



RB XC Weekly Workout Plan

Week 1

	Workout	Things to Consider...
Monday	Dates to Add to your Calendars: 8/17: Hill-a-thon 8/18: TBA Parents Meeting 8/20: Lake Geneva Run @ 6:45 am RB Parking Lot 8/25: Hill-a-thon money due 9/11: Volunteer@ Lake Zurich 1/2 Marathon and lunch @ the Bulldog 10/9: Voluneer@ Chicago Marathon and lunch @ ???? 11/5: State Finals in Peoria	
Tuesday		
Wednesday	7 am - 9:30 am: Practice @ RB events entrance 1. Introduction to Warm-up 2. Introduction to Stretching 3. Strides 4. Hart's Road, Bench Run, or Overhead bridge 5. Intro to Weight Circuit / Hand out Fundraiser forms 6 pm - 7:15 pm: Practice @ Chain O'Lakes Main office Varsity: 6 miles JV: 5 miles New: 3-5 miles	If XC is new for you, this will be a process, make sure you are drinking fluids, eating well, getting your rest, and always wearing your smile. The pain will go away but the memories you will make will last forever.
	7 am - 9:30 am: Practice @ RB events entrance	

	<ul style="list-style-type: none"> 1. Warm-up Stretch 2. Baseline Speed Workout 5x800m 3. Harts Road 4. Tummy Time <p>6 pm- 7:15 pm: Practice @ Chain O'Lakes Main Office Varsity: 8 miles JV: 6 miles New: 3-5 miles</p>	
Friday	<p>NO am Practice: Link Crew</p> <p>6 pm - 7:15 pm: Practice @ Chain O'Lakes Main Office</p> <ul style="list-style-type: none"> 1. Warm-up Stretch 2. Rocket Run 3. 50-50's 	
Saturday	<p>8 am-9:15 am Practice: Glacial Park Long Run</p>	First week of practice done. Next week we start normal practices at 3 pm at RB.
Sunday	<p>REST</p> <p style="text-align: right;">Weekly Mileage: V: 40 JV: 30 N: 20</p>	