

Poudre XC Fall Training | Week 7 | September 22 - September 27

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
New/Injured Runners	2 miles warm up 30 min on bike with workout Strengthening exercises	24 minutes 5 mins run, 1 min walk Strengthening exercises	1 mile warm up (preferably on TURF) 10x100m strides Strengthening exercises	Easy, light shakeout (similar to yesterday) Strengthening exercises		Rehab/Prehab exercises. Rest. Brisk walk!
Sub Varsity	4 miles to and around City Park 4x30 sec surges up hill Back at school, do 4x15 sec smooth, fast strides Core, stretch	Long run 5 miles Strides (at mile pace), stretch, core	Neighborhood warm up 2x100 (accelerations) 2x150 (pick up and be at race pace after 50m) 400, 800, 400	Run to cemetery, One loop around cemetery, 2x100 accelerations 2x200ish at race pace Easy back to school, stretch	Loveland Sweetheart Bus will leave PHS at 11:00am. Girls V - 1:00 Boys V - 1:30 Girls JV/Open - 2:00 Boys JV/Open - 2:30 Self transport home from the meet	15-20 mins easy shakeout Stretch
Varsity	Warm up to City Park 4x flat loop 6 x hill crossover	Long run 8 miles Strides (at mile pace), stretch, core	Warm up to Ponds neighborhood 3x1000 Cool down to PHS Stretch	Travel to KS 2 mile warm up 500, 800, 500 - all relaxed, comfortable, smooth, and fast! 2 mile cool down	Course shakeout 1 x 300 2x200 2x100	Rim Rock Invite Girls Blue Varsity - 9:10 Girls Gold Varsity - 11:30 Boys Gold Varsity - 12:05
Notes		Soccer game - 5:30		Soccer game - no track use Team Dinner - Keeva		