

CHARLOTTESVILLE CROSS COUNTRY SUMMER TRAINING

Beginner (Boys and Girls)

Cycle 1	Week 1 May 30-June 5	Week 2 June 6-12	Week 3 June 13-19
Mon.	1 run	1 run	1 run
Tues.	1 run+ strength training	1 run+ strength training	1 run + strength training
Wed.	off	off	1 run or off
Thurs.	1 run + strength training	1 run + strength training	1 run + strength training
Fri.	1 run or off	1 run	1 run
Sat.	1 run	1 run	1 run
Sun.	off	off	off
Total	10-20 miles	15-25 miles	20-30 miles

Cycle 2	Week 4 June 20-26	Week 5 June 27-July 3	Week 6 July 4-10
Mon.	1 run	1 run	1 run
Tues.	1 run+ strength training	1 run + strength training	1 run + strength training
Wed.	off	1 run or off	1 run
Thurs.	1 run + strength training	1 run + strength training	1 run + strength training
Fri.	1 run	1 run	1 run
Sat.	1 run	1 run (long 5+)	1 run (long 6+)
Sun.	off	off	off
Total	15-25 miles	20-30 miles	25-35 miles

Cycle 3	Week 7 July 11-17	Week 8 July 18-24	Week 9 July 25-July 31
Mon.	1 run	1 run	1 run
Tues.	1 run + strength training	1 run + strength training	1 run + strength training
Wed.	1 run or off	1 run	1 run
Thurs.	1 run + strength training	1 run + strength training	1 run + strength training
Fri.	1 run	1 run	1 run
Sat.	1 run (long 6+)	1 run (long 7+)	1 run (long 7+)
Sun.	off	off	off
Total	20-30 miles	25-35 miles	30-40 miles

Summer running sessions will begin on Monday, June 20, and will continue through Friday, July 29. Summer meeting times and locations will be as follows:

- Monday and Friday mornings @ UVa Track (8:00-9:00 A.M.)
- Tuesday and Thursday mornings @ UVa Track (8:00-9:20 A.M.)
- Wednesday mornings @ various locations—Walnut Creek, Ridge Road, Sugar Hollow, etc. (8:00-approx. 10:30 A.M.) (meet @ UVa Track or at location)

Strength training consists of various crunch exercises, push-ups, front plank, side plank, dips, etc.

All runners who are in town are expected to come to these training sessions. Do your best to schedule around these meetings.

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Returnees (Girls)

Cycle 1	Week 1 May 30-June 5	Week 2 June 6-12	Week 3 June 13-19
Mon. Tues. Wed. Thurs. Fri. Sat. Sun.	5-6 runs 2 days strength training 1-2 day(s) off	5-6 runs 2 days strength training 1 day off	6 runs 2 days strength training 1 day off
Total	22-28 miles	26-31 miles	29-34 miles

Cycle 2	Week 4 June 20-26	Week 5 June 27-July 3	Week 6 July 4-10
Mon. Tues. Wed. Thurs. Fri. Sat. Sun.	5-6 runs 2 days strength training 1 day off	6 runs (1 long 6-7) 2-3 days strength training 1 day off	6 runs (1 long 6-7) 2-3 days strength training 1 day off
Total	28-32 miles	30-35 miles	33-38 miles

Cycle 3	Week 7 July 11-17	Week 8 July 18-24	Week 9 July 5-July 31
Mon. Tues. Wed. Thurs. Fri. Sat. Sun.	6 runs (1 long 7-8) 2-3 days strength training 1 day off	6 runs (1 long 7-8) 3 days strength training 1 day off	6 runs (1 long 7-8) 3 days strength training 1 day off
Total	32-36 miles	33-40 miles	36-44 miles

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CHARLOTTESVILLE CROSS COUNTRY SUMMER TRAINING

Returnees (Boys)

Cycle 1	Week 1 May 30-June 5	Week 2 June 6-12	Week 3 June 13-19
Mon. Tues. Wed. Thurs. Fri. Sat. Sun.	5-6 runs 2 days strength training 1-2 day(s) off	5-6 runs 2 days strength training 1 day off	6 runs 2 days strength training 1 day off
Total	25-40 miles	30-44 miles	33-48 miles

Cycle 2	Week 4 June 20-26	Week 5 June 27-July 3	Week 6 July 4-10
Mon. Tues. Wed. Thurs. Fri. Sat. Sun.	5-6 runs (1 long 8-10) 2 days strength training 1 day off	6 runs (1 long 9-11) 2-3 days strength training 1 day off	6 runs (1 long 9-11) 2-3 days strength training 1 day off
Total	32-45 miles	36-48 miles	40-52 miles

Cycle 3	Week 7 July 11-17	Week 8 July 18-24	Week 9 July 5-July 31
Mon. Tues. Wed. Thurs. Fri. Sat. Sun.	6 runs (1 long 9-11) 2-3 days strength training 1 day off	6 runs (1 long 10-12) 3 days strength training	6 runs (1 long 10-12) 3 days strength training
Total	38-50 miles	40-54 miles	44-58 miles

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