

2018 Manhattan Cross Country Competitive Season

Monday	Tuesday	Wednesday	Thursday	Friday
10/8 Agilities x 1 Run 1 mile easy Agilities x 2 (faster)	10/9 Agilities x 1 20 min tempo run Hill sprints (20m) x 3	10/10 OYO – Walk/Jog for 25 minutes	10/11 Agilities x 1 Run 1.5 miles easy Strength	10/22 OYO – Walk/Jog for 25 minutes
10/15 Agilities x 1 Run 1.5 miles Agilities x 2 (faster)	10/16 Agilities x 1 20 min tempo run Sprints (50m) x 4 Strength	10/17 OYO – Walk/Jog for 25 minutes	10/18 Jog ½ mile Hill sprints (100 meters) x 5 Jog ½ mile	10/19 OYO – Walk/Jog for 25 minutes
10/22 Agilities x 1 Run 2 miles easy Strength	10/23 Jog ½ mile Hill sprints (100 meters) x 6 Jog ½ mile	10/24 OYO – Walk/Jog for 30 minutes	10/25 Agilities x 1 Run 3 miles easy Agilities x 2 (faster)	10/26 OYO – Walk/Jog for 30 minutes
10/29 Jog ½ mile Hill sprints (100 meters) x 7 Jog ½ mile	10/30 Agilities x 1 Run 3 miles Agilities x 2 (faster)	10/31 OYO – Walk/Jog for 30 minutes	11/1 Agilities x 2 Run 2 miles easy Strength	11/2 OYO – REST

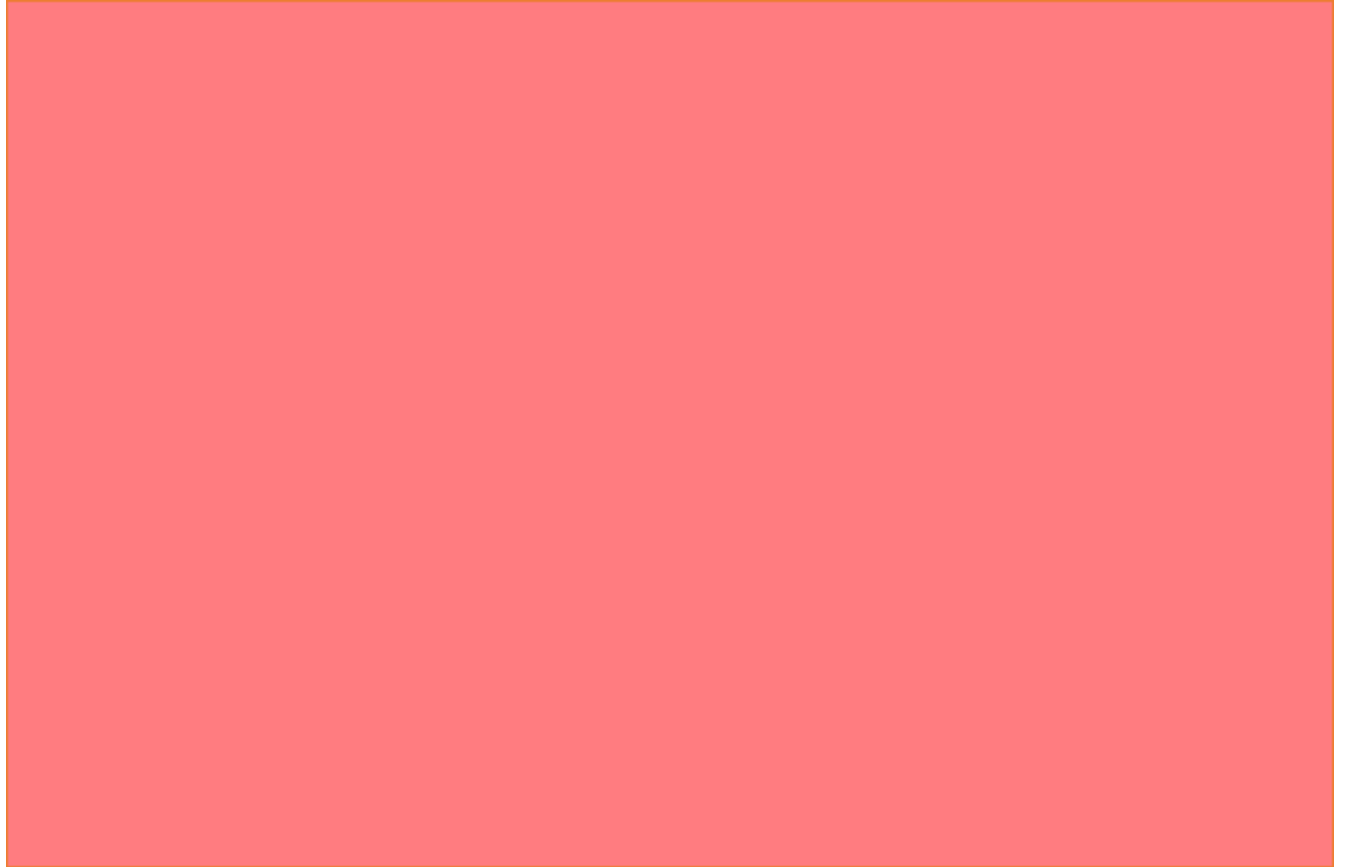
OYO – “On Your Own”

Tempo Runs: A continuous run with an easy beginning, a buildup in middle, then ease back and cruise to the finish. Tempo runs are useful for developing anaerobic threshold, essential for fast 5-K racing.

Agilities – 50 meters high knees, butt kicks, cross over, side shuffle, sprint

Strength – 10 pushups, situps, squats (do each 3 times) Walking lunges 100 meters, 1 minute plank

LITTLE APPLE 5K



WHEN: November 3, 2018 @ 8:05 AM

WHERE: Manhattan, KS

COST = \$35

This is the first ever Little Apple 5K/half marathon/full marathon! We are so excited to be the first to try it out! Invite your friends and family to join you as you run through Tuttle Creek State Park!

For more info, visit <http://www.littleapplemarathon.com>