



June 2017

PHASE I Weeks 1-3

Phase I: Run 3-4 days per week with 1-2 days of alternate activity (bike = 2x, swim = 1/2)

- Week #1
 2 x SP
 1 x LD
 1 x PU
- Week #2
 2 x SP
 1 x LD
 1 x PU
- Week #3
 2 x SP
 1 x LD
 1 x PU

KEY:

- SP Steady Pace Run
- LD Long Distance Run
- PU Steady Pace Run w/Various Pick-Ups
- ST WO Strength Workout
- SP WO Speed Workout

Central High School Cross Country

Coach Olsen
 Call: 914-4096
 olsenk@westosha.k12.wi.us

MORE RACE INFO @ badgerlandstriders.org

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4 Graduation	5	6	7	8	9	10
11	12	13 6:30 p.m. Silver Lake Park	14	15	16	17
18	19	20 6:30 p.m. Silver Lake Park	21	22	23	24
25	26	27 6:30 p.m. Silver Lake Park	28	29	30	

Week #1

Week #2

Week #3

Central High School Cross Country

PHASE 2 Weeks 4-6

July 2017

Phase 2:
Run 4-5 days per week with
1-2 days of alternate activity

Week #4
1 x SP
1 x LD
1 x PU
1 x ST WO
1 x RR

Week #5
1 x SP
1 x LD
1 x PU
1 x SP WO
1 x RR

Week #6
2 x SP
1 x LD
1 x PU
1 x ST WO
1 x RR

Week #7
Begins Phase 3
1 x SP
2 x LD
1 x PU
1 x SP WO
1 x RR

KEY:

- SP Steady Pace Run
- LD Long Distance Run
- PU Steady Pace Run w/Various Pick-Ups
- ST WO Strength Workout
- SP WO Speed Workout
- RR Recovery Run

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olsenk@westosha.k12.wi.us

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4 No Summer Run	5	6 6:30 p.m. Silver Lake Park	7	8
9	10	11 6:30 p.m. Silver Lake Park	12 6:30 p.m. @ CHS Track Repeat Wednesday	13 6:30 p.m. Silver Lake Park	14	15
16	17	18 6:30 p.m. Silver Lake Park	19	20 6:30 p.m. Silver Lake Park	21	22
23	24	25 6:30 p.m. Silver Lake Park	26	27 6:30 p.m. Silver Lake Park	28	29

Week #4

Week #5

Week #6

Week #7
Begin Phase 3

Central High School Cross Country

PHASE 3 Weeks 7—9

August 2017

Phase 3: Run 3-4 days per week with 1-2 days of alternate activity

Week #8
 2 x SP
 1 x PU
 1 x LD
 1 x ST WO
 1 x RR

Week #9
 2 x SP
 2 x PU
 2 x LD

KEY:
 SP Steady Pace Run
 LD Long Distance Run
 PU Steady Pace Run w/Various Pick-Ups
 ST WO Strength Workout
 SP WO Speed Workout
 RR Recovery Run

Central High School Cross Country

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
7/30	7/31	1 6:30 p.m. Silver Lake Park	2 6:30 p.m. @ CHS Track Repeat W	3 6:30 p.m. Silver Lake Park	4	5
6	7	8 6:30 p.m. Silver Lake Park	9	10 6:30 p.m. Silver Lake Park	11	12
13	14 8:30-11:00 a.m. Practice Silver Lake Park Lot #3	15 8:30-11:00 a.m. Practice Silver Lake Park Lot #3	16 8:30-11:00 a.m. Practice SLP 6:00 Parent Meeting @ CHS	17 8:30-11:00 a.m. Practice Silver Lake Park Lot #3	18 8:30-11:00 a.m. Practice Silver Lake Park Lot #3	19
20	21 3:00-5:00 p.m. Practice @ CHS	22 3:00-5:00 p.m. Practice @ CHS	23 3:00-5:00 p.m. Practice @ CHS	24 1st Meet Palmyra Eagle Invite Bus Time TBD	25 8:30-11:00 a.m. Practice Silver Lake Park Lot #3	26
27	28 3:00-5:00 p.m. Practice @ CHS	29 3:00-5:00 p.m. Practice @ CHS	30 3:00-5:00 p.m. Practice @ CHS	31 3:00-5:00 p.m. Practice @ CHS	9/1 Freshmen Only Day West Allis Hale	9/2

Week #8

Week #9

Central High School Cross Country

