

# 2018 JOHN XXIII COLLEGE CROSS COUNTRY

House Carnival; Friday 4 May SSWA; Friday 18 May

ACC; Thursday 31 May

Dear Students/Parents,

Training for the carnivals has been in full swing during Term 1. A copy of the program for the school holidays is below and overleaf for Term 2. If you are in Perth during the holidays you are encouraged to attend. As we will have our House Carnival at the end of week 1 in term 2, Friday 4 May. The **interschool squad** is based on;

*-Carnival performance*

*-Training commitment*

*-Training attendance*

Holiday Training;

Tuesday – 17 April	Thursday – 19 April	Tuesday – 24 April	Thursday – 26 April
Meet 8.00am at JTC	Meet 8.00am at JTC	Meet 8.00am at JTC	Meet 8.00am at JTC
<ul style="list-style-type: none"> <li>- 5 x 1km intervals</li> <li>- Rest for as long as you ran.</li> <li>- Work as hard as possible.</li> <li>- (2 laps of football oval)</li> </ul>	25 - minute continuous run. Total distance of 5-6km.	<ul style="list-style-type: none"> <li>- 5 x 1km intervals</li> <li>- Rest for as long as you ran.</li> <li>- Work as hard as possible.</li> <li>- (2 laps of football oval)</li> </ul>	25 - minute continuous run. Total distance of 5-6 km.

Along with the program listed above try to make sure you also complete one of the sessions above at some point on the weekend if you are not involved in community sport.

Yours sincerely,

The Cross Country Team

Contact; [dave.maxwell@cewa.edu.au](mailto:dave.maxwell@cewa.edu.au); [cameron.haines@cewa.edu.au](mailto:cameron.haines@cewa.edu.au) [cameron.tremayne@cewa.edu.au](mailto:cameron.tremayne@cewa.edu.au)



**JTC Cross Country Training Program – Term 2, 2018**

<b>Week</b>	<b>TUESDAY</b>	<b>THURSDAY</b>
<b>1</b>	<b>1 May</b>  No training 1 <sup>st</sup> day back Term 2	<b>3 May</b>  All 7.30am light run JTC  <b>House Carnival Friday 4 May @ JTC</b>
<b>2</b>	<b>8 May</b>  ALL - 6.30am @ JTC or 6.45am – Kings Park (Synergy Park)	<b>10 May</b>  ALL – JTC @ 7.00am – proposed session with MLC @ JTC
<b>3</b>	<b>15 May</b>  ALL – JTC @ 7.00am	<b>17 May</b>  All – JTC @ 7.30am  <b>SSWA Carnival – 18 May, McGillivray Oval</b>
<b>4</b>	<b>22 May</b>  ALL – 6.30am @ JTC or 6.45am @ Hockey Clubrooms (Alderbury Reserve) *ACC course trial	<b>24 May</b>  ALL – 6.30 @ JTC or 6.45am @ Hockey Clubrooms (Alderbury Reserve) *ACC course trial
<b>5</b>	<b>29 May</b>  ALL – JTC @ 7.00am	<b>31 May</b>  <b>ACC Carnival, Alderbury Reserve</b>