

Workouts for DEC 7-12 – Preparing for the Great Oak Cross Country Season

Varsity – Be Leaders, Be Ready

Rest	6	Aerobic	7	Tempo	8	Aerobic	9	Vo2	10	Aerobic	11	Race	12
Rest		Morning: 7 miles + 5x20m lunges Afternoon: HIT + 8xHill Sprints + 2 miles + 50/100 PU/C	Morning: 6 miles + Plank Matrix Afternoon: 3 mile tempo + 3x150 fast + CH1	Morning: 4 miles + 20 squats Afternoon: HIT + 6 miles + 3x150 + PU/C	Morning: 6 miles + Plank Matrix Afternoon: 5x1000 + 2 miles + CH2	Morning: 4 miles + 20 squats Afternoon: HIT + 6 miles + PU/C	13 miles + CH3						

Soph/JV – Consistency is Key

Rest	6	Aerobic	7	Tempo	8	Aerobic	9	Vo2	10	Aerobic	11	Race	12
Rest		Morning: 5 miles + 5x20m lunges Afternoon: HIT + 8xHill Sprints + 2 miles + 50/100 PU/C	Morning: 6 miles + Plank Matrix Afternoon: 3 mile tempo + 3x150 fast + CH1	Morning: 3 miles + 20 squats Afternoon: HIT + 4 miles + 3x150 + PU/C	Morning: 6 miles + Plank Matrix Afternoon: 5x1000 + 2 miles + CH2	Morning: 3 miles + 20 squats Afternoon: HIT + 4 miles + PU/C	10-12 miles + CH3						

Frosh – Build Consistency

Rest	6	Aerobic	7	Tempo	8	Aerobic	9	Vo2	10	Aerobic	11	Race	12
Rest		Morning: 4 miles + 5x20m lunges Afternoon: HIT + 8xHill Sprints + 2 miles + 50/100 PU/C	Morning: 4 miles + Plank Matrix Afternoon: 3 mile tempo + 3x150 fast + CH1	Morning: 3 miles + 20 squats Afternoon: HIT + 3 miles + 3x150 + PU/C	Morning: 4 miles + Plank Matrix Afternoon: 4x1000 + 2 miles + CH2	Morning: 3 miles + 20 squats Afternoon: HIT + 3 miles + PU/C	8 miles + CH3						

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.