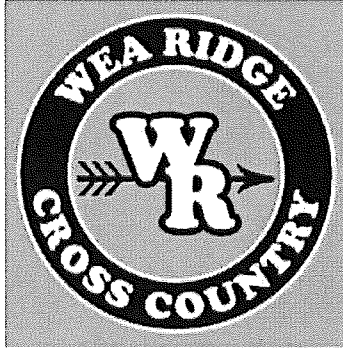


# **WEA RIDGE XC SUMMER WORKOUT PLAN**



**Please use this packet if you are interested in  
running Husky Cross Country next fall.**

**Hold yourself accountable. The better shape you  
get yourself in, the better runner you will be in  
August.**

**COACH COX**

# June 2023

## WEA RIDGE XC SUMMER WORKOUT PLAN

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31	1	2	3
4 REST & RECOVER 30 MIN. CONDITIONING RUN	5 7 MINUTE WORKOUT 8 X 1 HILL REPEATS 4 X 100 YDS KICK (BEAT YOUR OWN PERSONAL RECORD EACH DAY...)	6 7 MINUTE WORKOUT 8 X 1 HILL REPEATS 4 X 100 YDS KICK (BEAT YOUR OWN PERSONAL RECORD EACH DAY...)	7 30 MIN. CONDITIONING RUN	8 7 MINUTE WORKOUT 8 X 1 HILL REPEATS 4 X 100 YDS KICK (BEAT YOUR OWN PERSONAL RECORD EACH DAY...)	9 REST & RECOVER	10 3 MILE RUN @ RACE PACE
11 REST & RECOVER 30 MIN. CONDITIONING RUN	12 7 MINUTE WORKOUT 8 X 1 HILL REPEATS 4 X 100 YDS KICK (BEAT YOUR OWN PERSONAL RECORD EACH DAY...)	13 7 MINUTE WORKOUT 8 X 1 HILL REPEATS 4 X 100 YDS KICK (BEAT YOUR OWN PERSONAL RECORD EACH DAY...)	14 30 MIN. CONDITIONING RUN	15 7 MINUTE WORKOUT 8 X 1 HILL REPEATS 4 X 100 YDS KICK (BEAT YOUR OWN PERSONAL RECORD EACH DAY...)	16 REST & RECOVER	17 3 MILE RUN @ RACE PACE
18 REST & RECOVER 30 MIN. CONDITIONING RUN	19 7 MINUTE WORKOUT 8 X 1 HILL REPEATS 4 X 100 YDS KICK (BEAT YOUR OWN PERSONAL RECORD EACH DAY...)	20 7 MINUTE WORKOUT 8 X 1 HILL REPEATS 4 X 100 YDS KICK (BEAT YOUR OWN PERSONAL RECORD EACH DAY...)	21 30 MIN. CONDITIONING RUN	22 7 MINUTE WORKOUT 8 X 1 HILL REPEATS 4 X 100 YDS KICK (BEAT YOUR OWN PERSONAL RECORD EACH DAY...)	23 REST & RECOVER	24 3 MILE RUN @ RACE PACE
25 REST & RECOVER 30 MIN. CONDITIONING RUN	26 7 MINUTE WORKOUT 8 X 1 HILL REPEATS 4 X 100 YDS KICK (BEAT YOUR OWN PERSONAL RECORD EACH DAY...) NOTES:	27 7 MINUTE WORKOUT 8 X 1 HILL REPEATS 4 X 100 YDS KICK (BEAT YOUR OWN PERSONAL RECORD EACH DAY...)	28 30 MIN. CONDITIONING RUN	29 7 MINUTE WORKOUT 8 X 1 HILL REPEATS 4 X 100 YDS KICK (BEAT YOUR OWN PERSONAL RECORD EACH DAY...)	30 REST & RECOVER	1
2	3	DO WORKOUTS IN THE MORNING AS SOON AS YOU GET UP. REPLACE POP AND JUICE WITH WATER OR TEA.				

# July 2023

## WEA RIDGE XC SUMMER WORKOUT PLAN

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
25	26	27	28	29	30	1 4 MILE RUN @ RACE PACE
2 REST & RECOVER	3 35 MIN. DISTANCE RUN WITH SURGES (RUN FOR 2 MIN. SURGE FOR 15 SEC.)	4 7 MINUTE WORKOUT 8 X 1 HILL REPEATS 4 X 100 YDS KICK (BEAT YOUR OWN PERSONAL RECORD EACH DAY..)	5 35 MIN. DISTANCE RUN WITH SURGES (RUN FOR 2 MIN. SURGE FOR 15 SEC.)	6 7 MINUTE WORKOUT 8 X 1 HILL REPEATS 4 X 100 YDS KICK (BEAT YOUR OWN PERSONAL RECORD EACH DAY..)	7 REST & RECOVER	8 4 MILE RUN @ RACE PACE
9 REST & RECOVER	10 35 MIN. DISTANCE RUN WITH SURGES (RUN FOR 2 MIN. SURGE FOR 15 SEC.)	11 7 MINUTE WORKOUT 8 X 1 HILL REPEATS 4 X 100 YDS KICK (BEAT YOUR OWN PERSONAL RECORD EACH DAY..)	12 35 MIN. DISTANCE RUN WITH SURGES (RUN FOR 2 MIN. SURGE FOR 15 SEC.)	13 7 MINUTE WORKOUT 8 X 1 HILL REPEATS 4 X 100 YDS KICK (BEAT YOUR OWN PERSONAL RECORD EACH DAY..)	14 REST & RECOVER	15 4 MILE RUN @ RACE PACE
16 REST & RECOVER	17 35 MIN. DISTANCE RUN WITH SURGES (RUN FOR 2 MIN. SURGE FOR 15 SEC.)	18 7 MINUTE WORKOUT 8 X 1 HILL REPEATS 4 X 100 YDS KICK (BEAT YOUR OWN PERSONAL RECORD EACH DAY..)	19 35 MIN. DISTANCE RUN WITH SURGES (RUN FOR 2 MIN. SURGE FOR 15 SEC.)	20 7 MINUTE WORKOUT 8 X 1 HILL REPEATS 4 X 100 YDS KICK (BEAT YOUR OWN PERSONAL RECORD EACH DAY..)	21 REST & RECOVER	22 4 MILE RUN @ RACE PACE
23 REST & RECOVER	24 35 MIN. DISTANCE RUN WITH SURGES (RUN FOR 2 MIN. SURGE FOR 15 SEC.)	25 7 MINUTE WORKOUT 8 X 1 HILL REPEATS 4 X 100 YDS KICK (BEAT YOUR OWN PERSONAL RECORD EACH DAY..)	26 35 MIN. DISTANCE RUN WITH SURGES (RUN FOR 2 MIN. SURGE FOR 15 SEC.)	27 7 MINUTE WORKOUT 8 X 1 HILL REPEATS 4 X 100 YDS KICK (BEAT YOUR OWN PERSONAL RECORD EACH DAY..)	28 REST & RECOVER	29 4 MILE RUN @ RACE PACE
30 REST & RECOVER	31 35 MIN. DISTANCE RUN WITH SURGES (RUN FOR 2 MIN. SURGE FOR 15 SEC.)	NOTES CONTINUE TO RUN IN THE MORNINGS WHEN IT IS COOLER. KEEP YOR WATER INTAKE HIGH TO KEEP FROM DEHYDRATION AND CRAMPING.				

August 2023

WEA RIDGE XC SUMMER WORKOUT PLAN

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31	1 7 MINUTE WORKOUT 8 X 1 HILL REPEATS 4 X 100 YDS KICK (BEAT YOUR OWN PERSONAL RECORD EACH DAY...)	2 35 MIN. DISTANCE RUN WITH SURGES (RUN FOR 2 MIN. SURGE FOR 15 SEC.)	3 7 MINUTE WORKOUT 8 X 1 HILL REPEATS 4 X 100 YDS KICK (BEAT YOUR OWN PERSONAL RECORD EACH DAY...)	4 REST & RECOVER	5 4 MILE RUN @ RACE PACE
6 REST & RECOVER	7 35 MIN. DISTANCE RUN WITH SURGES (RUN FOR 2 MIN. SURGE FOR 15 SEC.)	8 7 MINUTE WORKOUT 8 X 1 HILL REPEATS 4 X 100 YDS KICK (BEAT YOUR OWN PERSONAL RECORD EACH DAY...)	9 35 MIN. DISTANCE RUN WITH SURGES (RUN FOR 2 MIN. SURGE FOR 15 SEC.)	10 7 MINUTE WORKOUT 8 X 1 HILL REPEATS 4 X 100 YDS KICK (BEAT YOUR OWN PERSONAL RECORD EACH DAY...)	11 REST & RECOVER	12 4 MILE RUN @ RACE PACE
13 REST & RECOVER	14 35 MIN. DISTANCE RUN WITH SURGES (RUN FOR 2 MIN. SURGE FOR 15 SEC.)	15 7 MINUTE WORKOUT 8 X 1 HILL REPEATS 4 X 100 YDS KICK (BEAT YOUR OWN PERSONAL RECORD EACH DAY...)	16 35 MIN. DISTANCE RUN WITH SURGES (RUN FOR 2 MIN. SURGE FOR 15 SEC.)	17 7 MINUTE WORKOUT 8 X 1 HILL REPEATS 4 X 100 YDS KICK (BEAT YOUR OWN PERSONAL RECORD EACH DAY...)	18 REST & RECOVER	19 4 MILE RUN @ RACE PACE
20 REST & RECOVER	21 XC PRACTICE STARTS!	22	23	24	25	26
27	28	29	30	31	1	2
3	4	NOTES				

## *7 Minute Chest & Abs Interval Workout*



- *30 sec. Push Ups (regular)*
  - *10 sec. Switch*
- *30 sec. Side Plank (left)*
  - *10 sec. Switch*
- *30 sec. Push Ups (wide)*
  - *10 sec. Switch*
- *30 sec. Side Plank (right)*
  - *45 sec. Rest / Switch*
  - *30 sec. Leg Lifts*
  - *10 sec. Switch*
- *30 sec. Pike Push Ups (downward dog)*
  - *10 sec. Switch*
- *30 sec. Flutter Kicks (back stroke kicking)*
  - *45 sec. Rest / Switch*
- *30 sec. Russian Twist (as if holding a medicine ball)*
  - *10 sec. Switch*
- *30 sec. Push Ups (regular)*