

2015 CROSS COUNTRY WORKOUTS

Mon. 8/17 Comfortable 5 miles
Tues. 8/18 Hilly 6 mi. pull ups and bands
Wed. 8/19 Run the segments of our course with 2 min. jog between Pool workout at Canyon Camp
Thurs. 8/20 7 to 8 mile run on gravel road Core workout Camp Olympics
Fri. 8/21 7 to 8 mile run on road
Sat. 8/22 Easy 4-5 on rec trail
Sun. 8/23 Day Off

Mon. 8/24 Great Holland Road Run – 8 of the hilliest miles on earth
Tues. 8/25 Conference Scrimmage – 4 to 5 easy miles
Wed. 8/26 VO2 Max on the track
Thurs. 8/27 Time Trial on the course
Fri. 8/28 Tour De Darlington 13 mile bike ride
Sat. 8/29 **ALUMNI MEET**
Sun. 8/30 Day Off

Mon. 8/31 8 mile run on the rec trail
Tues. 9/1 1,000 meter intervals on the course boys – 5 girls – 4
Wed. 9/2 HOT WEATHER Run to the fairgrounds WATERFIGHT Run back
Thurs. 9/3 Hill Repeats 3X Jr. high hill, 3X Fence line, 3X Baseball hill
Fri. 9/4 1X start loop (1,000 m.) 3 Finish sprints
Sat. 9/5 **DARLINGTON INVITE**
Sun. 9/6 Day Off

Mon. 9/7 7 mile run at the State Park
Tues. 9/8 McDermott's hills (150 m. long) boys – 9 girls – 8
Wed. 9/9 35 minute run at Evenstad's pasture and woods
Thurs. 9/10 Horny Workout boys on for 3:00 off for 2:30, girls on for 2:30 off for 3:00 X 6 continuous
Fri. 9/11 Easy 2-3 miles
Sat. 9/12 **RIVER VALLEY INVITE**
Sun. 9/13 Easy run

Mon. 9/14 Figure eight on the course (3 mi), start loop, finish sprint, speed strides
Tues. 9/15 **MARSHALL INVITE**
Wed. 9/16 6 mile recovery run on the road and rec trail
Thurs. 9/17 1000, 800, 600, 400, 200, on the course. 5X jr. high hill with a sprint at the end
Fri. 9/18 Day Off
Sat. 9/19 6 mile run on the hilly road
Sun. 9/20 Day Off

Mon. 9/21 5 mile hill run through fields and woods at Schilling's farm
Tues. 9/22 Mental Workout
Wed. 9/23 Follow The Arrow
Thurs. 9/24 Homecoming Torch Run
Fri. 9/25 Easy 2-3 mile morning run

Sat. 9/26 **MIDWEST INVITE**

Sun. 9/27 Day off

Mon. 9/28 **PECATONICA DUAL** – Parent's night

Tues. 9/29 Depot 400's - 10-11 cruise 400's with 1.5-2 minutes rest between

Wed. 9/30 Marker Workout

Thurs.10/1 7 mile run with 2 jr. high hills

Fri. 10/2 Easy 2 miles

Sat. 10/3 **PLATTEVILLE INVITE**

Sun. 10/4 Day Off

Mon. 10/5 6 mile hill run

Tues. 10/6 3X start loop, 7X Jr. High hill with kick, speed strides

Wed. 10/7 Camera Workout

Thurs. 10/8 1000, 800, 600, 400, 200, 200

Fri. 10/9 Easy 2-3 miles

Sat. 10/10 **WISCONSIN RAPIDS INVITE**

Sun. 10/11 Day Off

Mon. 10/12 Depot 400's Boys – 8, Girls – 7 1:30-2:00 between

Tues. 10/13 4X1000 meters at comfortable cruise pace

Wed. 10/14 1X start loop (1000 m) 1 Finish sprint

Thurs. 10/15 **CONFERENCE MEET**

Fri. 10/16 Easy morning run on their own

Sat. 10/17 5 mile hill run at comfortable pace

Sun. 10/18 Day off

Mon. 10/19 5 mile run – first 2.5 on hilly road, second 2.5 on rec. trail

Tues. 10/20 2X 1000 m. cruise 7X jr. high hill

Wed. 10/21 Depot 400's, 2:00 between, boys – 8, girls – 7

Thurs. 10/22 4 mile recovery run

Fri. 10/23 Easy morning run on their own

Sat. 10/24 **SECTIONAL MEET**

Sun. 10/25 Day Off

Mon. 10/26 5 mile run on golf course, 4X 200 on gradual downhill slope

Tues. 10/27 RAIN!! 4X4:00 at fairgrounds 4:00 between

Wed. 10/28 6X400 on the track, 400 jog between (5 miles total)

Thurs. 10/29 2 X start loop (1000 m) 1X Finish sprint (4 miles total)

Fri. 10/30 Easy run on their own

Sat. 10/31 **STATE MEET** Ran Great