

Blue Valley Southwest Cross Country

Summer Training Challenge

Standards

BLACK

GREEN

WHITE

Criteria for each Standard

Attend 80% of summer workouts & log 500 miles

Attend 65% of summer workouts & log 375 miles

Attend 50% of summer workouts & log 250 miles

The challenge begins on May 29th & goes through the start of Cross Country season to the team breakfast on August 25th. Runners need to attend summer training workouts & log their miles through the entire summer. Runners will receive a "one of a kind" T-shirt corresponding to their training accomplishments. Record your daily mileage on the clipboard at summer practices to receive credit.