

## **Southland Cross Country Workouts August 12-18, 2013**

Monday simulated meet – JV races first, followed by varsity. All athletes do 1 mile cooldown run, Varsity 8 strides, JV 6 strides

Tuesday rest (easy day) 30 to 40 minute run, Varsity may do up to 60 minutes easy, with 10 strides for the advanced group and 6 strides for the beginner group

Wednesday speed work 3 x 300 + 8 strides + 3 x 300 1 mile cool down advanced group (Varsity)  
2 x 300 + 6 strides + 2 x 300 1 mile cool down beginner group (JV)

Thursday Varsity runs one college loop easy, then 10 strides, then agilities, then lunch (pizza)  
JV runs one JV Loop easy, then 6 strides, then agilities, then lunch (pizza)

Friday rest (easy day) walk through course segments, then 8 strides for all runners, then agilities

Saturday Aug 17 Kickoff Invitational – all runners arrive at school no later than 8 am  
Varsity Girls race first, then Varsity Boys, then JV Girls, then JV Boys

Sunday Aug 18 rest (easy day) 30 to 40 minute run, Varsity may do up to 60 minutes easy, with 10 strides for the advanced group and 6 strides for the beginner group