



<b>PRESEASON XC 2017</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WED/FRI/SUN</b>	<b>THURSDAY</b>	<b>SATURDAY</b>
<b>WARM UP</b>	<b>.5 MILE JOG</b> STATIC STRETCH 10 COUNT LEG SWINGS	<b>.5 MILE JOG</b> STATIC STRETCH 10 COUNT LEG SWINGS	<b>REST</b> HYDRATE STRETCH ICE WHAT HURTS	<b>.5 MILE JOG</b> STATIC STRETCH 10 COUNT LEG SWINGS	<b>.5 MILE JOG</b> STATIC STRETCH 10 COUNT LEG SWINGS
<b>BEGINNER</b> ~ <b>ALL 5<sup>TH</sup> GRADERS &amp; NEW TEAM MEMBERS</b>	<b>1 MILE OF</b> RUN 2 MINUTES WALK 1 MINUTE REPEAT	<b>1.5 MILE</b> LONG RUN NO WALKING PACE YOURSELF	<b>REST</b> HYDRATE STRETCH ICE WHAT HURTS	<b>1 MILE AT YOUR OWN PACE THEN</b> RUN 4 MINUTES JOG 4 MINUTE REPEAT X 2 FOR 16 MIN TOTAL	<b>20 MINUTE RUN</b> PICK A PACE NO WALKING
<b>INTERMEDIATE</b> ~ <b>RETURNING 6<sup>TH</sup>-8<sup>TH</sup> GRADERS</b>	<b>1.5 MILE OF</b> RUN 2 MINUTES WALK 1 MINUTE REPEAT	<b>2 MILES</b> LONG RUN NO WALKING PACE YOURSELF	<b>REST</b> HYDRATE STRETCH ICE WHAT HURTS	<b>1.5 MILE AT YOUR OWN PACE THEN</b> RUN 4 MINUTES JOG 4 MINUTE REPEAT X 3 FOR 24 MIN TOTAL	<b>30 MINUTE RUN</b> PICK A PACE NO WALKING
<b>CORE</b>	<b>20 COUNT EACH:</b> CRUNCHES BICYCLES QUALITY PUSH-UPS 3 PLANKS-30 SEC EA	<b>20 COUNT EACH:</b> CRUNCHES BICYCLES QUALITY PUSH-UPS 3 PLANKS-30 SEC EA	<b>REST</b> HYDRATE STRETCH ICE WHAT HURTS	<b>20 COUNT EACH:</b> CRUNCHES BICYCLES QUALITY PUSH-UPS 3 PLANKS-30 SEC EA	<b>20 COUNT EACH:</b> CRUNCHES BICYCLES QUALITY PUSH-UPS 3 PLANKS-30 SEC EA
<b>GO CRUSADERS!</b>	<b>DRINK WATER!</b>	<b>ICE WHAT HURTS!</b>	<b>HAVE FUN!</b>	<b>BE SAFE!</b>	<b>GO CRUSADERS!</b>

- CHOOSE EITHER BEGINNER OR INTERMEDIATE -
- REST WEDNESDAYS, FRIDAYS AND SUNDAYS -
- USE FOR 7/24/17 – 8/4/17 -



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