<p style="text-align: right;">15</p> <p>7:00 p.m. 6 miles easy</p> <p>Oak Openings Mallard Lake</p>	<p style="text-align: right;">16</p> <p>9:00 a.m. 5 miles easy</p> <p>Side Cut Park off AW Trail/ tennis courts</p>	<p style="text-align: right;">17</p> <p>9:00 a.m. 5 miles easy</p> <p>at SJJ, plus lifting, core, and sit-ups</p>	<p style="text-align: right;">18</p> <p>Cross Training (Swim/Bike)</p>	<p style="text-align: right;">19</p> <p>9:00 a.m. 5 miles easy</p> <p>at SJJ, plus lifting, core, and sit-ups</p>	<p style="text-align: right;">20</p> <p>4-5 miles easy</p> <p>At SJJ</p>	<p style="text-align: right;">21</p> <p>Cross Training (Swim/Bike)</p>
<p style="text-align: right;">22</p> <p>7:00 p.m. 7 miles easy</p> <p>Oak Openings Mallard Lake</p>	<p style="text-align: right;">23</p> <p>9:00 a.m. 6 miles easy</p> <p>Side Cut Park off AW Trail/ tennis courts</p>	<p style="text-align: right;">24</p> <p>9:00 a.m. 5 miles easy</p> <p>at SJJ, plus lifting, core, and sit-ups</p>	<p style="text-align: right;">25</p> <p>Cross Training (Swim/Bike)</p>	<p style="text-align: right;">26</p> <p>9:00 a.m. 6 miles easy</p> <p>at SJJ, plus lifting, core, and sit-ups</p>	<p style="text-align: right;">27</p> <p>4-5 miles easy</p> <p>At SJJ</p>	<p style="text-align: right;">28</p> <p>Cross Training (Swim/Bike)</p>
<p style="text-align: right;">29</p> <p>7:00 p.m. 8 miles easy</p>	<p style="text-align: right;">30</p> <p>9:00 a.m. 6 miles easy</p> <p>Side Cut Park off AW Trail/ tennis courts</p>	<p style="text-align: right;">1</p> <p>9:00 a.m. 6 miles easy</p> <p>at SJJ, plus lifting, core, and sit-ups</p>	<p style="text-align: right;">2</p> <p>9:00 am 5 Miles Wildwood Park</p>	<p style="text-align: right;">3</p> <p>9:00 a.m. 6 miles easy</p> <p>at SJJ, plus lifting, core, and sit-ups</p>	<p style="text-align: right;">4</p> <p>4-5 miles easy</p> <p>At SJJ</p>	<p style="text-align: right;">5</p> <p>Cross Training (Swim/Bike)</p>

AMDG

St. John's Jesuit Cross Country

July 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	30 9:00 am 6 Miles Easy Side Cut Park Off AW Trail / Tennis Courts	1 8:40 am 6 Miles Easy @ SJJ Lifting, Core & Sit-Ups	2 9:00 am 7 Miles Wildwood Park	3 9:00 am 6 Miles Easy @ SJJ Lifting, Core & Sit-Ups	4 5-6 miles easy	5 Cross Training (Swim / Bike)
6 7:00 pm 9 Miles Easy Oak Openings Mallard Lake	7 9:00 am 6 Miles Easy Side Cut Park Off AW Trail / Tennis Courts	8 8:40 am 6 Miles Easy @ SJJ Lifting, Core & Sit-Ups	9 9:00 am 7 Miles Wildwood Park	10 9:00 am 6 Miles Easy @ SJJ Lifting, Core & Sit-Ups	11 5-6 miles easy	12 Cross Training (Swim / Bike)
13 7:00 pm 10 Miles Easy Oak Openings Mallard Lake	14 9:00 am 6 Miles Easy Side Cut Park Off AW Trail / Tennis Courts	14 8:40 am 6 Miles Easy @ SJJ Lifting, Core & Sit-Ups	16 9:00 am 7 Miles Wildwood Park	17 9:00 am 6 Miles Easy @ SJJ Lifting, Core & Sit-Ups	18 5-6 miles easy	19 4-5 miles easy On your own
20 7:00 pm 11 Miles Easy Oak Openings Mallard Lake	21 9:00 am 7 Miles Easy Side Cut Park Off AW Trail / Tennis Courts	22 9:00 am 6 Miles Easy @ SJJ Lifting, Core & Sit-Ups	23 9:00 am 7 Miles Wildwood Park	24 9:00 am 6 Miles Easy @ SJJ Lifting, Core & Sit-Ups	25 5-6 miles easy	26 4-5 miles easy On your own (OYO)
27 7:00 pm 12 Miles Easy Oak Openings Mallard Lake	28 9:00 am 7 Miles Easy Side Cut Park Off AW Trail / Tennis Courts	29 9:00 am 6 Miles Easy @ SJJ Lifting, Core & Sit-Ups	30 9:00 am 8 Miles Wildwood Park	31 9:00 am 6 Miles Easy @ SJJ Lifting, Core & Sit-Ups	1 5-6 miles easy	2 5-6 miles easy (OYO)

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