

June XC Training

June 2020						
◀ May						July ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
On your own running begins Monday. Make sure you warmup before and stretch after each run.	1 On your own running 1st year runners – 5 days a week. Returning Varsity/JV – 5-6 days	2 Runs should be easy and comfortably paced. Duration 15-50 minutes.	3 You should begin doing core exercises 3-4x's a week. Pushups, planks, sit-ups, crunches, etc.	4	5	6
7 OFF	8 Continue on your own running. 1st year runners – 5 days Returning Varsity/JV – 6 days	9 Runs should remain easy and comfortable paced. Duration 15-60 minutes	10 Continue core 3-4x's per week.	11	12	13
14 OFF V=Returning Varsity and top JV JV – lower JV/no track B = 1st year runners	15 1st Summer Session – Tentative V – 45-50 min JV – 30-45 min B – 20-30 min 5 x Strides Core Exercises	16 V – 60 min JV – 45 min B – 15-30 min Core Exercises	17 V – 45 min quicker paced JV – 30 min quicker paced B – 30 min steady 5x Strides	18 V – 60 min JV – 45 min B – 20-30 min Core Exercises	19 V – 45-50 min JV – 40-45 min B – 20-30 min 5x Strides Core Exercises	20 V – 45-60 min JV – 45 min B - OFF
21 OFF	22 V - 60-65 min JV – 45-50 min B – 25-35 min 5xStrides Core Exercises	23 V – 50-55min JV – 40-45 min B – 20-30 min Core Exercises	24 V – 45 min quicker paced JV – 35 min quicker B – 30 min steady 5x Strides	25 V – 60 min JV – 45 min B – 20-30 min Core Exercises	26 V – 45-50 min JV – 40-45 min B – 20-35 min 5x Strides Core Exercises	27 V – 60 min JV – 50 min B - OFF
28 OFF Dead Period Begins. On your own running or Captain led only this week.	29 V – 60-70 min JV – 45-50 min B – 30-40 min 5xStrides Core Exercises	30 V – 50-60 min JV – 45 min B – 20-30 min Core Exercises				