

BVSU Cross Country Summer, Meet and Practice Schedule 2026

Training Week #	Date	Notes	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Week 0 (-12)	25-May	Track Season	25 Memorial Day	26	27	28	29 <u>State Track</u>	30 <u>State Track</u>	31
Week 1 (-11)	1-Jun	Aerobic Fitness On Your Own	1 On Your Own	2 On Your Own	3	4 On Your Own	5 On Your Own	6 On Your Own KC Metro Mile	7
Week 2 (-10)	8-Jun	Start of Summer Training	8 Verhaeghe Prk (AM) TAPP (PM)	9 Black Bob (AM) TAPP (PM)	10	11 BVSU (AM) TAPP (PM)	12 Pancake BF (AM)	13 Deanna Rose (AM)	14
Week 3 (-9)	15-Jun		15 Verhaeghe Prk (AM) TAPP (PM)	16 Black Bob (AM) TAPP (PM)	17 On Your Own (am or pm)	18 BVSU (AM) TAPP (PM)	19 Heritage #8 (AM)	20 Rotation #1 (AM)	21
Week 4 (-8)	22-Jun		22 Verhaeghe Prk (AM) TAPP (PM)	23 Black Bob (AM) TAPP (PM)	24 On Your Own (am or pm)	25 BVSU (AM) TAPP (PM)	26 Pancake BF (AM) On Your Own (pm)	27 I-Lan Park (AM)	28
Week 5 (-7)	29-Jun	Moritorium Week	29 <i>On Your Own (am)</i> <i>On Your Own (pm)</i>	30 <i>On Your Own (am)</i> <i>On Your Own (pm)</i>	1 <i>On Your Own</i> <i>(am or pm)</i>	2 <i>On Your Own (am)</i> <i>On Your Own (pm)</i>	3 <i>On Your Own</i> <i>(am or pm)</i>	4 Freedom Run (7:00am)	5
Week 6 (-6)	6-Jul		6 Verhaeghe Prk (AM) TAPP (PM)	7 Black Bob (AM) TAPP (PM)	8 On Your Own (am or pm)	9 BVSU (AM) TAPP (PM)	10 Pancake BF (AM) On Your Own (pm)	11 Quivira Park (AM)	12
Week 7 (-5)	13-Jul	Rocky Mt Trip	13 Verhaeghe Prk (AM) TAPP (PM)	14 Black Bob (AM) TAPP (PM)	15 On Your Own (am or pm)	16 BVSU (AM) TAPP (PM)	17 <i>Heritage #8 (AM)</i>	18 <i>Rotation #2 (AM)</i>	19
Week 8 (-4)	20-Jul	Rocky Mt Trip	20 <i>Verhaeghe Prk (AM)</i> <i>TAPP (PM)</i>	21 <i>Black Bob (AM)</i> <i>TAPP (PM)</i>	22 On Your Own (am or pm)	23 BVSU (AM) TAPP (PM)	24 Pancake BF (AM) On Your Own (pm)	25 Deanna Rose (AM)	26
Week 9 (-3)	27-Jul		27 Verhaeghe Prk (AM) TAPP (PM)	28 Black Bob (AM) TAPP (PM)	29 On Your Own (am or pm)	30 BVSU (AM) TAPP (PM)	31 Heritage #8 (AM)	1 Rotation #3 (AM)	2
Week 10 (-2)	3-Aug		3 Verhaeghe Prk (AM) TAPP (PM)	4 Black Bob (AM) TAPP (PM)	5 On Your Own (am or pm)	6 BVSU (AM) TAPP (PM)	7 Pankakes BF (AM) On Your Own (pm)	8 I-Lan Park (AM)	9
Week 11 (-1)	10-Aug	School Starts	10 Verhaeghe Prk (AM) TAPP (PM)	11 Black Bob (AM) TAPP (TBA)	12 - Frosh Day On Your Own (am or pm)	13 - School Starts On Your Own (pm)	14 On Your Own (pm)	15 On Your Own (am)	16 - Parent Meeting