

July XC Training

July 2019						
◀ June						August ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
30 OFF July 1-7 Deadweek On your own or in groups	1 V – 60-70 min JV – 45-50 min B – 30 min 5xStrides	2 V – 60 min JV – 45 min B – 20-30 min	3 V – 50 min JV – 40 min B – 25 min	4 V- Hard 25 min JV – Hard 25 min B – Hard 15 min Do a 10 min WU and cooldown Alt – Race Local 5K	5 V – 50 min JV – 40 min B – 20-30 min	6 V – 8-10 miles JV – 7-9 miles B – 40 min
7 OFF 2 nd Summer Session Begins	8 V- 60-70 min JV – 50 min B – 30 min 5xStrides	9 V – 50 min JV – 45 min B – 20-30 min	10 V – Tempo W/O JV – Tempo W/O B – Pace W/O or 30 Min	11 V – 50 min JV – 45 min B – 30 min	12 V – 60 min JV – 50 min B – 30 min 5x Strides	13 V – 8-10 miles JV- 7-9 miles B – 40 min
14 OFF July 15-21 Deadweek On your own or in groups	15 V – 60 min JV – 50 min B – 25 min 5xStrides	16 V – 60 min JV – 50 min B – 35 min	17 V – 50 min progression JV – 40 min progression B – 30 min	18 V – 60 min JV – 50 min B – 35 min	19 V – 45 min JV – 45 min B – 25 min 5xStrides	20 V- 8-10 miles JV – 7-9 miles B – 40 min
21 OFF 3 rd Summer Session Begins	22 V – 60 -70 min JV – 50-60 min B – 40 min 5xStrides	23 V – 60 min JV – 50 min B – 30 min	24 V – Tempo W/O JV – Tempo W/O B – Pace W/O or 40 min	25 V – 50-60 min JV – 45-50 min B – 30 min	26 V – 60-70 min JV – 60 min B – 35-40 min 5xStrides	27 V – 8-12 miles JV – 7-10 miles B – 45 min
28 OFF	29 V – 70 min JV – 60 min B – 40 min 5xStrides	30 V – 50-60 min JV – 45 min B – 35-40 min	31 V – 50 min progression JV – 40 min progression B – 35 min	1 – First Day of Mandatory Practices @ CG Hill 7am		