

SOUTH MILWAUKEE CROSS COUNTRY 2025

WEEK # 3

Monday, Sept. 1 (3:15 pm at High School) **Intensity – 4**

- 1 – 1.5 mile warm up run to Grant Park
 - 3 – 4 x 1600 m.
 - 1 – 1.5 mile cool down back to high school, Strides
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Tuesday, Sept. 2 (3:15 pm) **Intensity – 2**

- 32.5 minutes out & back run into Oak Creek
 - Weight Training & Post Run Exercises
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Wednesday, Sept. 3 (3:15 pm) **Intensity - 4**

- 1.5 to 2 Mile warm up run to the Track.
 - 2 x (3 x 300 m.)
 - 1 – 1.5 mile cool down run, Weight Training
 - Post Run Exercises
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Thursday, Sept. 4 (3:15 pm) **Intensity – 2**

- 1 – 1.5 mile warm up run to Track
 - 14 min. Dynamic Run (barefoot)
 - Pool workout – 15 x (30 secs on, 15 secs off)
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Friday, Sept. 5 **Intensity – 5**

- W. A. Central Bulldog Invitational – McCarty Park
 - Bus leaves at 1:30 pm. Excused at 1:15 pm
 - Bus returns around 6:45 pm
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Saturday, Sept. 6 (8:00 am) **Intensity – 2**

- 30 – 40 minute Recovery Run
 - 6 x 60 m. pick ups (2 easy, 2 medium, 2 hard)
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Sunday, Sept. 7

- Rest