

Monday/Wednesday @ CHS; Thursday @ EC Lawrence Park; Friday (Hills) @ Lees Corner

CHANTILLY CROSS COUNTRY SUMMER TRAINING June 2016

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---|--|--|--|--|---|
| <p>6 <u>Easy</u> Purple:40 Min. Easy Silver:32 Min. Easy White: 20 Min. Easy</p> | <p>7 <u>Easy</u> Purple:40 Min. Easy Silver:32 Min. Easy White: 20 Min. Easy</p> | <p>8 <u>Easy</u> Purple:40 Min. Easy Silver:32 Min. Easy White: 20 Min. Easy</p> | <p>9 <u>Easy</u> Purple:40 Min. Easy Silver:32 Min. Easy White: 20 Min. Easy</p> | <p>10 <u>Hills</u> Purple:45 Min (8Hills) Silver:37 Min (5Hills) White: 25 Min. Easy</p> | <p>11 <u>Date Pace</u> Purple: 45 Min Easy Silver: 35 Min Easy White: 25 Min (4 Hills)</p> | <p>12 <u>Long</u> Purple:48 Min Easy Silver: 38 Min Easy White: 28 Min Easy</p> |
| <p>13 <u>Easy</u> Purple:43 Min Silver:35 Min White:26 Min</p> | <p>14 <u>Tempo</u> Purple: 45 Min (12 Hard-3x4:00,2:00E) Silver: 38 Min (8 H-2x 4:00H, 2:00E) White: 28 Min (4 Min H- 2x 2H, 2E)</p> | <p>15 <u>Easy</u> Purple: 42 Min Silver: 38 Min White: 28 Min</p> | <p>16 <u>Moderate</u> Purple: 45 Min(10x :30H/:30E) Silver: 40 Min(7x :30H/:30E) White: 30 Min(5x :20H/:40E)</p> | <p>17 <u>Hills</u> (w/pushups) 12 minutes warmup/cooldown Purple: 10 repeats Silver: 7 repeats White: 5 repeats</p> | <p>18 <u>Easy</u> Purple: 40 Min Silver: 30 Min White: 30 Min</p> | <p>19 <u>Long</u> Purple: 54 Min Silver: 45 Min White: 35 Min</p> |
| <p>20 <u>Tempo</u> Purple: 45 Min (15 Hard- 3x 5:00) Silver: 40 Min (10 Hard- 2x 5:00) White: 32 Min (5:00 Hard) Weightroom</p> | <p>21 <u>Easy</u> Purple: 46 Min Silver: 42 Min White: 34 Min</p> | <p>22 <u>Fartlek</u> Purple: 48 Min (12x1:00H/1:00E) Silver: 42 Min (9x1:00H/1:00E) White: 34 Min (6 x1:00H/1:00E) Weightroom</p> | <p>23 <u>Date Pace</u> Purple: 48 Min Silver:40 Min White: 32 Min</p> | <p>24 <u>Hills</u> (w/pushups) Purple:50:00(12Hills) Silver: 45:00(8 Hills) White: 36:00(6 Hills)</p> | <p>25 <u>Moderate Pace</u> Purple: 50 Min Silver: 45 Min White: 35 Min</p> | <p>26 <u>Long</u> Purple:60 Min Silver: 50Min White: 37 Min</p> |
| <p>27 <u>Tempo</u> Purple: 48 Min (21 Hard- 3x 7:00H, 3:00E) Silver: 42 (15 Hard- 3x 5:00H, 2:00E) White: 34 (8 Hard- 2x 4:00H, 2:00E) Weightroom</p> | <p>28 <u>Easy</u> Purple:45 Min Silver: 43 Min White: 33 Min</p> | <p>29 <u>Moderate</u> Purple: 50 Min (6x :90H; :30E) Silver: 45 Min (4x :90H; :30E) White: 36 Min (8 x :30H/:30E) Weightroom</p> | <p>30 <u>Moderate Pace</u> Purple: 49 Min Silver: 44 Min White: 38 Min</p> | <p>July 1 <u>Hills</u> (w/pushups) Purple:50:00(12Hills) Silver: 45:00(8 Hills) White: 36:00(6 Hills)</p> | <p>2 <u>Long</u> Purple: 63 Min Silver: 52 Min White: 41 Min</p> | <p>3 <u>Moderate</u> Purple: 52 Min Silver: 45 Min White: 38 Min</p> |

Monday/Wednesday @ CHS; Thursday @ EC Lawrence Park; Friday (Hills) @ Lees Corner

July 2015

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|--|---|---|---|--|
| <p>July 4 OFF REST DAY – Enjoy the Holiday!!! (Only take today off, if you have done every other workout.... Substitute this with another workout, if you have already missed a day.</p> | <p>5 Tempo (Meet @ CHS)</p> <p>Purple:48 Min (14 Min Tempo) Silver: 43 Min (11Min Tempo) White: 34 Min (7 Min Tempo) Weightroom</p> | <p>6 Moderate</p> <p>Purple: 48 Min Silver: 42 Min White: 35 Min</p> | <p>7 Moderate</p> <p>Purple: 52 Min (20 x :20H; :40E) Silver: 45 Min (15 x :20H; :40E) White: 38 Min (10 x :20H; :40E)</p> | <p>8 Hills (MEET @ LEES CORNER) (w/pushups)</p> <p>Purple:55:00(12Hills) (6 Hills, 5 min tempo, 6 Hills) Silver: 49:00(8 Hills) (4 Hills, 4 min tempo, 4 Hills) White: 42:00(8 Hills)</p> | <p>9 Easy</p> <p>Purple: 41 Min Silver: 34 Min White: 29 Min</p> | <p>10 Long</p> <p>Purple: 66 Silver: 57 White: 44</p> |
| <p>11 Tempo</p> <p>Purple: 47 Min (20 Min Tempo) Silver: 41 Min (14 Min Tempo) White: 34 Min (10 Min Tempo) Weightroom</p> | <p>12 Easy</p> <p>Purple: 44 Min Silver: 37 Min White: 30 Min</p> | <p>13 Moderate</p> <p>12 Min. warmup/ 15 min. cooldown Purple:49 Min (6x 3:00H, 1:00) Silver: 43 Min (4x 3:00H, 1:00) White: 38 Min (4x 2:00H, 1:00E)</p> | <p>14 Easy</p> <p>Purple: 38 Min Silver: 33 Min White: 28 Min</p> | <p>15 Hills w/pushups</p> <p>Purple:12wu/20cd (12Hills) Silver: 12wu/17cd (10 Hills) White: 12wu/12cd (8 Hills) Weightroom</p> | <p>16 Easy/Cross Train</p> <p>Purple: 47 Silver: 44 White: 37 (If need be, you can substitute this w/ cross training for same length (ie: cycling, swimming, roller-blading)</p> | <p>17 Long</p> <p>Purple: 70 Silver: 60 White: 47</p> |
| <p>18 Tempo</p> <p>Purple: 51 (3x 7:00H, 3:00E) Silver: 45 (3x 5:00H, 3:00E) White: 39 (2x 6:00H, 3:00E) Weightroom</p> | <p>19 Recovery</p> <p>Purple: 45 Min Silver: 38 Min White: 30 Min</p> | <p>20 Moderate</p> <p>Purple: 44 Min (20x :30/:30 striders) Silver: 40 Min (16 x :30/:30 striders) White: 34 (10x :30/:30 striders) Weightroom</p> | <p>21 Easy</p> <p>Purple: 51 minutes Silver: 46 minutes White: 42 minutes</p> | <p>22 Hills(w/pushups)</p> <p>Lees Corner Circuits (Up Pavement, downhill at moderate pace on Grass) 12 minutes Warmup/ 15 cooldown (2:00 Rest between circuits) Purple:8 circuits Silver: 7 circuits White: 6 circuit</p> | <p>23 Easy/Cross Train</p> <p>Purple: 47 Silver: 44 White: 37 (If need be, you can substitute this w/ cross training for same length (ie: cycling, swimming, roller-blading)</p> | <p>24 Long</p> <p>Purple: 70 Silver: 62 White: 50</p> <p>BLUE RIDGE RUNNING CAMP</p> |

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|---|--|---|--|---|--|--|
| <p>25 Tempo</p> <p>Purple: 54 Min (2 x 12:00H, 6:00R) Silver: 49 Min (2 x 10:00H, 5:00R) White: 42 Min (2 x 7:00H, 4:00R) Weightroom</p> <p>BLUE RIDGE RUNNING CAMP</p> | <p>26 Easy</p> <p>Purple: 36 minutes Silver: 34 minutes White: 29 minutes</p> <p>BLUE RIDGE RUNNING CAMP</p> | <p>27 Moderate Fartlek</p> <p>12 min. wu/15cd Purple: 1:00, 2:00, 3:00, 4:00x2, 3:00, 2:00, 1:00(1:00R) Silver: 1:00, 2:00, 3:00, 4:00, 3:00, 2:00, 1:00(1:00R) White: 1:00, 2:00, 3:00 x2, 2:00, 1:00(1:00R) Weightroom</p> <p>BLUE RIDGE RUNNING CAMP</p> | <p>28 Easy</p> <p>Purple: 51 minutes Silver: 46 minutes White: 42 minutes</p> <p>BLUE RIDGE RUNNING CAMP</p> | <p>29 Hills</p> <p>Purple: 50:00(12Hills) Silver: 45:00(8 Hills) White: 36:00(6 Hills)</p> <p>BLUE RIDGE RUNNING CAMP</p> | <p>30 REST DAY</p> <p>REST DAY (Only take today off, if you have done every other workout.... Substitute this with another workout, if you have already missed a day.) <u><i>11 am- PRE-SEASON TEAM MEETING w/Parents</i></u></p> | <p>31 Long</p> <p>Purple: 70 Silver: 62 White: 50</p> |
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August 2015

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|-----------|----------|--------|----------|--------|
| <p>August 1</p> <p>FIRST DAY OF PRACTICE</p> <p>Meet @ CHS- Go to Burke Lake- Review Time Trial Course</p> | <p>2</p> <p>TRYOUTS</p> <p>2 Mile Time Trial @ Burke Lake</p> | | | | | |

SOME DATES TO KEEP YOU MOTIVATED THROUGHOUT YOUR SUMMER TRAINING:

- **AUGUST 2nd - Tryouts at Burke Lake**
- **AUGUST 19TH –Scrimmage vs. Robinson & Lee**
- **AUGUST 22nd-25th - Lost River Cross Country Camp**
- **SEPTEMBER 10TH –Monroe Parker Invitational (You must have 20 practices to run)**
- **OCTOBER 26th- Conference 5 Championships (First step towards the state meet)**
- **NOVEMBER 2nd - 6A Northern Regional Championships (YOUR TICKET TO THE STATE MEET...We're looking to get back!!!!)**
- **NOVEMBER 11TH- Virginia 6A State Cross Country Championship**