

JULY (GREEN)

FALLS CHURCH CROSS COUNTRY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 3 mile run	2 2 mile run + 2 hill loops	3 Off	4 3 mile run	5 4 mile run
6 3 mile run	7 2 mile run +3 hill loops	8 Easy Day Alt workout	9 10 min w/u + c/d 3x loop w/ 1 m rest	10 3 mile run	11 Easy/Off Day	12 5 mile run
13 3 mile run	14 2 mile run + 4 hill loops	15 Easy Day/ Alt Work out	16 15 min w/u + c/d 3x (900m) loop w/ 1 min rest	17 3 mile run	18 Easy/ Off Day	19 6 mile run
20 3 mile run	21 2 mile run + 5 hill loops	22 Easy Day/ Alt work out	23 15 min w/u + C/d 5x (900m) loop w/ 1 min rest	24 3 mile run	25 Easy/ Off day	26 5 mile run
27 3 mile run	28 3 mile run + 6 hill loops	29 Easy Day/ Alt Work out	30 10 min w/u +c/d 15 min quick (tempo)	31 3 mile run		



FALLS CHURCH CROSS COUNTRY

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AUGUST(GREEN)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Easy/Off day	2 6 mile run
3 3 mile run	4 First day of Practice 6pm—8pm	5 6-8pm	6 6-8pm	7 6-8pm	8 6-8pm	9
10	11 6-8pm	12 6-8pm	13 6-8pm	14 6-8pm	15 6-8pm	16
17	18 6-8pm	19 6-8pm	20 6-8pm	21 6-8pm	22 Burke Lake Park Bus at 8:15 Return 11:15	23
24	25 3:30-5:30pm	26 3:30-5:30pm	27 3:30-5:30pm	28 3:30-5:30pm	29 Burke Lake Park Bus at 4:30 Return at 7:30	30 8am-10am



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