

# July XC Training

July 2020						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<b>1</b> V – 45 min quicker paced (progression) JV – 35 min quicker B – 30 min steady 5x Strides	<b>2</b> V – 60 min JV – 45 min B – 20-30 min Core Exercises	<b>3</b> V – 45-50 min JV – 40-45 min B – 20-35 min 5x Strides Core Exercises	<b>4</b> V – 8-10 miles JV – 7-9 miles B – 40 min
<b>5</b> <b>OFF</b> Continue to do core 3x's a week and stretch well after every workout!	<b>6</b> V – 50 min JV – 45-50 min B – 30 min 5-6 x 100 @ 15secs	<b>7</b> V – 60 min JV – 45 min B – 20-30 min	<b>8</b> V – 2x2 mile tempo (3 min rest) JV – 4x1 mile tempo (2 min rest) B – Pace W/O or 30 Min Remind Text Coach for paces if you don't know	<b>9</b> V – 50 min JV – 45 min B – 30 min	<b>10</b> V – 60 min JV – 50 min B – 30 min 5x Strides	<b>11</b> V – 8-10 miles JV- 7-9 miles B – 40 min
<b>12</b> <b>OFF</b>	<b>13</b> V- 60-70 min JV – 50 min B – 35 min 5xStrides	<b>14</b> V – 50 min JV – 45 min B – 30 min	<b>15</b> V & JV 15 min warmup, 20 min steady at tempo 4-6x400 @ 32 pace B – Pace W/O or 30 min Text Coach for paces if you don't know	<b>16</b> V – 60 min JV – 50 min B – 35 min	<b>17</b> V – 45 min JV – 45 min B – 25 min 5xStrides	<b>18</b> V – 9-11 miles JV- 7-9 miles B – 40 min
<b>19</b> <b>OFF</b>	<b>20</b> V – 50 min JV – 45-50 min B – 35 min 6x8 x 100 @ 15secs	<b>21</b> V – 60 min JV – 50 min B – 30 min	<b>22</b> V – 4 mile tempo (15 min warmup and cooldown) JV – 4x1 mile tempo (2 min rest) B – Pace W/O or 30 Min Remind Text Coach for paces if you don't know	<b>23</b> V – 50-60 min JV – 45-50 min B – 30 min	<b>24</b> V – 60-70 min JV – 60 min B – 35-40 min 5xStrides	<b>25</b> V – 9-11 miles JV- 7-9 miles B – 40 min
<b>26</b> <b>OFF</b>	<b>27</b> V – 60 -70 min JV – 50-60 min B – 40 min 5xStrides	<b>28</b> V – 50-60 min JV – 45 min B – 35-40 min	<b>29</b> V – 15 min warmup, 8x800 @ 32 pace JV – 6x800 B – 6x800 steady pace Remind Text Coach for paces if you don't know	<b>30</b> V – 60 min JV – 50 min B – 35 min	<b>31</b> V – 50-60 min JV – 45-50 min B – 40 min 5x Strides	<b>1</b> V – 9-12 miles JV- 7-9 miles B – 40 min