

Workouts for DEC 28-Jan 2 – Preparing for the Great Oak Cross Country Season

Have a Happy New Year!!!

Varsity – Be Leaders, Be Ready

Rest	27	Aerobic	28	Tempo	29	Aerobic	30	Vo2	31	Aerobic	1	Aerobic	2
Rest		Morning: 7 miles + 5x20m lunges		Morning: 6 miles + Plank Matrix		Morning: 4 miles + 20 squats		Morning: 6 miles + Plank Matrix		Morning: 4 miles + 20 squats		13 miles + CH3	
		Afternoon: HIT + 8xHill Sprints + 2 miles + 50/100 PU/C		Afternoon: 4 mile tempo + 3x150 fast + CH1		Afternoon: HIT + 6 miles + 3x150 + PU/C		Afternoon: Fartlek: 2 min up -1 min down for 30 min + 2 miles + CH2		Afternoon: HIT + 6 miles + PU/C			

Soph/JV – Consistency is Key

Rest	27	Aerobic	28	Tempo	29	Aerobic	30	Vo2	31	Aerobic	1	Aerobic	2
Rest		Morning: 5 miles + 5x20m lunges		Morning: 6 miles + Plank Matrix		Morning: 3 miles + 20 squats		Morning: 6 miles + Plank Matrix		Morning: 3 miles + 20 squats		10-12 miles + CH3	
		Afternoon: HIT + 8xHill Sprints + 2 miles + 50/100 PU/C		Afternoon: 4 mile tempo + 3x150 fast + CH1		Afternoon: HIT + 4 miles + 3x150 + PU/C		Afternoon: Fartlek: 2 min up -1 min down for 27 min + 2 miles + CH2		Afternoon: HIT + 4 miles + PU/C			

Frosh – Build Consistency

Rest	27	Aerobic	28	Tempo	29	Aerobic	30	Vo2	31	Aerobic	1	Aerobic	2
Rest		Morning: 4 miles + 5x20m lunges		Morning: 4 miles + Plank Matrix		Morning: 3 miles + 20 squats		Morning: 4 miles + Plank Matrix		Morning: 3 miles + 20 squats		8 miles + CH3	
		Afternoon: HIT + 8xHill Sprints + 2 miles + 50/100 PU/C		Afternoon: 3 mile tempo + 3x150 fast + CH1		Afternoon: HIT + 3 miles + 3x150 + PU/C		Afternoon: Fartlek: 1 min up -1 min down for 20 min + 2 miles + CH2		Afternoon: HIT + 3 miles + PU/C			

It appears GOHS Cross Country will begin on January 5th at 3:00 pm. Work hard and be prepared!

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.

Be the athlete that comes into the season, whenever that is, as fit and focused as you can possibly be. This is a difficult time in some ways, and a tremendous opportunity in others. It is all how you decide to see it.