

CROSS COUNTRY WORKOUT SCHEDULE
For the Week of September 5th-11th, 2011

Monday, 9/5:

12 minutes warmup

Black: 2 miles warmup/3 miles cooldown; 10 x hill repeats (Pushups); 3:00E; 5:00 Tempo

Purple: 10 x hill repeats (Pushups); 3:00E; 5:00 Tempo; 15 min cooldown

Silver: 8 x hill repeats (Pushups); 3:00E; 5:00 Tempo; 12 min cooldown

White: 6 x hill repeats (Pushups); 3:00E; 5:00 Tempo; 12 min cooldown

Tuesday, 9/6:

Black: 7 miles easy

Purple: 42 minutes as you feel

Silver: 38 minutes as you feel

White: 35 minutes as you feel

Weightroom

Wednesday, 9/7:

Black: 2 miles warmup/cooldown 2 x miles tempo; 1 mile E

Purple: 12 min warmup/15 min cooldown; 2 x 10:00 tempo; 5:00E

Silver: 12 min warmup/15 min cooldown; 2 x 8:00 tempo; 4:00E

White: 12 min warmup/cooldown; 10:00 tempo; 5:00E

Thursday, 9/8:

Black: 6 miles easy

Purple: 40 minutes as you feel

Silver: 36 minutes as you feel

White: 32 minutes as you feel

Friday, 9/9:

All Groups- 35 minutes (5 miles- Black), followed by striders on Grass.

Saturday, 9/10:

MONROE PARKER INVITATIONAL @ BURKE LAKE!!! Be @ CHS- 5:30 am. Details are forthcoming.

Black- 3 miles warmup/cooldown

Sunday, 9/11:

Black: 11 miles as you feel (55 miles= Weekly total)

Purple: 60 minutes as you feel

Silver: 50 minutes you feel

White: 45 minutes as you feel

QUOTE OF THE WEEK:

"You have to wonder at times what you're doing out there. Over the years, I've given myself a thousand reasons to keep running, but it always comes back to where it started. It comes down to self-satisfaction and a sense of achievement."

- Steve Prefontaine