

Workouts for July 13-18 – Be safe!

Varsity

Race	13	Aerobic	14	Tempo	15	Aerobic	16	Vo2	17	Aerobic	18
Virtual Time Trial <i>(Var - 5 mile Eve recov run)</i>		Morning: 9 miles + CH1 Afternoon: 6 miles		Morning: HIT + 3-5 mile tempo + 1 mile Afternoon: 4 miles		Morning: 8 miles + CH2 Afternoon: 7 miles		Morning: HIT + 4x1000m + 3 miles Afternoon: 6 miles		11-13 miles + CH3	

Soph

Race	13	Aerobic	14	Tempo	15	Aerobic	16	Vo2	17	Aerobic	18
Virtual Time Trial <i>(Soph - 3 mile Eve recov run)</i>		Morning: 7 miles + CH1 Afternoon: 5 miles		Morning: HIT + 3 mile tempo + 1 mile Afternoon: 3 miles		Morning: 6 miles + CH2 Afternoon: 5 miles		Morning: HIT + 4x1000m + 1 mile Afternoon: 5 miles		10-12 miles + CH3	

Frosh

Race	13	Aerobic	14	Tempo	15	Aerobic	16	Aerobic	17	Aerobic	18
Virtual Time Trial		Morning: 2-3 miles + CH1		Morning: 2-3 miles		Morning: 3 miles		Morning: 2-3 miles		3-4 miles + CH3	

Do as much core and strength work as you can during this time to be as fit as possible when we return. Remember, everyone is going through this. Be smart, be safe, stay fit! Do as much of the Extra Core as you can.

Use this as a chance to get stronger aerobically for the start of the XC season! The top 7 for XC on both sides is wide open! I will post/email the info for the start of the season when we know more after July 20th. We will be doing something, so be ready!