

## **SOUTH MILWAUKEE CROSS COUNTRY 2025**

### **WEEK # 1**

#### **Monday, Aug. 18 (8:00 am)** **Intensity – 2**

Meet at High School

30 min. out & back run heading south into Cudahy/Strides

Weight Training & Post Run Exercises

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#### **Tuesday, Aug. 19 (8:00 am)** **Intensity – 5/3**

Meet at High School

1.5 – 2 mile warm up run to Track: 1 x 400 & 4 x 200

1.5 – 2 mile cool down & Post Run Exercises

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#### **Wednesday, Aug. 20 (8:00 am)** **Intensity – 3**

Meet at High School

1 - 1.5 mile warm up run to Grant Park

3 mile Recovery Run on CC Course

Weight Training & Post Run Exercises

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#### **Thursday, Aug. 21 (8:00 am)** **Intensity – 4**

Meet at High School

1.5 – 2 mile warm up run to the Track: 6 x 150 m.

1.5 – 2 mile cool down run, Post Run Exercises

**7:00 pm – Parent Meeting in High School Commons**

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#### **Friday, Aug.22 (8:00 am)** **Intensity – 3**

1 – 1.5 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. 23 (9:30 am)** **Intensity – 5**

37<sup>th</sup> Annual Alumni Run & Team Time Trial – Grant Park

Race starts at 9:30 a.m.

Report to finish line at 8:45 a.m. to start pre race warm-up

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#### **Sunday, Aug. 24** **Intensity – 2**

3 - 4 mile Recovery Run for 2<sup>nd</sup>, 3<sup>rd</sup>, & 4<sup>th</sup> year runners

walk or bike ride for 1<sup>st</sup> year runners