

## POUDRE HIGH SCHOOL XC 2010 Summer Training Schedule (B)

Week of:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
May 17-23	OFF THIS WHOLE WEEK						
May 24-30	Run three days, 20-30 minutes each day.						
May 31-June 6	Off or active rest	20-30 minutes easy	20 minutes	20-30 minutes	Off or active rest	20 minutes easy	25-40 minutes
June 7-13	Off or active rest	20-35 minutes	20 minutes	25-35 minutes easy	Off or active rest	20-30 minutes	30-40 minutes easy running
June 14-20	Off or active rest (cross training, swimming, cycling, etc)	20-30 minutes easy running	20 minutes	30 minutes easy running	Off or 20 minutes	20 minutes with 8-10 x 100meter strides	30-40 minutes easy running
June 21-27	Off or active rest	20-30 minutes easy running	20-30 minutes	30 minutes easy running	Off or 20 minutes	20 minutes with 8-10 x 100meter strides	30-40 minutes easy running
June 28-July 4	Off or active rest	25-35 minutes easy running	20-30 minutes	30 minutes easy running over some short hills (Group run 7:00 am--meet at Foothills Trail parking lot, immediately south of Hughes Stadium)	Off or 20 minutes	20 minutes with 8-10 x 100meter strides	30-45 minutes easy running
July 5-11	Off or active rest (cross training, swimming, cycling, etc)	25-35 minutes easy running over some short hills (Meet at CSU track 7:00am)	20-30 minutes	30 minutes easy running over some short hills(Group run 7:00 am--meet at Foothills Trail parking lot)	Off or 20 minutes	20-30 minutes with 8-10 x 100meter strides	30-45 minutes easy running

This schedule is intended for athletes who are new to cross country running. Be honest with yourself about your current fitness. Most of your summer running should be done at an EASY pace (meaning you could have a conversation while running).

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July 12-18	Off or active rest	25-35 minutes easy running (Meet at CSU track 7:00am)	20-30 minutes	30-40 minutes easy running over some short hills (Group run 7:00 am--meet at Foothills Trail parking lot)	Off or 20 minutes	20-30 minutes with 8-10 x 100meter strides	30-45 minutes easy running
July 19-25	Off or active rest	30-40 minutes easy running (Meet at CSU track 7:00am)	20-30 minutes	30-40 minutes running over some hills(Group run 7:00 am--meet at Foothills Trail parking lot)	Off or 20 minutes	20-30 minutes with 8-10 x 100meter strides	35-50 minutes easy running
July 26- Aug 1	Off or active rest	30-40 minutes easy running (Meet at CSU track 7:00am)	20-30 minutes	30-40 minutes running over some hills (Group run 7:00 am--meet at Foothills Trail parking lot)	Off or 20 minutes	20-30 minutes with 8-10 x 100meter strides	35-50 minutes easy running
Aug 2-8	Off or active rest	30-40 minutes easy running (Meet at CSU track 7:00am)	20-30 minutes	30-40 minutes easy running over some hills (Group run 7:00 am--meet at Foothills Trail parking lot)	Off or 20 minutes	20-30 minutes with 8-10 x 100meter strides	40-60 minutes easy running
Aug 9-15	We will most likely have "camp" this week, meaning we'll have practice every day at PHS or another location. More information will be available by the end of June about this. If we don't have camp, workouts will be posted on the website and emailed to all athletes. ( <a href="http://www.poudrexc.org">www.poudrexc.org</a> ) First day of official practice is August 16th. Coach Moyer: <a href="mailto:cmoyer@psdschools.org">cmoyer@psdschools.org</a> 970-484-9215						

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