

Great Oak XC- New Runner Training Calendar

June/July 2021

*Suggested running before
the season starts is below.*

Never run alone!



*"Running is the greatest
metaphor for life, because
you get out of it what you
put into it."*

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Rest	5/29	5/30	6/7	Easy	5/31	Aerobic	6/1	Aerobic	6/2	Aerobic	6/3	Aerobic	6/4
Rest		20-30 min Easy Balance Routine and Mini Strength Routine #1		20-30 minutes Easy Core HIIT #1		30 minutes Moderate Mini Strength Routine #2		20-30 minutes Easy Core HIIT #2		30 min Easy Lunge Matrix and Mini Strength Routine #3		Long Run 30-40 minutes Core HIIT #3	
Rest	6/5	LT	6/6	Recovery	6/7	Aerobic	6/8	Aerobic	6/9	Aerobic	6/10	/Aerobic	6/11
Rest		35 min Fast Plank Matrix and Mini Strength Routine #4		30 minutes Easy Core HIIT #1		35 min Moderate Ankle Matrix and Mini Strength Routine #5		30 minutes Easy Core HIIT #2		35 min Easy Balance Routine and Mini Strength Routine #1		Long Run 40 minutes Core HIIT #3	
Rest	6/12	LT	6/13	Recovery	6/14	Aerobic	6/15	Aerobic	6/16	LT	6/17	Aerobic	6/18
Rest		35 min Fast Mini Strength Routine #2		30 minutes Easy Core HIIT #1		35 min Moderate Lunge Matrix and Mini Strength Routine #3		40 minutes Easy Core HIIT #2		35 min Fast Plank Matrix and Mini Strength Routine #4		Long Run 45 minutes Core HIIT #3	
Rest	6/19	LT	6/20	Recovery	6/21	Aerobic	6/22	Aerobic	6/23	Aerobic	6/24	Aerobic	6/25
Rest		40 min Fast Ankle Matrix and Mini Strength Routine #5		30 minutes Easy Core HIIT #1		40 min Moderate Balance Routine and Mini Strength Routine #1		30 minutes Easy Core HIIT #2		40 min Easy Lunge Matrix and Mini Strength Routine #3		Long Run 45 minutes Core HIIT #3	
Rest	6/26	LT	6/27	Recovery	6/28	Aerobic	6/29	Aerobic	6/30	Aerobic	7/1	Aerobic	7/2
Rest		45 min Fast Plank Matrix and Mini Strength Routine #4		35 minutes Easy Core HIIT #1		45 min Moderate Ankle Matrix and Mini Strength Routine #5		35 minutes Easy Core HIIT #2		45 min Easy Balance Routine and Mini Strength Routine #1		Long Run 50 minutes Core HIIT #3	
Rest	7/3	Race	7/4	Recovery	7/5	Fartlek	7/6	Aerobic	7/7	Aerobic	7/8	Aerobic	7/9
Rest		45 min Fast Mini Strength Routine #2		35 minutes Easy Core HIIT #1		45 min Moderate Lunge Matrix and Mini Strength Routine #3		35 minutes Easy Core HIIT #2		45 min Easy Plank Matrix and Mini Strength Routine #4		Long Run 50 minutes Core HIIT #3	
Rest	7/10	Race	7/11	Recovery	7/12	Fartlek	7/13	Aerobic	7/14	LT	7/15	Aerobic	7/16
Rest		Time Trial at 7:15 am at Butterfield Stage Park		Regular Summer Practice 7:30 – 10:30 am →									

Please plan on making the time trial on July 11th, it is a lot of fun!