XC May/June/July Workouts - Rising 9th

Week of	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5/17 - 5/23	17 minutes	2.5 mile	4x200 hill	2.5 mile	Bike/Swim	17 minutes	Off
5/24 - 5/30	17 minutes	2.5 mile	4x200 hill	2.5 mile	Bike/Swim	17 minutes	Off
5/31 - 6/6	20 minutes	3 mile	3x300 hill	3 mile	Bike/Swim	20 minutes	Off
6/7 - 6/13	20 minutes	3 mile	3x300 hill	3 mile	Bike/Swim	20 minutes	Off
6/14 - 6/20	23 minutes	3.5 mile	4x300 hill	3.5 mile	Bike/Swim	23 minutes	Off
6/21 - 6/27	23 minutes	3.5 mile	4x300 hill	3.5 mile	Bike/Swim	23 minutes	Off
6/28 - 7/4	25 minutes	4 mile	3x400 hill	4 mile	Bike/Swim	25 minutes	Off
7/5 - 7/11	25 minutes	4 mile	3x400 hill	4 mile	Bike/Swim	25 minutes	Off

Definitions:

Monday - Timed run. Don't worry about how far you go, just focus on running at a pace you can maintain the entire time.

Tuesday - Distance. Similar to Monday, except this time you are focusing on distance not time. Focus on a pace you can maintain the entire distance.

Wednesday - Hills. Our favorite part of XC. Hills can make or break a race. Find a hill that's about 300-400 meters long (think half of a lap on the track). It doesn't have to be super steep but should be enough to get your heart rate up. Walk back down after each rep. Note the distance change in Week 7.

Thursday - Just like Tuesday.

Friday - I have Bike/Swim listed, but really you can do anything...play basketball, soccer, etc. Do something.

Saturday - Just like Monday.

Sunday - Rest