

SOUTH MILWAUKEE CROSS COUNTRY 2025

WEEK # 8

Monday, Oct. 6 **Intensity – 2**

1.5 mile warm up run to Beech St. Hill
9 x Beech St. Hill, 1.5 mile cool down run
Weight Training, Post Run exercises

Tuesday, Oct. 7 **Intensity – 5**

1 – 1.5 mile warm up run to 15th Ave. & Parkway
VO2 Max Test
1.5 mile cool down run

Wednesday, Oct. 8 **Intensity – 3**

1 mile warm up run to Track
4 x 150 m., 1 mile cool down run
Weight Training, Post run Exercises

Thursday, Oct. 9 **Intensity – 3**

Westosha Invitational
Vans Leave at 1:15 pm
Excused from class at 1:00 pm

Friday, Oct. 10 **Intensity – 2**

30 minute recovery run & Strides
Post Run Exercises

Saturday, Oct. 11 (Practice starts at 8:30 am) **Intensity – 4**

1.5 mile warm up run to Oak Manor Park
2 mile Tempo Run and 2 x 200 m.
1 mile cool down
Post Run Exercises

Sunday, Oct. 12

Rest