

## Drexel Cross Country 2020 Summer Workout Schedule

<u><i>Week</i></u>	<u><i>Date</i></u>	<u><i>Day</i></u>	<u><i>Workout</i></u>
Week 1	June 1	Monday	5 min run/1 min walk for 20 minutes (fast)
	June 2	Tuesday	1.5 mile run (medium)
	June 3	Wednesday	Off
	June 4	Thursday	1.5 mile run/ run ½ mile walk 2 minutes till you reach 1.5 miles (fast)
	June 5	Friday	2 mile run (slow/medium)
	June 6	Saturday	Off
	June 7	Sunday	2 mile run (medium)
Week 2	June 8	Monday	5 min run/1 min walk for 20 minutes (fast)
	June 9	Tuesday	1.5 mile run (medium)
	June 10	Wednesday	Off
	June 11	Thursday	1.5 mile run/ run ½ mile walk 2 minutes till you reach 1.5 miles (fast)
	June 12	Friday	2 mile run (slow/medium)
	June 13	Saturday	Off
	June 14	Sunday	2 mile run (medium)
Week 3	June 15	Monday	5 min run/1 min walk for 20 minutes (fast)
	June 16	Tuesday	1.5 mile run (medium)
	June 17	Wednesday	Off
	June 18	Thursday	1.5 mile run/ run ½ mile walk 2 minutes till you reach 1.5 miles (fast)
	June 19	Friday	2 mile run (slow/medium)
	June 20	Saturday	Off
	June 21	Sunday	2 mile run (medium)
Week 4	June 22	Monday	5 min run/1 min walk for 30 minutes (fast)
	June 23	Tuesday	2 mile run (medium)
	June 24	Wednesday	Off
	June 25	Thursday	2 mile run/ run ½ mile walk 2 minutes till you reach 2 miles (fast)
	June 26	Friday	2.5 mile run (slow/medium)
	June 27	Saturday	Off
	June 28	Sunday	2.5 mile run (medium)

<b><u>Week</u></b>	<b><u>Date</u></b>	<b><u>Day</u></b>	<b><u>Workout</u></b>
Week 5	June 29	Monday	5 min run/1 min walk for 30 minutes (fast)
	June 30	Tuesday	2 mile run (medium)
	July 1	Wednesday	2 mile run/ run ½ mile walk 2 minutes till you reach 2 miles (fast)
	July 2	Thursday	Off
	July 3	Friday	2.5 mile run (slow/medium)
	July 4	Saturday	Off
	July 5	Sunday	5 min run/1 min walk for 30 minutes (fast)
Week 6	July 6	Monday	Off
	July 7	Tuesday	2 mile run (medium)
	July 8	Wednesday	Off
	July 9	Thursday	2 mile run/ run ½ mile walk 2 minutes till you reach 2 miles (fast)
	July 10	Friday	2.5 mile run (slow/medium)
	July 11	Saturday	Off
	July 12	Sunday	2.5 mile run (medium)
Week 7	July 13	Monday	7 min run/2 min walk for 30 minutes (fast)
	July 14	Tuesday	2.5 mile run (medium)
	July 15	Wednesday	Off
	July 16	Thursday	2.5 mile run/ run 1 mile walk 2 minutes till you reach 2.5 miles (fast)
	July 17	Friday	3 mile run (slow/medium)
	July 18	Saturday	Off
	July 19	Sunday	3 mile run (medium)
Week 8	July 20	Monday	7 min run/2 min walk for 30 minutes (fast)
	July 21	Tuesday	2.5 mile run (medium)
	July 22	Wednesday	Off
	July 23	Thursday	2.5 mile run/ run ½ mile walk 2 minutes till you reach 1.5 miles (fast)
	July 24	Friday	3 mile run (slow/medium)
	July 25	Saturday	Off
	July 26	Sunday	3 mile run (medium)

<i><b>Week</b></i>	<i><b>Date</b></i>	<i><b>Day</b></i>	<i><b>Workout</b></i>
Week 9	July 27	Monday	7 min run/2 min walk for 30 minutes (fast)
	July 28	Tuesday	2.5 mile run (medium)
	July 29	Wednesday	Off
	July 30	Thursday	2.5 mile run/run ½ mile walk 2 minutes till you reach 1.5 miles (fast)
	July 31	Friday	3 mile run (slow/medium)
	Aug. 1	Saturday	Off
	Aug. 2	Sunday	3 mile run (medium)
			<b>JH Only run Aug. 3-9</b>
			<b>HS you are off until Aug. 10</b>
	Aug. 3	Monday	7 min run/2 min walk for 30 mins (fast)
	Aug. 4	Tuesday	2.5 mile run (medium)
	Aug. 5	Wednesday	Off
	Aug. 6	Thursday	2.5 mile run, run ½ mile, walk 2 minutes till you reach 1.5 miles (fast)
	Aug. 7	Friday	3 mile run (slow/medium)
	Aug. 8	Saturday	Off
	Aug. 9	Sunday	3 mile run (slow/medium)

**Pace Guide:**

<i><b>Pace</b></i>	<i><b>Boys</b></i>	<i><b>Girls</b></i>
Slow/Medium	8:00-8:15 min mile	8:00-8:30 min mile
Medium	7:00-7:30 min mile	7:30- 8:00 min mile
Fast	6:00-6:30 min mile	7:00-7:30 min mile

- **Practice will start August 10th HS at 6:00 p.m. at the golf course. JH will start on August 17th at the golf course at 6:00 p.m.**