

## 2022 Cross Country Summer Workout

Below is a sample workout to help prepare for the **XC Season Start (Monday, August 1 at Davis)**. Use this as a guide and *adjust as needed*. The numbers below represent the mileage per day if you are working out on your own. The left number is for novice runners...the right number is for advanced runners. If it is possible to reach the distance non-stop, great! Breaks are fine as long as the running is performed at the appropriate pace/intensity level (slow, moderate or fast).

Find a running partner! Run in the morning or evening to avoid the heat and humidity of the day. Run different routes to break up the routine.

**OPTIONAL**, group workouts will be held **AT DUBLIN SCIOTO HIGH SCHOOL every Monday & Friday MORNINGS from 8:00-9:15 am, and Wednesday EVENINGS 7:00pm BEGINNING June 13** (unless otherwise stated). If storms are in the forecast, make your own judgment on whether to attend or not. Meet at the path to the stadium in the student parking lot. Schedule is subject to change (sign up for Remind using the # below to receive announcements). Bring plenty of water and good running shoes!!

Week	Sunday Slow Pace	Monday Moderate Pace	Tuesday Rest	Wednesday Fast Pace	Thursday Moderate Pace	Friday Slow-Mod Pace	Saturday Rest
5/29-6/4	14 mins	1 mi / 3 mi Novice / Advanced	Rest	1 mi / 2 mi	1 mi / 2 mi	1 mi / 3 mi	Rest
6/5-6/11	16 mins	1 mi / 3 mi	Rest	1 mi / 2 mi	1 mi / 2 mi	2 mi / 4 mi	Rest
6/12-6/18	18 mins	Workout DSHS 2 mi / 4 mi	Rest	Workout DSHS 1 mi / 2 mi	1 mi / 2 mi	Workout DSHS 2 mi / 4 mi	Rest
6/19-6/25	20 mins	Workout DSHS 2 mi / 4 mi	Rest	Workout DSHS 1.5 mi / 2.5 mi	1 mi / 2 mi	Workout DSHS 2.5 mi / 4.5 mi	Rest
6/26-7/2	22 mins	Workout DSHS 2.5 mi / 4.5 mi	Rest	Workout DSHS 1.5 mi / 2.5 mi	1 mi / 2 mi	Workout DSHS 2.5 mi / 4.5 mi	Rest
7/3-7/9	24 mins	No Group Workout 2.5 mi / 4.5 mi	Rest	No Group Workout 1.5 mi / 2.5 mi	1 mi / 2 mi	No Group Workout 3 mi / 5 mi	Rest
7/10-7/16	26 mins	Workout DSHS 3 mi / 5 mi	Rest	Workout DSHS 2 mi / 3 mi	1 mi / 2 mi	Workout DSHS 3 mi / 5 mi	Rest
7/17-7/23	28 mins	Workout DSHS 3 mi / 5 mi	Rest	Workout DSHS 2 mi / 3 mi	1.5 mi / 2.5 mi	Workout DSHS 3.5 mi / 5.5 mi	Rest
7/24-7/30	30 mins	Workout DSHS 3.5 mi / 5.5 mi	Rest	Workout DSHS 2 mi / 3 mi	1.5 mi / 2.5 mi	Workout DSHS 3.5 mi / 5.5 mi	Rest

**You MUST have an updated physical on file before you are allowed to attend practice!!**

Contact Coach Vanell (vanell\_sarah@dublinschools.net) for more information.

Team Website: <https://sites.google.com/dublinschools.net/davisxc>

**Text @davisxc to 81010 to enroll in Remind to receive updates and announcements.**

