

**Workouts for DEC 21-26 – Preparing for the Great Oak Cross Country Season**

**Have a VERY MERRY CHRISTMAS!**

**Varsity – Be Leaders, Be Ready**

Rest	20	Aerobic	21	Tempo	22	Aerobic	23	Vo2	24	Aerobic	25	Aerobic	26
Rest		<b>Morning:</b> 7 miles + 5x20m lunges		<b>Morning:</b> 6 miles + Plank Matrix		<b>Morning:</b> 4 miles + 20 squats		<b>Morning:</b> 6 miles + Plank Matrix		<b>Morning:</b> 4 miles + 20 squats		13 miles + CH3	
		<b>Afternoon:</b> HIT + 8xHill Sprints + 2 miles + 50/100 PU/C		<b>Afternoon:</b> 3 mile tempo + 3x150 fast + CH1		<b>Afternoon:</b> HIT + 6 miles + 3x150 + PU/C		<b>Afternoon:</b> Fartlek: 2 min up -1 min down for 27 min + 2 miles + CH2		<b>Afternoon:</b> HIT + 6 miles + PU/C			

**Soph/JV – Consistency is Key**

Rest	20	Aerobic	21	Tempo	22	Aerobic	23	Vo2	24	Aerobic	25	Aerobic	26
Rest		<b>Morning:</b> 5 miles + 5x20m lunges		<b>Morning:</b> 6 miles + Plank Matrix		<b>Morning:</b> 3 miles + 20 squats		<b>Morning:</b> 6 miles + Plank Matrix		<b>Morning:</b> 3 miles + 20 squats		10-12 miles + CH3	
		<b>Afternoon:</b> HIT + 8xHill Sprints + 2 miles + 50/100 PU/C		<b>Afternoon:</b> 3 mile tempo + 3x150 fast + CH1		<b>Afternoon:</b> HIT + 4 miles + 3x150 + PU/C		<b>Afternoon:</b> Fartlek: 2 min up -1 min down for 27 min + 2 miles + CH2		<b>Afternoon:</b> HIT + 4 miles + PU/C			

**Frosh – Build Consistency**

Rest	20	Aerobic	21	Tempo	22	Aerobic	23	Vo2	24	Aerobic	25	Aerobic	26
Rest		<b>Morning:</b> 4 miles + 5x20m lunges		<b>Morning:</b> 4 miles + Plank Matrix		<b>Morning:</b> 3 miles + 20 squats		<b>Morning:</b> 4 miles + Plank Matrix		<b>Morning:</b> 3 miles + 20 squats		8 miles + CH3	
		<b>Afternoon:</b> HIT + 8xHill Sprints + 2 miles + 50/100 PU/C		<b>Afternoon:</b> 3 mile tempo + 3x150 fast + CH1		<b>Afternoon:</b> HIT + 3 miles + 3x150 + PU/C		<b>Afternoon:</b> Fartlek: 1 min up -1 min down for 20 min + 2 miles + CH2		<b>Afternoon:</b> HIT + 3 miles + PU/C			

Great Oak Cross Country will begin once we can confirm a winter cross country season.

Do as much core and strength work as you can during this time to be as fit as possible when we return. Remember, everyone is going through this. Be smart, be safe, stay fit! Do as much of the Extra Core as you can.

Be the athlete that comes into the season, whenever that is, as fit and focused as you can possibly be. This is a difficult time in some ways, and a tremendous opportunity in others. It is all how you decide to see it.