

Welcome to Paola Middle School Cross Country - 2026



Head Coach: Katie Johnson

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Athletic Director: Ben Melick

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**Summer Workouts:
(Not required!)**

The biggest determining factor for the success of cross country runners is in how much they run and condition during the off-season. Runners should be running at least 4-5 times each week and slowly building mileage each time. This will require athletes to run some on their own. Biking & swimming are also excellent for conditioning. I will try to send out email or text reminders on Mondays for workouts that week

We will meet at the track on these days at 6 am and usually do a 60 minute workout. This will include stretching and a short run out on the sidewalks. Runners need to have their own water bottles with them and decent running shoes.

Our workouts this summer will be with the high school cross country team. We will warm up, stretch, and work out with the high school, however workouts will still be accommodated for middle school level and tailored to each runner's ability. Middle school runners are not necessarily expected to complete the high school workout. This will create more consistency and unity within our Paola Cross Country Program.

Summer Workout Schedule: All workouts at 6 am, Meet at the track

- Tues/Wed/Thurs, June 16th, 17th, 18th
- Tues/Wed/Thurs, June 23rd, 24th, 25th
- June 29th - July 5th, No Summer Workouts (KSHSAA's summer moratorium)
- Mon/Tues/Wed/Thurs, July 6th, 7th, 8th, 9th
- Mon/Tues/Wed/Thurs, July 13th, 14th, 15th, 16th - Mrs. Johnson gone on vacation
- Mon/Tues/Wed/Thurs, July 20th, 21st, 22nd, 23rd
- Mon/Tues/Wed/Thurs, July 27th, 28th, 29th, 30th
- Mon/Tues/Wed/Thurs, August 3rd, 4th, 5th, 6th (this week may change some since it's the teachers first week back)
- Mon/Tues, August 10th, 11th (this could change)