

Oct/November 2016 Deer Valley Cross Country

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>23 Rest Day – All groups Roll out, stretch, hydrate</p>	<p>24 All 15:00 WU 3x1000m @97%VO2max Equal rest A: 2 mile CD B/C: 1 mile CD Strides (3), Core <i>VO2max</i></p>	<p>25 All 15:00 WU 3x300m @.75max400 10:00 recovery On the track A/B: 2 mile CD C: 1 mile CD Core <i>SE1</i></p>	<p>26 A: 5 miles B: 4 miles C: 4 miles Strides, Core RR</p>	<p>27 (Half Day) A: 4 miles B: 3 miles C: 3 miles Strides in flats/Core RR</p>	<p>28 (Half Day) Sectional @ Rose Mofford Park 2/3/2 2/3/2 2/3/1</p>	<p>29 A: 8 miles B: 7 miles C: 6 miles 5x150 strides (self selected pace) Core</p>
<p>30 Rest Day – All groups</p>	<p>31 All 15:00 WU 5x400m @75% 400 max (4:00 recovery) A/B: 2 mile CD C: 1 mile CD Core <i>Extensive Tempo</i></p>	<p>1 A: 6 miles B: 5 miles C: 4 miles</p>	<p>2 Varsity: 2 mile warmup 2 x 600m @ 98% max 16:00 recovery A-C: 1 mile CD Core <i>SE2</i></p>	<p>3 A: 5 miles B: 4 miles C: 4 miles Strides/Core</p>	<p>4 (Half Day) A: 4 miles B: 3 miles C: 3 miles Strides in racing flats</p>	<p>5 State Meet @ Cave Creek GC 2/3/1 2/3/1 2/3/1</p>
<p>12 Rest Day – All Groups</p>						<p>12 All 15:00 WU 4x500m @75% max 10:00 recovery Rest 10:00-12:00 A: 2 mile CD B: 2 mile CD C: 1 mile CD</p>
<p>13 Rest Day – All Groups</p>						<p>13 Nike Cross Southwest West</p>