

June XC Training

June 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 On your own running begins! Make sure you warmup before and stretch after each run.
2 OFF	3 On your own running 1 st year runners – 5 days a week. Returning Varsity/JV – 5-6 days	4 Runs should be easy and comfortably paced. Duration 15-50 minutes.	5	6	7	8
9 OFF	10 Continue on your own running. 1 st year runners – 5 days Returning Varsity/JV – 6 days	11 Runs should be easy and comfortable paced. Duration 15-60 minutes	12	13	14	15 Varsity and JV – long run of 7-10
16 OFF V=Returning Varsity and top JV JV – lower JV/no track B = 1 st year runners	17 – 1st Summer Session V – 45-50 min JV – 40-45 min B – 20-30 min 5 x Strides	18 V – 60 min JV – 45 min B – 15-30 min	19 V – 45 min quicker paced JV – 30 min quicker paced B – 30 min steady 5x Strides	20 V – 60 min JV – 45 min B – 20-30 min	21 V – 45-50 min JV – 40-45 min B – 20-30 min 5x Strides	22 V – 45-60 min JV – 45 min B - OFF
23 OFF	24 V - 60-65 min JV – 45-50 min B – 25-35 min 5xStrides	25 V – 50-55min JV – 40-45 min B – 20-30 min	26 V – 45 min quicker paced JV – 35 min quicker B – 30 min steady 5x Strides	27 V – 60 min JV – 45 min B – 20-30 min	28 V – 45-50 min JV – 40-45 min B – 20-35 min 5x Strides	29 V – 60 min JV – 50 min B - OFF
30 OFF						