



OCONOMOWOC CROSS COUNTRY

GOING THE DISTANCE

Welcome to cross country: a team and individual sport that supports physical and mental health while creating strong friendships.

Teams consist of 5+ runners who race together against other teams. The top five finishes from each team are used for scoring by totaling their finishing places. Lowest score wins. Race distances are typically 3K for middle school (1.8 miles) and 5K for high school (3.1 miles).

In both life and cross country, success is built in the off season: Consistent off-season running is the best indicator of in-season accomplishments.

Welcome to the team!





EQUIPMENT

Weather-appropriate athletic clothing:
We're outside rain or shine!

Watch:
Running specific or just a regular watch to track time

Running Shoes:
Training shoes just for running. Recommend getting fit at Performance Running to try a variety.

TEAM SPECIFIC INFORMATION

| | Coach Contact | Google Classroom | 2025 Summer Running Plans | 2025 Season Schedule |
|--------------|---|-------------------------|--|---|
| Girls | Laura Finke finkel@oasd.org Cassie Schuh schuhc@oasd.org | tmxzf3b |  |  |
| Boys | Joel Heroux herouxj@oasd.org | evobblf |  |  |





OCONOMOWOC CROSS COUNTRY

MIDDLE & HIGH SCHOOL COMBINATION

Our raccoon cross country program is proud to be a united front of middle school and high school athletes working together. Although training and practice are still tailored to athletes' appropriate levels, this unified approach helps us build a strong team culture where middle school athletes can benefit from the mentorship and role modeling of their high school peers, and high school athletes are able to build leadership skills while shaping the future of the team.

DAILY PRACTICE

Practice for all athletes is 3:15-5:00 p.m. Monday-Friday at Nature Hill Intermediate School during the school year. Athletes attending Silver Lake and OHS will have a shuttle bus that transports them to NHI. For the ~2 weeks of the season before the school year begins, coaches will communicate specific practice times.

Although weeks vary, here is a general idea of what a week of cross country practice looks like:

| | |
|------------------|--|
| Monday | Long Run: Build endurance, running economy |
| Tuesday | A&R: Adaptation & Recovery base-building miles |
| Wednesday | Workout: Specific speed or intensity work |
| Thursday | A&R: Adaptation & Recovery base-building miles |
| Friday | Pre-meet: Time-based relaxed run and meet preparation |
| Saturday | Race! |
| Sunday | Rest |

