

SUMMER RUNNING PROGRAM MASON COUNTY CROSS COUNTRY

BEGINNERS SCHEDULE:

MINIMUM SCHEDULE FOR THOSE WITH LITTLE PAST RUNNING EXPERIENCE OR WHO HAVE NOT DONE A SPRING SPORT

	Sun	Mon	Tues	Wed	Thur	Fri	Sat
6/28-7/4	rest	15-20 min run	rest	15-20 min run	15-20 min run	rest	rest
7/5 - 11	rest	15-20 min run	rest	15-20 min run	15-20 min run	rest	rest
7/12-18	rest	20-25 min run	rest	20 min run	20 min run	rest	rest
7/19-25	rest	1st Practice 7:30 am	rest	practice	practice	rest	practice

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GROUP A - SCHEDULE:

MINIMUM SCHEDULE FOR MS AND FRESHMEN WHO DID A SPRING SPORT AND MAINTAINED A LEVEL OF CONDITIONING

	Sun	Mon	Tues	Wed	Thur	Fri	Sat
6/28-7/4	25 min run	rest	25 min run	30 min run	30 min run	rest	30 min run
7/5 - 11	30 min run	rest	30 min run	35 min run	30 min run	rest	35 min run
7/12-18	30 min run	35 min run	30 min run	35 min run	rest	30 min run	rest
7/19-25	40 min run	1ST OFFICIAL PRACTICE - MS & HS	rest	practice	practice	rest	practice

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GROUP B - SCHEDULE:

MINIMUM SCHEDULE FOR SOPHMORE THRU SENIOR ATHLETES WITH A DISTANCE BACKGROUND AND ASPIRATIONS TO CONTRIBUTE AT VARSITY LE

	Sun	Mon	Tues	Wed	Thur	Fri	Sat
6/28-7/4	40 min run	35 min run	35 min run	35 min run	rest	rest	40 min run
7/5 - 11	30 min run	35 min run	45 min run	45 min run	35 min run	rest	40 min run
7/12-18	40 min run	35 min run	45 min run	50 min run	45 min run	rest	45 min run
7/19-25	40 min run	1ST OFFICIAL PRACTICE - MS & HS	rest	practice	practice	rest	practice

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GROUP C - GIRLS SCHEDULE:

MINIMUM SCHEDULE FOR SOPHMORE THRU SENIOR GIRLS WITH DISTANCE BACKGROUND AND CHAMPIONSHIP ASPIRATIONS

	Sun	Mon	Tues	Wed	Thur	Fri	Sat
6/28-7/4	40 min run	35 min run	45 min run	45 min run	45 min run	rest	35 min run
7/5 - 11	50 min run	45 min run	50 min run	45 min run	45 min run	rest	50 min run
7/12-18	60 min run	50 min run	45 min run	50 min run	50 min run	rest	45 min run
7/19-25	60 min run	1ST OFFICIAL PRACTICE - MS & HS	rest	practice	practice	rest	practice

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