

# JULY (YELLOW)

## FALLS CHURCH CROSS COUNTRY

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



## FALLS CHURCH CROSS COUNTRY

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# AUGUST (YELLOW)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Easy/Off day	2 25 min run
3 15 min 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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