

PSOUTH MILWAUKEE CROSS COUNTRY 2025

WEEK # 6

Monday, Sept. 22 **Intensity - 4**

1.5 – 2 mile warm up run to track
5 x 400 at Goal Pace
Weight Training, Post Run Exercises

Tuesday, Sept. 23 **Intensity - 2**

4 – 6 mile Recovery Run
Post Run Exercises, Gambetta Squat Circuit

Wednesday, Sept. 24 **Intensity – 4**

1.5 mile warm up run to Grant Park
3 – 4 x 1600 m.
1.5 mile cool down run, Weight training, Post Run Exercises

Thursday, Sept. 25 **Intensity - 5**

1.5 – 2 mile warm up run to Track
12 x 30 m. Flys
1.5 – 2 mile cool down run
Post Run Exercises

Friday, Sept. 26 **Intensity – 2**

1.5 mile warm up run to football field
14 min. Dynamic Run
Pool workout – 15 x (30 secs. on, 15 secs. off)

Saturday, Sept. 27 **Intensity - 5**

MIDWEST INVITATIONAL in Janesville (Blackhawk Golf Course)
Bus leaves at 6:15 a.m.

Sunday, Sept. 29 **Intensity - 2**

Rest