XC

Workout Schedule

August 2021

Coach Burns 518-209-2871 **Location: Behind Middle School—Grass Soccer Field**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1.	2. 6:00 arrival 6:30 RUN Tawasentha Park 3.1 Cross Country Course	3. 1:45 or 6:00 **Will BE Announce that day**	4. 4-6 Miles Tempo Pace (75%-80%)	5. 1:45 or 6:00 **Will BE Announce that day**	6. Long run/slow Beginners- 40-45 mins Advance- 60-65 Mins	7. 8:00
8. REST	9 6:00 arrival 6:30 RUN Tawasentha Park 3.1 Cross Country Course	10. 5- 6 Miles Slow	11. 1:45 6:00 **Will BE Announce that day**	12. 1:45 or 6:00 **Will BE Announce that day**	13. Easy 4 Miles	14. 8:00
15. REST	16. 6:00 arrival 6:30 RUN Tawasentha Park 3.1 Cross Country Course	17. 1:45 or 6:00 **Will BE Announce that day**	18. 1:45 or 6:00 **Will BE Announce that day**	19. 1:4 5or 6:00 **Will BE Announce that day**	20. REST	21. 8:00
22. REST	23. 8:00 First day of Fall Sports Practice	24. 8:00	25. 8:00	26. 8:00	27. 8:00	28. 8:00
29. REST	30. 8:00	31. 8:00				