

June

NOTES:

We will begin summer running Tuesday, June 1st. We will run after school from 3:30 p.m. to 5:00 p.m. The next week, we will begin running in the morning from 7:00 a.m. to 8:30 a.m. We will run Monday – Thursday except for our designated dead week, which will be June 28th – July 2nd. We will still have running scheduled for the dead week, but we will not meet on campus.

We will meet at the awning by the high school cafeteria each day. This running is strictly voluntary. If you can't be there, that's fine. But you can still follow along on the training calendar. Summer running is extremely important. If you don't run in the summer, you will already be behind when the season starts.

We have divided the runners into three groups:
 Group 1: 10th – 12th grade boys
 Group 2: 9th – 12th grade girls & 9th grade boys
 Group 3: middle school girls and boys

If you feel like you can run more than what is assigned to your group, feel free. What we have scheduled on the calendar is the minimum we want you to run. If you are capable of more, go for it, but don't over-do it. We will start with lower mileage and build up as the summer goes along.

2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 After school: distance TBD	2 After school: distance TBD	3 After school: distance TBD	4	5
6 Week 1 Total Mileage: G1: 20 G2: 15 G3: 12	7 G1: 4 miles G2: 3.5 miles G3: 3 miles	8 G1: 3 miles G2: 2 miles G3: 1.5 miles	9 G1: 3 miles G2: 3 miles G3: 2 miles	10 G1: 3 miles G2: 2 miles G3: 1.5 miles	11 G1: 4 miles G2: 3 miles G3: 2 miles	12 G1: 3 miles G2: 2 miles G3: 2 miles
13 Week 2 Total Mileage: G1: 20 G2: 15 G3: 12	14 G1: 4 miles G2: 3.5 miles G3: 3 miles	15 G1: 3 miles G2: 2 miles G3: 1.5 miles	16 G1: 3 miles G2: 3 miles G3: 2 miles	17 G1: 3 miles G2: 2 miles G3: 1.5 miles	18 G1: 4 miles G2: 3 miles G3: 2 miles	19 G1: 3 miles G2: 2 miles G3: 2 miles
20 Week 3 Total Mileage: G1: 23 G2: 17 G3: 14	21 G1: 5 miles G2: 3.5 miles G3: 3 miles	22 G1: 3.5 miles G2: 2.5 miles G3: 2 miles	23 G1: 3 miles G2: 3 miles G3: 2.5 miles	24 G1: 3.5 miles G2: 2.5 miles G3: 2 miles	25 G1: 5 miles G2: 3.5 miles G3: 2.5 miles	26 G1: 3 miles G2: 2 miles G3: 2 miles
27 Week 4 Total Mileage: G1: 23 G2: 17 G3: 14	28 G1: 5 miles G2: 3.5 miles G3: 3 miles Dead Week	29 G1: 3.5 miles G2: 2.5 miles G3: 2 miles Dead Week	30 G1: 3 miles G2: 3 miles G3: 2.5 miles Dead Week	1 G1: 3.5 miles G2: 2.5 miles G3: 2 miles Dead Week	2 G1: 5 miles G2: 3.5 miles G3: 2.5 miles Dead Week	3 G1: 3 miles G2: 2 miles G3: 2 miles

July

NOTES: For July, we will start diversifying practice to make it similar to what we do during the season. It will go like this:

Monday: long run

Tuesday: speed work

Wednesday: easy run/recovery

Thursday: speed work

Friday: long run

Saturday: easy run/recovery

There will still be a total mileage we are aiming for each week; we will just change the method we use to reach that total.

Because there isn't room to write down each day's workout on the calendar, we are just putting the total mileage for each day on here. We will send out the weekly workouts through the XC Remind account. If you are not on the XC Remind account, text @a5eb9 to 81010. We will send each week's specific workout (speed work, hills, etc.) the weekend before.

Remember, the last few days of June and the first two days of July are dead week, so we won't be meeting at the school to run together. Be self-disciplined and get it done on your own. To be a great runner, you have to be disciplined and be able to motivate yourself

2021

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
		28	29	30	1	2	3
Week 4 Total Mileage: G1: 23 G2: 17 G3: 14		G1: 5 miles G2: 3.5 miles G3: 3 miles	G1: 3.5 miles G2: 2.5 miles G3: 2 miles	G1: 3 miles G2: 3 miles G3: 2.5 miles	G1: 3.5 miles G2: 2.5 miles G3: 2 miles	G1: 5 miles G2: 3.5 miles G3: 2.5 miles	G1: 3 miles G2: 2 miles G3: 2 miles
	4	5	6	7	8	9	10
Week 5 Total Mileage: G1: 26 G2: 19 G3: 16		G1: 6 miles G2: 4 miles G3: 3.5 miles	G1: 4 miles G2: 3 miles G3: 2.25 miles	G1: 3.5 miles G2: 3.5 miles G3: 3 miles	G1: 4 miles G2: 3 miles G3: 2.25 miles	G1: 5 miles G2: 2 miles G3: 3 miles	G1: 3.5 miles G2: 3.5 miles G3: 2 miles
	11	12	13	14	15	16	17
Week 6 Total Mileage: G1: 26 G2: 19 G3: 16		G1: 6 miles G2: 4 miles G3: 3.5 miles	G1: 4 miles G2: 3 miles G3: 2.25 miles	G1: 3.5 miles G2: 3.5 miles G3: 3 miles	G1: 4 miles G2: 3 miles G3: 2.25 miles	G1: 5 miles G2: 2 miles G3: 3 miles	G1: 3.5 miles G2: 3.5 miles G3: 2 miles
	18	19	20	21	22	23	24
Week 7 Total Mileage: G1: 29 G2: 21 G3: 18		G1: 7 miles G2: 5 miles G3: 3.75 miles	G1: 4.5 miles G2: 3.5 miles G3: 2.5 miles	G1: 4 miles G2: 4 miles G3: 3.5 miles	G1: 4.5 miles G2: 3.5 miles G3: 2.5 miles	G1: 6 miles G2: 2 miles G3: 3.25 miles	G1: 3 miles G2: 3 miles G3: 2.5 miles
	25	26	27	28	29	30	31
Week 8 Total Mileage: G1: 29 G2: 21 G3: 18		G1: 7 miles G2: 5 miles G3: 3.75 miles	G1: 4.5 miles G2: 3.5 miles G3: 2.5 miles	G1: 4 miles G2: 4 miles G3: 3.5 miles	G1: 4.5 miles G2: 3.5 miles G3: 2.5 miles	G1: 6 miles G2: 2 miles G3: 3.25 miles	G1: 3 miles G2: 3 miles G3: 2.5 miles

August

NOTES:

Students first day of school will be Monday, August 9th. We will start after-school practice that day. Middle school students will ride the shuttle bus from the middle school to the high school. We will change in the locker rooms in the gym and I will lock everyone's possessions in the locker rooms during practice. We will typically be done around 5:00.

We will practice Monday – Friday and race on Saturdays. Attendance will be taken at every practice. At the end of the season, when we run the Middle School Classic, the District Meet and the State Meet, we will be limited in how many we can run. Your attendance at practice will be considered when the coaches make the decision about the roster for these meets.

I will update the August calendar and add the September, October and November months once the race schedule is finalized.

2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Week 9 Total Mileage: G1: 32 G2: 23 G3: 20	2 G1: 7 miles G2: 5.5 miles G3: 4 miles	3 G1: 5.25 miles G2: 4 miles G3: 3 miles	4 G1: 5 miles G2: 4 miles G3: 3.5 miles	5 G1: 5.25 miles G2: 4 miles G3: 3 miles	6 G1: 5 miles G2: 2.5 miles G3: 3.25 miles	7 G1: 4.5 miles G2: 3 miles G3: 3.25 miles
8 Week 10 Total Mileage: G1: 32 G2: 23 G3: 20 After school practice starts this week.	9 G1: 7 miles G2: 5.5 miles G3: 4 miles First Day of School!!!	10 G1: 5.25 miles G2: 4 miles G3: 3 miles	11 G1: 5 miles G2: 4 miles G3: 3.5 miles	12 G1: 5.25 miles G2: 4 miles G3: 3 miles	13 G1: 5 miles G2: 2.5 miles G3: 3.25 miles	14 G1: 4.5 miles G2: 3 miles G3: 3.25 miles
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				