

SOUTH MILWAUKEE CROSS COUNTRY 2025

WEEK # 9

Monday, Oct. 13 **Intensity – 2**

50 minute out & back run into Cudahy
Weight Training, Post Run exercises

Tuesday, Oct. 14 **Intensity – 5**

1 – 1.5 mile warm up run to Track
8 x 30 m. Flys
1.5 mile cool down run

Wednesday, Oct. 15 **Intensity – 3**

1 mile warm up run to Track
8 x 30 m., 1 mile cool down run
Post run Exercises

Thursday, Oct. 16 **Intensity – 5+**

Woodland Conference Championships at McCarty Park
Vans Leave at 12:45 pm
Excused from class at 12:30 pm

Friday, Oct. 17 (Practice starts at 8:30 am) **Intensity – 2**

30 minute recovery run & Strides
Weight Training, Post Run Exercises

Saturday, Oct. 18 (Practice starts at 8:30 am) **Intensity – 4**

1.5 mile warm up run to Oak Manor Park
3 – 4 x 1,000 m.
1 mile cool down
Post Run Exercises

Sunday, Oct. 19

Rest