

Workouts for July 20-25 – Be safe!

Varsity – Stay Consistent

Rest	19	Tempo	20	Recov	21	Vo2	22	Aerobic	23	Aerobic	24	Aerobic	25
Rest		Morning: HIT + 3 mile tempo or time trial make-up		Morning: 6 miles + CH1		Morning: HIT + 30 min Fartlek 2 on, 1 off + 2 miles		Morning: 6 miles + CH2		Morning: HIT + 5 miles + 3x150m		12 miles + CH3	
		Afternoon: 5 miles		Afternoon: 5 miles		Afternoon: 5 miles		Afternoon: 5 miles		Afternoon: 4 miles			

Soph – Keep Building

Rest	19	Tempo	20	Recov	21	Vo2	22	Aerobic	23	Aerobic	24	Aerobic	25
Rest		Morning: HIT + 3 mile tempo or time trial make-up		Morning: 5 miles + CH1		Morning: HIT + 30 min Fartlek 2 on, 1 off + 2 miles		Morning: 5 miles + CH2		Morning: HIT + 4 miles + 3x150m		10 miles + CH3	
		Afternoon: 4 miles		Afternoon: 5 miles		Afternoon: 5 miles		Afternoon: 5 miles		Afternoon: 4 miles			

Frosh – Build Consistency

Rest	19	Aerobic	20	Aerobic	21	Aerobic	22	Aerobic	23	Aerobic	24	Aerobic	25
Rest		Morning: 3 miles + 20 Pushups & 40 Crunches		Morning: 3 miles + 20 Pushups & 40 Crunches		Morning: 3 miles + 20 Pushups & 40 Crunches		Morning: 3 miles + 20 Pushups & 40 Crunches		Morning: 3 miles + 20 Pushups & 40 Crunches		4 miles	

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.

Anyone who missed the Virtual Time Trial can make that up tomorrow on the course should they choose to do so.

Use this as a chance to get stronger aerobically for the start of the XC season! I will post/email the info for the start of the season when we know more after July 20th. It will take time to formulate a plan, so please stay working hard and be patient as this is not an easy problem to work through.