

SOUTH MILWAUKEE CROSS COUNTRY 2025

WEEK # 7

Monday, Sept. 29 **Intensity – 2**

75 minute out & back run into Oak Creek (4 strides during last half)
Weight Training, Post Run Exercises

Tuesday, Sept. 30 **Intensity - 4**

1.5 – 2 mile warm up run to Cudahy Park
4 – 5 Mile Tempo Run
1.5 mile cool down run
Post Run Exercises

Wednesday, Oct. 1 **Intensity – 4**

1.5 – 2 Mile warm up run to Track
2 x (3 x 300) m.
1.5 – 2 mile cool down run
Weight Training, Post Run Exercises

Thursday, Oct. 2 **Intensity – 2**

4 – 6 mile Recovery Run
Post Run Exercises

Friday, Oct. 3 **Intensity – 3**

1 mile warm up run to Baseball Field
5 x 400 m. (barefoot)
Pool workout – 15 x (30 secs. on & 15 secs. off)

Saturday, Oct. 4 **Intensity – 5**

Cudahy Purgold Invitational
Bus leaves at 7:15 am

Sunday, Oct. 5

30 – 40 minute Recovery Roun

9/29/2025