

2019 Wakefield Warriors Summer XC Workouts

WELCOME future Warrior!

If you like to run, like a challenge, want to get in the best shape of your life, want to get fit for another sport, or are just bored and need something to do then Cross Country is the sport for you!

The following summer workouts are intended to teach you pacing, while giving you a solid base with an easy progression to build on for next season. For it to make a difference you must feel refreshed. If your legs are getting tired, you need to either slow down the pace or cut the mileage. With that being said these workouts should not make you tired or feel lethargic. Drink Plenty of Fluids and make sure you are thoroughly warmed up before starting your workout.

You have the choice of Workout A or B. It's your decision as to which one you will choose to follow. **Before each daily workout you should do: a 4 lap (1 mile) warm-up, dynamic stretches/foam rolling & drills, striders, then workout A or B, 2 lap cool down, and stretch/foam rolling.** The idea is to be consistent and honest about your workouts this summer. Keep a log of everything that you do. Good luck and enjoy the summer.

***The workouts are intended to begin on June 24, 2019**

Workout A (In miles) the idea is to run 4 / 5 days a week as indicated. You can substitute Saturday for Friday etc., if your schedule or the weather will not permit you to follow the schedule below.

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 (6/24-6/28)	1mi	2mi	1mi	1mi	3mi
Week 2 (7/1-5)	2	1	2	1	3
Week 3 (7/8-12)	3	2	2	2	3+
Week 4 (7/15-19)	3+	2	3+	2	5
Week 5 (7/22-26)	4*	2	3+	2	5
Week 6 (7/29-8/2)	5	3	5	2	4!

3+ = 1 easy/1 hard/ 1 easy
 4* = 1 easy / 1 hard / 1 easy/1 hard
 4! = 1 hard / 2 easy / 1 hard

Workout B (In miles) the idea is to run 4 days a week. You may pick the days, but Monday, Wednesday, Friday plus alternating Tuesday and Thursday easy runs is good because it gives you a rest/easy day between the runs. Always try to have 1 rest day or 2 at the end of each week in summer.

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 (6/24-6/28)	1mi	1mi	1mi	0mi	2mi
Week 2 (7/1-5)	1	0	2	1	2
Week 3 (7/8-12)	2	1	2	0	2
Week 4 (7/15-19)	2	0	3	1	3
Week 5 (7/22-26)	3+	2	2	0	3+
Week 6 (7/29-8/2)	3+	0	3	2	3+

+ = 1 easy / 1 hard / 1 easy

If you successfully complete the summer workouts you will be ready for Wakefield XC!!!

The XC season will start Monday August 5, 2019 at 8:00AM. We will see you at 7:45AM on the Wakefield track. Get cleared for the season. Ms. Kigin, our athletic trainer, will be available starting Monday August 5th at 7:45AM. Call 703-228-6722 for her summer office hours. If you have any further questions please email Coach Alderton (adam.alderton@apsva.us) or Coach Giffit (giovanni.giffit@apsva.us)

GOOD LUCK XC WARRIORS.

YOUR HARD WORK THIS SUMMER WILL PAY DIVIDENDS AND LEAD YOU TO SUCCESS DURING THE XC SEASON NEXT YEAR AND BEYOND!!!