

## SOUTH MILWAUKEE CROSS COUNTRY 2025

### WEEK # 2

#### Monday, Aug. 25 (8:00 am) Intensity – 4

Meet at high school.  
1.5 – 2 mile warm-up run to track  
10 x 30 m. flys  
1 – 1.5 mile cool down run  
Post Run Exercises

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#### Tuesday, Aug. 26 (8:00 am) Intensity – 5

Meet at high school  
1 mile warm up run to 15<sup>th</sup> & Parkway  
VO2 Max Test, 1 mile cool down  
Post Run Exercises

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#### Wednesday, Aug. 27 (8:00 am) Intensity – 4

Meet at High School – Bus to UW-Parkside  
1.5 – 2 mile warm up run through Petrifying Springs Park  
3 x (4 x 400 m.) at UW-Parkside Track  
1 – 2 mile cool down run through Petrifying Springs Park  
Swim & Lunch at Racine Quarry, Return to high school around 1:15 pm

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#### Thursday, Aug. 28 (8:00 am) Intensity – 2

Meet at High School  
3 – 5 mile Recovery Run  
Weight Training & Post Run Exercises

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#### Friday, Aug. 29 (8:00 am) Intensity – 3

Meet at high school  
1 mile warm up run to Track  
14 minute Dynamic Run  
Pool workout – 15 x (30 secs. on, 15 sec. Off) (Bring your own towel)

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#### Saturday, Aug. 30 Intensity – 5

KENOSHA TREMPER INVITATIONAL  
Bus leaves at - 6:30 a.m.

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#### Sunday, Aug. 31 Intensity - 1

3 – 5 mile Recovery Run