

Meet at CHS at 7:00 am- Monday-Thursday; Lees Corner Elementary on Friday Bring Water/Towel

- **Purple: Veterans who have maintained fitness since March (in Purple or Silver Group)**
- **Silver: Veterans who have not run since last fall or winter track (no spring track)**
- **White: Beginners who have never done cross country or track before**

CHANTILLY CROSS COUNTRY SUMMER TRAINING June-July 2022

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week One	<u>06 Easy</u> Purple:40 Min. Easy Silver:32 Min. Easy White: 20 Min. Easy	<u>07 Easy</u> Purple:40 Min. Easy Silver:32 Min. Easy White: 20 Min. Easy	<u>08 Easy</u> Purple:40 Min. Easy Silver:32 Min. Easy White: 20 Min. Easy	<u>09 Easy</u> Purple:40 Min. Easy Silver:32 Min. Easy White: 20 Min. Easy	<u>10 Hills</u> Purple:42 Min (7Hills) Silver:37 Min (5Hills) White: 25 Min. Easy	<u>11 Date Pace</u> Purple: 45 Min Easy Silver: 35 Min Easy White: 25 Min (4 Hills)	<u>12 Long</u> Purple:48 Min Easy Silver: 38 Min Easy White: 28 Min Easy
Week Two	<u>13 Easy</u> Purple:42 Min. Easy Silver: 35 Min. Easy White: 25 Min. Easy	<u>14 Easy</u> Purple:40 Min. Easy Silver:32 Min. Easy White: 20 Min. Easy	<u>15 Easy</u> Purple:45 Min. Easy Silver:36 Min. Easy White: 26 Min. Easy	<u>16 Easy</u> Purple:38 Min. Easy Silver:32 Min. Easy White: 24 Min. Easy	<u>17 Hills</u> Purple:42 Min (7Hills) Silver:37 Min (5Hills) White: 25 Min (4 Hills)	<u>18 Date Pace</u> Purple: 45 Min Easy Silver: 35 Min Easy White: 28 Min Easy	<u>19 Long</u> Purple:50 Min Easy Silver: 42 Min Easy White: 35 Min Easy
Week Three	<u>20 Easy</u> Purple:43 Min Silver:35 Min White:30 Min	<u>21 Tempo</u> Purple:43 Min (2 x 5:00 tempo, 3:00E) Silver:40 Min (2 x 4:00 tempo, 2:00E) White:32 Min	<u>22 Easy</u> Purple:40 Min Silver:33 Min White:28 Min	<u>23 Moderate</u> Purple:45 Min Silver:38 Min White:32 Min	<u>24 Hills</u> (w/pushups) 12 minutes warmup/cooldown Purple: 10 repeats Silver: 7 repeats White: 5 repeats	<u>25 Easy/Cross Train</u> Purple: 40 Min Silver: 34 Min White: 30 Min (If need be, you can substitute this w/ cross training for same length (ie: cycling, swimming, roller-blading)	<u>26 Long</u> Purple: 54 Min Silver: 45 Min White: 35 Min
Week Four	<u>27 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)	<u>28 Easy</u> Purple: 42 Min Silver: 38 Min White: 28 Min	<u>29 Fartlek</u> Purple: 45 Min(10x :30H/:30E) Silver: 40 Min(7x :30H/:30E) White: 30 Min(5x :20H/:40E)	<u>30 Moderate</u> Purple: 48 Min Silver:40 Min White: 32 Min	<u>July 1 Hills</u> (w/pushups) Purple:50:00(12Hills) Silver: 45:00(8 Hills) White: 36:00(6 Hills)	<u>2 Long</u> Purple:60 Min Silver: 50Min White: 37 Min	<u>3 OFF</u> Purple: 40 Min Silver: 38 Min White: 30 Min

Week Five	July 4 <u>Tempo</u> 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.	5 <u>Easy</u> Purple: 45 Min (15 Hard- 3x 5:00) Silver: 40 Min (10 Hard- 2x 5:00) White: 32 Min (5:00 Hard)	6 <u>Fartlek</u> Purple: 46 Min Silver: 42 Min White: 34 Min	7 <u>Moderate Pace</u> Purple: 42 Min Silver: 38 Min White: 35 Min	8 <u>Hills</u> (w/pushups) Purple:50:00(12 Hills) Silver: 45:00(8 Hills) White: 36:00(6 Hills)	9 <u>Easy/Cross Train</u> Purple: 40 Min Silver: 34 Min White: 30 Min (If need be, you can substitute this w/ cross training for same length (ie: cycling, swimming, roller-blading)	10 <u>Long</u> Purple: 63 Min Silver: 52 Min White: 41 Min
Week Six	11 <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)	12 <u>Moderate</u> Purple:45 Min Silver: 43 Min White: 33 Min	13 <u>Moderate</u> Purple: 50 Min (6x :90H; :30E) Silver: 45 Min (4x :90H; :30E) White: 36 Min (8 x :30H/:30E)	14 <u>Easy</u> Purple: 41 Min Silver: 34 Min White: 29 Min	15 <u>Hills (MEET @ LEES CORNER) (w/pushups)</u> 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)	16 <u>Easy/Cross Train</u> Purple: 40 Min Silver: 34 Min White: 30 Min (If need be, you can substitute this w/ cross training for same length (ie: cycling, swimming, roller-blading)	17 <u>Long</u> Purple: 66 Silver: 57 White: 44
Week Seven	18 <u>Tempo</u> Purple:48 Min (14 Min Tempo) Silver: 43 Min (11Min Tempo) White: 34 Min (7 Min Tempo)	19 <u>Easy</u> Purple: 48 Min Silver: 42 Min White: 35 Min	20 <u>Moderate</u> Purple: 52 Min (20 x :20H; :40E) Silver: 45 Min (15 x :20H; :40E) White: 38 Min (10 x :20H; :40E)	21 <u>Easy</u> Purple: 38 Min Silver: 33 Min White: 28 Min	22 <u>Hills (MEET @ LEES CORNER) (w/pushups)</u> 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)	23 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.	24 <u>Long</u> Purple: 70 Silver: 60 White: 47

Week Eight	25 <u>Tempo</u> Purple: 47 Min (20 Min Tempo) Silver: 41 Min (14 Min Tempo) White: 34 Min (10 Min Tempo) Weightroom	26 <u>Recovery</u> Purple: 44 Min Silver: 37 Min White: 30 Min	27 <u>Moderate</u> 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)	28 <u>Easy</u> Purple: 38 Min Silver: 33 Min White: 28 Min	29 <u>Hills Hills(w/pushups)</u> 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 circuits	30 <u>Easy/Cross Train</u> Purple: 47 Silver: 44 White: 37 (If need be, you can substitute this w/ cross training for same length (ie: cycling, swimming, roller-blading)	31 <u>Long</u> Purple: 70 Silver: 62 White: 50
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CHANTILLY CROSS COUNTRY SUMMER TRAINING- August 2022

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 FIRST DAY OF PRACTICE Meet @ CHS- Go to Burke Lake- Review Time Trial Course Purple: 46 minutes Silver: 42 minutes White: 38 minutes	2 TRYOUTS 2 Mile Time Trial @ Burke Lake					

SOME DATES TO KEEP YOU MOTIVATED THROUGHOUT YOUR SUMMER TRAINING:

- **AUGUST 2nd - First Day of Practice**
- **AUGUST 3rd - Tryouts at Burke Lake**
- **AUGUST 9th-12th - Lost River Cross Country Camp**
- **AUGUST 20th – End of Pre-Season Time Trial**
- **AUGUST 23rd - School Starts**
- **SEPTEMBER 11th –Monroe Parker Invitational (You must have 20 practices to run)**
- **OCTOBER 27th- Concorde District Championships (First step towards the state meet)**
- **NOVEMBER 3rd - 6A Northern Regional Championships (YOUR TICKET TO THE STATE MEET...We're looking to get back!!!!)**
- **NOVEMBER 12th/13th - Virginia 6A State Cross Country Championship**