



# 2013 SVDP Cross Country

## “I RUN, therefore I am.....”



		HAVE FUN	PLAY HARD	KNOW HOW STRONG YOU ARE	STAY POSITIVE	GIVE YOURSELF A BREAK	RIDE YOUR BIKE	MOVE WITH YOUR PARENTS	
Wk #	Week Of	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	CORE Routine
2	Aug 18	REST	5walk / 15X30 sec / 30 off 5 walk (7.5/25 min)  CCC 4X5 min/60 off (24 min)	REST	5 walk / 10X30 sec / 30 off 5X1 min / 60 off 5 walk (10/30 min)  CCC 6X5 min/ 60 off (36 min)	5 walk / 5X30 sec / 30 off 5X1 min/60 off 5X30 sec / 30 off 5 walk (15/30 min)  CCC 5X5 min / 60 off (30 min)	REST	5 walk / 8X1 min / 60 off 5X2 min / 60 off 5 walk (18/23 min)  CCC 3X7 min / 60 off (24 min)	2X(8 push-up, 20 sec plank/abd) **10 min of Core - your choice*
1	Aug 25	REST	5 walk / 5X1 min / 60 off 5X2 min / 60 off 5 walk (15/35 min)  CCC 4X6 min/60 off (28 min)	5 walk / 5X2 min / 60 sec 3X3 min / 60 sec 5 walk (16/34 min)  CCC 5X6 min / 60 off (35 min)	REST	5 walk / 4X2 min / 60 sec 4X3 min / 60 sec 5 walk (20/38 min)  CCC 6X3 min / 60 off (18 min)	REST	5 walk / 4X3 min / 60 sec 3X4 min / 60 sec 5 walk (21/38 min)  CCC 3X8 min / 60 off (27 min)	2X(9 push-up, 25 sec plank/abd **10 min of core - your choice**
TEAM PRACTICE BEGINS	Sept 1	REST	LAST DAY OF SUMMER!!!!!! RUN FOR FUN	FIRST PRACTICE on FIRST DAY OF SCHOOL 2-3:30	PRACTICE at SVDP 4:45-6:30PM  **PARENT MEETING, 6:30 SVDP GYM***	REST	Practice at SVDP 2-3:30	REST	2X(10 push-up, 30 sec plank/abd) **10 min of core - COACHES CHOICE!

KEY: 2X1 min/ 30 off = 1 min jogging followed by 30 seconds walking and repeat 2 times.  
 4X5 min/ 60 off = 5 min jogging followed by 60 seconds walking and repeat 4 times  
 CCC = ANYONE who participated in the summer cross country camp should do this workout.

**ALL OF THESE WORKOUTS SHOULD BE AT A JOGGING PACE; JOGGING =** pace that you are able to talk in complete sentences.