

NTF XC Programs for kids 10 and under

Fall 2026

Group GREEN

Best suited for:

- Younger runners
- Athletes first year in cross country
- Any athletes who prefer more gradual progression and do running as a second sport

Cost: \$85 per season

- ☐ Focus on building key skills for distance running
- ☐ Training progression suited to athlete level
- ☐ Fun-based activities and running games
- ☐ Commitment 2-3 days per week

Practice Schedule:

TUESDAY & THURSDAY 5:45 to 7:15 pm

SUNDAY afternoons (dates TBA) 3:00 – 4:00 pm
- long runs

Group BLUE

Best suited for:

- Athletes with at least 1 year of prior experience in XC
- Athletes with XC or distance racing experience
- Athletes who look to set competitive goals

Cost: \$125 per season

- ☐ Focus on advancing key athletic skills
- ☐ Training progression suited to racing goals
- ☐ Balance of workouts and fun-based activities
- ☐ Commitment 3-4 days per week

Practice Schedule:

MONDAY, WEDNESDAY & THURSDAY 5:45 to 7:15 pm

SUNDAY afternoons (dates TBA) 3:00 – 4:00 pm
- long runs

Group GREEN

Description:

GREEN section of the program is focused on growing fundamental skills for distance running. It is perfect for the kids who are first year in cross country and want to learn distance running as an activity. The kids who want to try cross country for fun, social aspect, or use it as an addition to other sports also should join this group.

Training is designed to help athletes gradually grow physical fitness, endurance, and speed while being engaged in many fun activities at practice. Coaches will take time to explain the workouts, drills, and rules of the sport and will make sure the kids are engaged and get the training load appropriate for their level.

At the start of the season, athletes in this group are not expected to finish the runs non-stop and will gradually progress to be able to run for 15-20 min. If athletes are not sure yet if they want to participate in competitions, and we provide them with training and encouragement to build confidence for races. They should set a goal to complete at least one cross country race over the season.

In this group coaches will challenge athletes to go outside their comfort zone and develop discipline to train. We are there to help them learn to love running and grow their confidence as athletes, and we expect them to engage, try their best, and display maturity to listen and follow the rules of the game.

Group BLUE

Description:

BLUE section of the program is focused on progressing the key skills for cross country running. It is a great level for the kids who have participated in cross country programs or distance training before, liked it and ready to do more. We maintain a fun social environment in this group, but they are also here to train and try hard.

Training in this group is designed to advance endurance, speed, and physical strength, which will help the kids become more efficient as runners and tackle their racing goals. Here we assume that the participants have a certain amount of base fitness, which allows them to run continuously on easy runs (15-20 min), perform the key drills with proper technique, and show basic coordination and strength. There is no expectation for a specific racing time – everyone is training for the goals they choose.

At the start of the season, athletes will set competitive goals for themselves. Competitions are a significant part of the XC sport, so we expect the participants to be committed to at least a few races over the season. Coaches will work with the group on racing skills and tactics, provide information on local meets, and build the racing teams for the National Championship.

Coaches expect athletes in this group to be serious about their training and display maturity, respect for the rules, and display strong work ethics.