

# 2025 XC Camp Outline

<u>Mon Camp</u>	<u>Tue OYO</u>	<u>Wed Camp</u>	<u>Thur OYO</u>	<u>Fri Camp</u>	<u>Sat OYO</u>
LIFT or Body Strength	LIFT GROUPS A-SR & JH B-Soph C-JR & FR	Body Strength Hurdles & Bands		Form Drills LIFT or Body Strength	
Dynamic 6 WU Leg Swings & Lunge Matrix	Dynamic 6 WU Leg Swings & Lunge Matrix	Dynamic 6 WU Leg Swings & Lunge Matrix	Dynamic 6 WU Leg Swings & Lunge Matrix	Dynamic 6 WU Leg Swings & Lunge Matrix	Dynamic 6 WU Leg Swings & Lunge Matrix
Workout	WO	WO	WO	WO	WO
Orange/Yellow	Yellow	Orange	Yellow	Yellow	Orange/Yellow
TH- Yellow Hic Hill	REC@60%	TH-7 Sisters Orange	REC@60%	Long@70% 30 to 60 min	Threshold @70-80%
4 Strides Planter Planks				4 Strides Planter Planks	
RIPA & FP	RIPA & FP	RIPA & FP	RIPA & FP	RIPA & FP	RIPA & FP

## XC Camp Daily Routine

**Before you run:** Check In Attendance, Hydrate, Restroom, Sunscreen, Know the route & Running zones!

**Summer Workouts:** Always run safely on sidewalks, cross at intersections, and be respectful of others!

**After your run:** RIPA Miles on attendance & Strava your miles!