

JULY (WHITE)

FALLS CHURCH CROSS COUNTRY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 2 mile run	2 1.5 mile run + 2 hill loops	3 Off	4 2 mile run	5 3 mile run
6 2 mile run	7 1.5 mile run +2 hill loops	8 Easy Day Alt workout	9 10 min w/u + c/d 2 x loop w/ 1 m rest	10 2 mile run	11 Easy/Off Day	12 4 mile run
13 2 mile run	14 1.5 mile run + 3 hill loops	15 Easy Day/ Alt Work out	16 10 min w/u + c/d 2x (900m) loop w/ 1 min rest	17 2 mile run	18 Easy/ Off Day	19 5 mile run
20 2 mile run	21 1.5 mile run + 4 hill loops	22 Easy Day/ Alt work out	23 10 min w/u + C/d 3x (900m) loop w/ 1 min rest	24 2 mile run	25 Easy/ Off day	26 4 mile run
27 2 mile run	28 2 mile run + 5 hill loops	29 Easy Day/ Alt Work out	30 8 min w/u +c/d 10 min quick (tempo)	31 3 mile run		



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Coach Krause
(703)475-6268
rlkrause@fcps.edu

Coach Pitts
(484)753-2036
adpitts@fcps.edu

Yellow highlights are at Round-
tree park at 6pm.

AUGUST(WHITE)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Easy/Off day	2 5 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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