

# 2019 Weekly Summer Updates:

## 2019 WEEKLY XC TRAINING UPDATES:

### (June 10-16)

- Begin training at low, medium or high mileage on training plan (at top of page). Focus on mileage and distance and stretching and core.
  - Set your long run on Saturday or Sunday at 20% of mileage.
  - "[CORE X](#)" workouts Jay Johnson
- Do not start too high or too low. Look at where you want to be at peak mileage and what your goals are for season.
- Mon. June 10.....Meet at Oak Hollow at 6:30 pm for Detailed Individualized Training Map for summer.
- Wed. June 12.....Trail Run @ Heritage Trail at 6:30 pm. Meet at Parkside Creamery. Kick off the season!!

### (June 17-23)

- Continue mileage and update running logs
- "[Circuit Routine](#)" by Jay Johnson
- Mon. June 17.....Trail run at Bushy Run at 6:30 pm.
- Wed. June 19.....Trail run at Yough Trail at 6:30 pm. Meet at Yough Twister.

### (June 24-June 28)

- Norwin XC Camp @ Oak Hollow every evening from 6-8 pm
- 1.5 mile **TIME TRIAL Monday June 24 @ 8:00 am at INDIAN LAKE**

### (July 1-7)

- "[Strength And Mobility \(SAM\) Workouts](#)" by Jay Johnson
- Mon. July 1.....Summer Rec. @ Oak Hollow 6:30-8:00 pm
  - 1000 repeats x 4-5 at own pace
- Wed. July 3.....Summer Rec @ Oak Hollow 6:30-8:00 pm
  - Coach Henry Boot Camp

### (July 8-14)

- Mon. July 8.....Summer Rec. @ Oak Hollow 6:30-8:00 pm
  - WORKOUT: "New Hampshire Workout Wednesday" ([video](#)) ([.pdf](#))
- Wed. July 10.....Summer Rec @ Oak Hollow 6:30-8:00 pm
  - WORKOUT: Warm Up....HIT drills....stretch....Core X.....BOOT CAMP Hills + Thrills
  - "[CORE X](#)" workouts Jay Johnson

### (July 15-21)

- Mon. July 15.....Summer Rec. @ Oak Hollow 6:30-8:00 pm
  - WORKOUT: warm up + stretch...HIIT drills (:30..on/ :15..off) x 3.....800m Hill repeat loop (crest hill hard w/jog recovery) for 15-25 min.
- Wed. July 17.....Summer Rec @ Oak Hollow 6:30-8:00 pm
  - WORKOUT: Distance run (varsity 45 minutes/ jv 30 minutes)
- Wed. July 17-21.....Nike Running Camp @ Boulder, CO (varsity boys)

### (July 22-28)

- Mon. July 22.....Summer Rec. @ Oak Hollow 6:30-8:00 pm

- Band Strength, Jog, Dynamic, HIIT Drills.....Tempo Run (15 min jog, 10 min tempo, 15 min jog)
- Wed. July 24.....Summer Rec @ Oak Hollow 6:30-8:00 pm
  - Core Exercises, Jog, Dynamic, HIIT Drills..... 300/200 sets (run 300 @ tempo, jog 200) x 6-12 sets.....20 min cool down

**(July 29-Aug 4)**

- **Monday July 29.....2 mile MARKER RUN @ 8:00 am at INDIAN LAKE**
- Mon. July 29.....Summer Rec. @ Oak Hollow 6:30-8:00 pm
  - SAM and Core X workouts.....Recovery run 25-45 minutes
- Wed. July 31.....Summer Rec. @ Oak Hollow 6:30-8:00 pm
  - STORMED OUT

**(Aug 5-11)**

- "Unofficial Week" of XC Practice (morning practices time and date TBD)
- Mon. Aug. 5.....Summer Rec. @ Oak Hollow 6:30-8:00 pm
  - Core Exercises, Jog, Dynamic, HIIT Drills
  - Repeat 400s on soccer field (8-12 x 400 @ 3200 pace w/1:00 rest)
- Wed. Aug 7.....Summer Rec @ Oak Hollow 6:30-8:00 pm
  - Band Exercises, Jog, Dynamic, HIIT Drills
  - Fartlek (5-4-3-2-1 with hills)

**(Aug. 12-16)**

- Official Practice. MUST HAVE A PHYSICAL.....NO Physical = NO PRACTICE!!!!
- **Mon. Aug. 12, 2019.....MARKER RUN 3-mile @ Indian Lake at 8:00 am**
- **Nightly Practice Monday through Friday 6:30 to 8:15 pm**