

SOUTH MILWAUKEE CROSS COUNTRY 2025

WEEK # 11

Monday, Oct. 27 **Intensity - 4**

1.5 mile warm up run to Oak Manor Park
1.5 mile Tempo Run & 2 x 400, 1.5 mile cool down run
Weight training, Post Run exercises

Tuesday, Oct. 28 **Intensity - 2**

5 mile Recovery Run (start by St. Francis High School & head back to SM)
Strides and Post Run Exercises

Wednesday, Oct. 29 **Intensity - 4**

1.5 mile warm up run to track
2 x 600 m. (95%) 16 min. rest
1 mile cool down
Post Run Exercises

Thursday, Oct. 30 **Intensity - 2**

4 mile Recovery Run (start on bike path by Coach Hiegel's house & head back to SM)
Strides and Pool workout. **(Bring your own towel)**

Friday, Oct. 31 **Intensity - 2**

Excused at 10:45
11:00 p.m. - Leave for Wis. Rapids
3:00 p.m. – workout (2 mile run, stretch, & sprints)

Saturday, Nov. 1 **Intensity - 5+++**

W.I.A.A. STATE MEET – Wisconsin Rapids
1:10 p.m. - Boys Division 1 Race

10/25/2025