

**Workouts for Aug 3-8 – Please Read Bottom of Page**

**Varsity – Stay Consistent**

Rest	2	Tempo	3	Aerobic	4	Fartlek	5	Aerobic	6	Recovery	7	Aerobic	8
Rest		<b>Morning:</b> HIT + 3 mile tempo + 4x200 + Extra Core		<b>Morning:</b> 6 miles + CH1		<b>Morning:</b> HIT + 30 min Fartlek 2 on, 1 off + 3 miles + 100 PU, 200 SU, 20 star jumps		<b>Morning:</b> 6 miles + CH2		<b>Morning:</b> HIT + 9xHills + 3 miles + Extra Core		<b>Morning:</b> HIT + 9xHills + 3 miles + Extra Core	12 miles + CH3
		<b>Afternoon:</b> 6 miles		<b>Afternoon:</b> 4 miles		<b>Afternoon:</b> Bike or Swim		<b>Afternoon:</b> 5 miles		<b>Afternoon:</b> 4 miles recovery			

**Soph – Keep Building and Getting Stronger**

Rest	2	Tempo	3	Aerobic	4	Fartlek	5	Aerobic	6	Recovery	7	Aerobic	8
Rest		<b>Morning:</b> HIT + 3 mile tempo + 4x200 + Extra Core		<b>Morning:</b> 6 miles + CH1		<b>Morning:</b> HIT + 27 min Fartlek 2 on, 1 off + 1 mile + 100 PU, 200 SU, 20 star jumps		<b>Morning:</b> 6 miles + CH2		<b>Morning:</b> HIT + 9xHills + 2 miles + Extra Core		<b>Morning:</b> HIT + 9xHills + 2 miles + Extra Core	8-10 miles + CH3
		<b>Afternoon:</b> 3 miles		<b>Afternoon:</b> 4 miles		<b>Afternoon:</b> Bike or Swim		<b>Afternoon:</b> 4 miles		<b>Afternoon:</b> 3 miles recovery			

**Frosh – Build Consistency**

Rest	26	Aerobic	27	Aerobic	28	Aerobic	29	Aerobic	30	Aerobic	31	Aerobic	1
Rest		<b>Morning:</b> 3 miles + 20 Pushups & 40 Crunches		<b>Morning:</b> 3 miles at faster pace + 20 Pushups & 40 Crunches		<b>Morning:</b> 4 miles + 20 Pushups & 40 Crunches		<b>Morning:</b> 3 miles + 20 Pushups & 40 Crunches		<b>Morning:</b> 3 miles at faster pace + 20 Pushups & 40 Crunches		<b>Morning:</b> 3 miles at faster pace + 20 Pushups & 40 Crunches	4-5 miles

As of right now, the County of Riverside will not allow school or club sports, so we are in a holding pattern of staying fit while we wait for that restriction to be lifted. My guess is it will be a few weeks before any changes are made, so please continue to work hard and know that I will update all of our athletes as soon as we are cleared by the county to begin practice in one capacity or the other. There is movement on the State side of things towards lifting some restrictions, but we have to wait for it to trickle down to our county still.

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!