

**Workouts for Aug 10-15 – STTC FALL XC SEASON WILL BEGIN ON 8/17/20!**

**Varsity – Be Leaders, Be Ready**

Rest	9	Aerobic	10	Tempo	11	Aerobic	12	Vo2	13	Aerobic	14	Aerobic	15
Rest		<b>Morning:</b> HIT + 6 miles + Extra Core		<b>Morning:</b> 3 mile tempo + 4x200 + CH1		<b>Morning:</b> HIT + 6 Miles + 100 PU, 200 SU, 20 star jumps		<b>Morning:</b> 6x600 + 2 miles + CH2		<b>Morning:</b> HIT + 6 miles + Extra Core		12 miles + CH3	
		<b>Afternoon:</b> 5 miles		<b>Afternoon:</b> 4 miles		<b>Afternoon:</b> Bike or Swim		<b>Afternoon:</b> 4 miles		<b>Afternoon:</b> 6 miles			

**Soph – Consistency is Key**

Rest	9	Aerobic	10	Tempo	11	Aerobic	12	Vo2	13	Aerobic	14	Aerobic	15
Rest		<b>Morning:</b> HIT + 6 miles + Extra Core		<b>Morning:</b> 3 mile tempo + 4x200 + CH1		<b>Morning:</b> HIT + 6 Miles + 100 PU, 200 SU, 20 star jumps		<b>Morning:</b> 6x600 + 2 miles + CH2		<b>Morning:</b> HIT + 6 miles + Extra Core		12 miles + CH3	
		<b>Afternoon:</b> 5 miles		<b>Afternoon:</b> 4 miles		<b>Afternoon:</b> Bike or Swim		<b>Afternoon:</b> 4 miles		<b>Afternoon:</b> 6 miles			

**Frosh – Build Consistency**

Rest	9	Aerobic	10	Aerobic	11	Aerobic	12	Aerobic	13	Aerobic	14	Aerobic	15
Rest		<b>Morning:</b> 4 miles + 30 Pushups & 50 Crunches		<b>Morning:</b> 3 miles at faster pace + 30 Pushups & 50 Crunches		<b>Morning:</b> 4 miles + 30 Pushups & 50 Crunches		<b>Morning:</b> 3 miles + 30 Pushups & 50 Crunches		<b>Morning:</b> 3 miles at faster pace + 30 Pushups & 50 Crunches		4-5 miles	

Monday, 8/17/20 we will begin our fall XC club season through STTC. Please check the STTC website at [www.southtemeculatrackclub.com](http://www.southtemeculatrackclub.com) Monday evening for information and paperwork.

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. Who will be standing at the top of the podium with us on March 27<sup>th</sup>, 2021? It is up to you to put in the work to make that happen!