

Great Oak XC- 9th Grade/New Runner

Training Calendar: May-July 2023

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	5/28	Easy	5/29	Easy	5/30	Aerobic	5/31	Aerobic	6/1	Aerobic	6/2	Aerobic	6/3
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	6/4	LT	6/5	Recovery	6/6	Aerobic	6/7	Aerobic	6/8	Aerobic	6/9	/Aerobic	6/10
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	6/11	LT	6/12	Recovery	6/13	Aerobic	6/14	Aerobic	6/15	LT	6/16	Aerobic	6/17
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	6/18	LT	6/19	Recovery	6/20	Aerobic	6/21	Aerobic	6/22	Aerobic	6/23	Aerobic	6/24
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	6/25	LT	6/26	Recovery	6/27	Aerobic	6/28	Aerobic	6/29	LT	6/30	Aerobic	7/1
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	7/2	Race	7/3	Recovery	7/4	Fartlek	7/5	Aerobic	7/6	LT	7/7	Aerobic	7/8
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	

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Rest	7/9	Easy	7/10	Easy	7/11	Aerobic	7/12	Aerobic	7/13	Aerobic	7/14	Aerobic	7/15
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	7/16	LT	7/17	Recovery	7/18	Aerobic	7/19	Aerobic	7/20	Aerobic	7/21	/Aerobic	7/22
Rest		First Day of Practice! Time Trial at 7:15 am at Butterfield Stage Park		Regular Summer Practice 7:00 – 9:30 am →									

Please plan on making the time trial on July 17th, it is a lot of fun!