

Riverside Rams Summer XC Workouts 2019

JUNE 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Red: Off Blue: Off Gray: Off	Red: 4-5 miles Blue: 2-3 Gray: 1-2 E	Red: 5-6miles Blue: 3-4 Gray: Off E	Red: 4-5 miles Blue: 3-4 Gray: 1-2 E	Red: 4-5 miles Blue: 2-3 Gray: 1-2 E	Red: Off Blue: Off Gray: Off R	Red: 5-6 miles Blue: 4-5 Gray: 3-4 E
Red: 7-8 miles Blue: 5-6 Gray: 1-2 L	Red: Off Blue: Off Gray: Off R	Red: 5-6 miles Blue: 2-3 Gray: 2-3 E	Red: 6-7 miles Blue: 5-6 Gray: 3-4 E	Red: 6-7 miles Blue: 5-6 Gray: 3-4 E	Red: Off Blue: Off Gray: Off R	Red: 5-6miles Blue: 3-4 Gray: 3-4 E
Red: 8-9miles Blue: 5-6 Gray: 2-3 L	Red: 4-5 miles Blue: 3-4 Gray: 2-3 E	Red: 3-4 miles Blue: 2-3 Gray: 2-3 E	Red: 5-6miles Blue: 5-6 Gray: 3-4 E	Red: 7-8 miles Blue: 6-7 Gray: 4-5 L	Red: Off Blue: Off Gray: Off R	Red: 6-7miles Blue: 3-4 Gray: 2-3 E
Red: 8-9miles Blue: 7-8 Gray: 5-6 L	Red: 3-4 miles Blue: Off Gray: Off E	Red: 6-7 miles Blue: 5-6 Gray: 3-4 E	Red: Off Blue: Off Gray: Off R	Red: 50 mins 6x(90H/:30E) Blue: 45 mins 4x(90H/30E) Gray: 36 mins 8x(30H/30E) F	Red: 6-7 miles Blue: 5-6 Gray: 3-4 E	Red: 5-6 miles Blue: 4-5 Gray: 3-4 L
Red: Off Blue: Off Gray: Off R	Red: 8-9 miles Blue: 7- 8 Gray: 6 L	Red: 6-7 miles Blue: 6-7 Gray: 5 E	R=Rest Day (You should do something other than running for example Swim, Bike, Hike in addition to core workout) E=Easy, moderate, pace, this should be a comfortable and conversation pace L= Distance Day F=Fartlek Workout			

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JULY 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Red: 8-10repeats Blue: 6-8 repeats Gray: 6 repeats 10 min WU/CD (20min total) H	Red: Off Blue: Off Gray: Off R	Red: 4-5 miles Blue: 3-4 Gray: 3 E	Red: 6-7 miles Blue: 5-6 Gray: 4-5 E
Red: 8-9 miles Blue: 7-8 Gray: 5 L	Red: Off Blue: Off Gray: Off R	Red: 6-7 Blue: 5-6 Gray: 3-4 E	Red: 8-10repeats Blue: 6-8 repeats Gray: 6 repeats 10 min WU/CD (20min total) H	Red: 4-5 miles Blue: 3-4 Gray: 3 E	Red: 6-7 miles Blue: 5-6 Gray: 4-5 E	All: Complete a 10 min WU, 3 mile time trial, 15 CD. Email your time to Coach D TT
Red: Off Blue: Off Gray: Off R	Red:7-8 miles Blue: 6-7 Gray: 4-5 E	Red: 4-5 miles Blue: 3-4 Gray: 3 E	Red: 50 mins 6x(90H/:30E) Blue: 45 mins 4x(90H/30E) Gray: 36 mins 8x(30H/30E) F	Red: 6-7 miles Blue: 5-6 Gray: 4-5 E	Red: 4-5 miles Blue: 3-4 Gray: 3 E	Red: 8-10repeats Blue: 6-8 repeats Gray: 6 repeats 10 min WU/CD (20min total) H
Red: Off Blue: Off Gray: Off R	Red: 9-10miles Blue: 7-9 Gray: 5 L	Red: 5-6miles Blue: 4-5 Gray: 3 E	Red: 8-10repeats Blue: 6-8 repeats Gray: 6 repeats 10 min WU/CD (20min total) H	Red: 4-5 miles Blue: 3-4 Gray: 3 E	Red: Off Blue: Off Gray: Off R	Red: 10k TT Blue: 10k TT Gray: 5k TT All:10 WU/ 15CD Email me your time
Red: 8-9 miles Blue: 7-8 Gray: 5 L	Red: 4-5 miles Blue: 3-4 Gray: 3 E	Red: Off Blue: Off Gray: Off R	Red: 50 mins 6x(90H/:30E) Blue: 45 mins 4x(90H/30E) Gray: 36 mins 8x(30H/30E) F	Red: 6-7 miles Blue: 5-6 Gray: 4-5 E	Red: 4-5 miles Blue: 3-4 Gray: 3 E	H=Hill Wo WU: warm-up CD: cool-down TT: Time Trial

Summer Training Begins starts in June

Workouts and training are tailored to your skill level. Please place yourself in the proper training group. This schedule will help you stay focused over the summer and prepare you for the upcoming season. The only way to become a stronger runner is to run and properly train. In addition, it is highly suggested to run in groups, find a few teammates to join you, especially on long distances days.

- Red Group: Veteran runners, includes those who have run XC 2018 and Track in 2019 and Varsity runners
- Blue Group: Veteran runners, who haven't ran since XC 2018 season and may or may not have played a Spring sport
- Gray Group: First time runners, includes 8th graders and those new to XC

It is suggested that on off days and low mileage days that you do some sort of cross training. For example, swim, bike, hike, etc.

Additionally, it is suggested that you run in a few 5ks/10ks races. If you complete any of these please email me! I would love to cheer you on and if I can't make it I would love to hear how you ran.