



NORTH LAKELAND SCHOOL DISTRICT

*Serving the Townships of: Boulder Junction, Land O' Lakes,
Manitowish Waters, Presque Isle & Winchester*

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Dear Cross Country Athletes and Families,

Welcome to the upcoming middle school cross country season! My name is Nikki Hagen, and I am excited to serve as your new coach for our 5th-8th-grade cross-country team.

A little about me—I am an avid runner and have a true passion for the sport. Running has taught me the value of hard work, perseverance, and setting personal goals, and I'm looking forward to sharing those lessons with our athletes. This season is especially meaningful for my family because my son, Ethan, will be running his final middle school cross-country season.

Whether this is your first time lacing up a pair of running shoes or you're returning with experience, my goal is to create a positive, encouraging, and fun environment where every athlete can grow. Cross country is unique because success isn't measured only by medals or times—it's about improving, supporting teammates, building confidence, and discovering what you're capable of.

During the season, our team will co-op with the Lakeland area teams for meets, allowing our athletes to compete and build friendships with runners from neighboring schools.

Once school begins, practices will typically be held 3:30-4:30 Mondays, Tuesdays, Thursdays, and most Fridays. A draft schedule is attached; once meets are confirmed, I will send out a final schedule for everyone. I will share meet information closer to each meet.

To help everyone prepare, I've included a four-week optional summer training plan. The goal is simply to build a base safely and consistently before official practices begin. Athletes should run at a conversational pace unless otherwise noted, and walking is always encouraged when needed.

I'm excited for a fun, successful season. Let's work hard, encourage one another, and enjoy the journey together. Please email any questions you have before the season starts: nhagen@nles.us. See you soon!

Coach Nikki Hagen

Optional 4-Week Summer Training Plan

Beginner Runners (New to running or little running experience)

Week 1 August 3rd-9th

- Monday: Walk 5 min, Run 10 min, Walk 5 min
- Tuesday: Walk 5 min, Run 12 min, Walk 5 min
- Wednesday: Rest or easy bike/swim
- Thursday: Walk 5 min, Run 15 min, Walk 5 min
- Friday: 20-minute walk or easy run/walk
- Saturday: Family walk, hike, or play outside
- Sunday: Rest

Week 2 August 10th-16th

- Monday: Run/Walk 20 minutes
- Tuesday: Easy run 18 minutes
- Wednesday: Rest
- Thursday: Easy run 20 minutes
- Friday: Run/Walk 20-25 minutes
- Saturday: Active fun
- Sunday: Rest

Week 3 August 17th-23rd

- Monday: Easy run 22 minutes
- Tuesday: 6 × 30-second pickups with easy jogging between
- Wednesday: Rest
- Thursday: Easy run 25 minutes
- Friday: Run/Walk 25 minutes
- Saturday: Active fun
- Sunday: Rest

Week 4 August 24th - 30th

- Monday: Easy run 25 minutes
- Tuesday: Easy run 20 minutes
- Wednesday: Rest
- Thursday: Easy run 28-30 minutes
- Friday: Easy run 20 minutes
- Saturday: Walk, hike, or bike
- Sunday: Rest

Training Tips

Bring a water bottle to every practice.

Wear comfortable running shoes.

Eat a healthy snack before running if needed.

Stretch lightly after each run.

Listen to your body—it's okay to walk or take an extra rest day if something hurts.

Consistency is more important than speed.

Remember: The goal of summer training is not to be the fastest runner on Day One—it's to arrive healthy, confident, and ready to have a great season.

Intermediate Runners (Returning runners or those comfortable running continuously)

Week 1 August 3rd-9th

- Monday: 25-minute easy run
- Tuesday: 30-minute easy run
- Wednesday: Rest or cross-train
- Thursday: 30-minute run with 4 × 30-second strides
- Friday: 20-minute recovery run
- Saturday: 35-minute easy run
- Sunday: Rest

Week 2 August 10th-16th

- Monday: 30-minute easy run
- Tuesday: 6 × 1-minute faster efforts with 2-minute easy jogs
- Wednesday: Rest
- Thursday: 35-minute easy run
- Friday: 20-minute recovery run
- Saturday: 40-minute easy run
- Sunday: Rest

Week 3 August 17th-23rd

- Monday: 35-minute easy run
- Tuesday: Hill workout (6 short hills, jog down recovery)
- Wednesday: Rest
- Thursday: 35-minute easy run
- Friday: 25-minute recovery run
- Saturday: 45-minute easy run
- Sunday: Rest

Week 4 August 24th - 30th

- Monday: 35-minute easy run
- Tuesday: 20-minute run plus 6 strides
- Wednesday: Rest
- Thursday: 40-minute easy run
- Friday: 25-minute recovery run
- Saturday: 45-minute easy run
- Sunday: Rest

Training Tips

Bring a water bottle to every practice.

Wear comfortable running shoes.

Eat a healthy snack before running if needed.

Stretch lightly after each run.

Listen to your body—it's okay to walk or take an extra rest day if something hurts.

Consistency is more important than speed.

Remember: The goal of summer training is not to be the fastest runner on Day One—it's to arrive healthy, confident, and ready to have a great season.