

B][G XC Summer Workout

Week 1 – June 18	*Stretch, Warm Up & Cool Down Everyday
Monday – 3 mile run “Gossip Pace/Easy Run”	* Feel free to meet up with teammates &
Tuesday –3.5 mile run “Gossip Pace/Easy Run”	workout together
Wednesday – 35 min easy run; 10 x 100m strides	
Thursday – 45 min easy run with hills	
Saturday – 4 mile run – 5 x 100m	
Week 2 – June 25	
Monday – 40 minutes fartlek, 6-8 100m strides	
Tuesday – 5 x 3:00 min, with 3:00 rest – Not on track	
Wednesday – 50 min easy run; 10 x 100m strides	
Thursday – 45 min easy run with hills	
Saturday – 45 minute run – 5 x 100m	
Week 3 – July 2	* Dead Period No Team Workouts Allowed
Monday – 45 minutes fartlek, 6-8 fast 100m strides	
Tuesday – 10 x 2:00 min, with 3:00 rest – Not on track	
Wednesday – 50 min easy run; 10 x 100m strides	
Thursday – 7 x 160s Hill Workout with 2:00 rest	
Saturday – 5 mile run – 5 x 100m	
Week 4 – July 9	
Monday – 45 minutes fartlek, 6-8 fast 100m strides	
Tuesday –3 Mile Repeats with 3:00 rest –	*Team Workout @ Veterans Park 7:30AM
Wednesday – 40 min easy run; 10 x 100m strides	
Thursday – 9 x 160s Hill Workout –	*Team Workout @ Veterans Park 7:30AM
Saturday – 50 minute run – 5 x 100m; Girls 45 minutes	
Week 5 – July 16	* Dead Period No Team Workouts Allowed
Monday –45 minutes fartlek, 6-8 fast 100m strides	
Tuesday – 12 x 2:00 min, with 3:00 rest – Not on track	
Wednesday – 45 min easy run; 10 x 100m strides	
Thursday – 11 x 160s Hill Workout 2:00 rest @ park	
Saturday – Boys 60 minute run – 5 x 100m; Girls 50 minute run	
Week 6 – July 23	
Monday – 45 minutes fartlek, 6-8 fast 100m strides	
Tuesday – 4 Mile Repeats with 3:00 min rest –	*Team Workout @ Veterans Park 7:30AM
Wednesday – 40 min easy run; 10x 100m strides	
Thursday – 13 x x 160s Hill Workout –	*Team Workout @ Veterans Park 7:30AM
Saturday – 60 minute run – 5 x 100m; Girls 50 minutes	

