

June 2017 DV Cross Country

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29 On your own A: 7 miles B: 5 miles C: 3 miles + Cardio	30 A: 6 miles B: 4 miles C: 2 miles + Cardio MS: 20:00 run + 20 cardio Drills, Core	31 All 15:00 WU Ultimate Frisbee All 10:00 CD (or 1 mile) Drills, Core	1 A: 5 miles B: 3 miles C: 2 miles + Cardio MS: 20:00 run + 20 cardio Drills, Core	2 Rest Day	3 A: 7 miles B: 5 miles C: 4 ;miles MS: 30:00 run Strides, Drills, Core
4 Rest Day	5 A: 6 miles B: 4 miles C: 3 miles + Cardio MS: 22:00 run + 20 cardio Drills, Core	6 A: 7 miles B: 5 miles C: 3 miles + Cardio MS: 20:00 run + 25cardio Strides, Core	7 A: 5 miles B: 4 miles C: 4 miles MS: 25:00 run Drills/Core	8 All 15:00 WU 6 x hills (jog recovery) A: 2 mile CD B/C: 1 mile CD	9 Rest Day	10 A: 8 miles B: 6 miles C: 4 ;miles MS: 30:00 run Drills, Strides, Core
11 Rest Day	12 A: 6 miles B: 4 miles C: 3 miles + Cardio MS: 22:00 run + 20 cardio Drills, Plyometrics, Core	13 All 15:00 WU 6 x flying 30s w/400 jog (3:00 rec) All: 2 mile run MS: 10:00 run Strides, Core	14 A: 6 miles B: 5 miles C: 3 miles MS: 20:00 run Drills, Plyometrics, Core	15 All 15:00 WU 3200 meter time trial A: 3 mile run B: 2 miles C: 1 miles Strides, Core	16 On your own A: 5 miles B: 3 miles C: 2 miles+Cardio MS: Rest Day	17 A: 9 miles B: 7 miles C: 5 miles MS: 30:00 run Drills, Strides, Core
18 Rest Day	19 HIIT (2:00/:10/:20) All 15:00 WU Ultimate A: 2 mile run B/C: 1 mile run Drills, Plyometrics, Core	20 All 15:00 WU A/B: 4 mile TR@80%Vo2 C: 2 mile TR@80%Vo2 MS: 15:00 TR@80% VO2 All: 1 mile CD run Strides, Core	21 HIIT (2:00/:10/:20) A: 7 miles B: 5 miles C: 3 miles + Cardio MS: 20:00 run + 20 cardio Drills, Plyometrics, Core	22 All 15:00 WU 8 x hills (jog recovery) A/B: 2 mile CD C: 1 mile CD	23 On your own A: 5 miles B: 4 miles C: 2 miles+Cardio MS: Rest Day	24 A: 10 miles B: 8 miles C: 6 miles MS: 40:00 run Drills, Strides, Core
25 Rest Day	26 HIIT (2:00/:10/:20) A: 6 miles B: 5 miles C: 3 miles MS: 25:00 run Drills, Plyometrics, Core	27 All 15:00 WU A/B: 5 mile TR@85%Vo2 C: 3 mile TR@85%Vo2 MS: 20:00 TR@85%VO2 All: 1 mile CD run Strides, Core	28 HIIT (2:00/:10/:20) A: 6 miles B: 4 miles C: 3 miles + Cardio MS: 25:00 run + 20 cardio Drills, Plyometrics, Core	29 All 15:00 WU 8 x flying 30s w/400 jog (3:00 recovery) All: 2 mile run MS: 10:00 run Strides, Core	30 On Your Own A: 4 miles B: 3 miles C: 2 miles + Cardio MS: Rest Day	1 A: 11 miles B: 9 miles C: 6 miles MS: 45:00 run Drills, Strides, Core