



BISHOP KELLY

Cross Country

2015

WORKOUTS

Oct. 5<sup>th</sup>-Oct. 10<sup>th</sup>

**MON – @ BK Track**

**Warm up/Drills/Strides**

**12x400 meters**

**Hammer 5 and 11**

**Warm Down/DST**

**TUES - @ Municipal Park**

**Warm Up/Stretch**

**45-50 min easy**

**6xStrides/Stretch**

**WED - @ BK Track**

**Warm up/Drills/Strides**

**3x600/400/200—Cut Downs**

**Warm Down/DST**

**THURS - @ Glenwood Briddge**

**Warm Up/Stretch**

**45-50**

**4xstrides/stretch**

**FRI - @ Day Off!!!**

**SAT - @Fort Boise—long run of the week**

**Warm up/Stretch**

**65-75 easy/DST**

*“Remember the feeling you get from a good run is far better than the feeling you get from sitting around wishing you were running.” – Sarah Condor.*

**KNIGHTS**

