

At the end of the day you need to listen to your body and if one group is too easy then move up a group and vice versa.

*SUMMER TRAINING IS ABOUT HIGH VOLUME, NOT HIGH INTENSITY

*Feel free to email me: castroma@mdusd.org

JULY FALCON XC TRAINING SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2	<p>3 Fartlek Run</p> <p>B: 8 min. Easy, 8 min. with 1min. at 75-80% effort followed by 1 min. easy, 8 min. Easy to finish</p> <p>I: 10 min. Easy, 10 min. with 1 min. at 75-80% effort followed by 1 min. easy, 10 min. Easy to finish</p> <p>A: 15 min. Easy, 16 min. with 1 min. at 75-80% effort followed by 1 min. Easy, 15 min. Easy to finish</p>	<p>4 Easy Run + Strides</p> <p>B - 30-35 min. I - 35-40 min. A - 40-50 min.</p> <p>6x100m strides on grass</p>	<p>5 Easy Run + Core Circuit</p> <p>B - 30-35 min. I - 35-40 min. A - 40-50 min.</p> <p><u>Core Circuit</u></p>	<p>6 Easy Run + Hills</p> <p>B - 10 min. Easy, followed by 15 min. Repeating hill loop (either upper loop by fountain at Paso or upper hill varsity race loop at Hidden Valley) I - 15 min. Easy, followed by 20 min. Repeating hill loop A- 25 min. Easy, followed by 30 min. Repeating hill loop</p>	<p>7 LSD Run + Core</p> <p>B - 35 min. I - 45-50 min. A - 60-80 min.</p> <p><u>Core Circuit</u></p>	<p>8 REST</p> <p>*Total your mileage for the week and take note that you should increase your mileage by 10-15% each week until you reach your goal weekly mileage for the summer</p>

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<p>9 Shake-Out Run + Core Circuit</p> <p>B: 25-30 min. run I: 30-35 min. run A: 35-45 min. Run</p> <p><u>Core Circuit</u></p>	<p>10 Fartlek Run</p> <p>B: 8 min. Easy, 8 min. with 1min. at 75-80% effort followed by 1 min. easy, 8 min. Easy to finish</p> <p>I: 10 min. Easy, 10 min. with 1 min. at 75-80% effort followed by 1 min. easy, 10 min. Easy to finish</p> <p>A: 15 min. Easy, 16 min. with 1 min. at 75-80% effort followed by 1 min. Easy, 15 min. Easy to finish</p> <p>Full Stretch Routine</p>	<p>11 Easy Run + Strides</p> <p>B - 30-35 min. I - 35-40 min. A - 40-50 min.</p> <p>6x100m strides on grass</p>	<p>12 Easy Run + Core Circuit</p> <p>B - 30-35 min. I - 35-40 min. A - 40-50 min.</p> <p><u>Core Circuit</u></p>	<p>13 Easy Run + Hills</p> <p>B - 10 min. Easy, followed by 15 min. Repeating hill loop (either upper loop by fountain at Paso or upper hill varsity race loop at Hidden Valley) I - 15 min. Easy, followed by 20 min. Repeating hill loop A- 25 min. Easy, followed by 30 min. Repeating hill loop</p>	<p>14 LSD Run + Core</p> <p>B - 40 min. I - 45-50 min. A - 60-80 min.</p> <p><u>Core Circuit</u></p>	<p>15 REST</p> <p>*Total your mileage for the week and take note that you should increase your mileage by 10-15% each week until you reach your goal weekly mileage for the summer</p>
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<p>16 Shake-Out Run + Core Circuit</p> <p>B: 30 min. run I: 35-40 min. run A: 40-50 min. Run</p> <p><u>Core Circuit</u></p>	<p>17 Fartlek Run</p> <p>B: 8 min. Easy, 8 min. with 1min. at 75-80% effort followed by 1 min. easy, 8 min. Easy to finish</p> <p>I: 10 min. Easy, 10 min. with 1 min. at 75-80% effort followed by 1 min. easy, 10 min. Easy to finish</p> <p>A: 15 min. Easy, 16 min. with 1 min. at 75-80% effort followed by 1 min. Easy, 15 min. Easy to finish</p> <p>Full Stretch Routine</p>	<p>18 Easy Run + Strides</p> <p>B - 30-35 min. I - 35-40 min. A - 40-50 min.</p> <p>6x100m strides on grass</p>	<p>19 Easy Run + Core Circuit</p> <p>B - 30-35 min. I - 35-40 min. A - 40-50 min.</p> <p><u>Core Circuit</u></p> <p>A: PM shake-out run-30 min. (as long as first run was before 10am and PM run is at least 6 hours after)</p>	<p>20 Easy Run + Hills</p> <p>B - 15 min. Easy, followed by 15 min. Repeating hill loop (either upper loop by fountain at Paso or upper hill varsity race loop at Hidden Valley) I - 20 min. Easy, followed by 20 min. Repeating hill loop A- 25 min. Easy, followed by 30 min. Repeating hill loop</p>	<p>21 LSD Run + Core</p> <p>B - 40 min. I - 45-50 min. A - 60-80 min.</p> <p><u>Core Circuit</u></p>	<p>22 REST</p> <p>*Total your mileage for the week and take note that you should increase your mileage by 10-15% each week until you reach your goal weekly mileage for the summer</p>
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<p>23 Shake-Out Run + Core Circuit</p> <p>B: 30 min. run I: 35-40 min. run A: 40-50 min. Run</p> <p>Core Circuit</p>	<p>24 Fartlek Run</p> <p>B: 8 min. Easy, 8 min. with 1min. at 75-80% effort followed by 1 min. easy, 8 min. Easy to finish</p> <p>I: 10 min. Easy, 10 min. with 1 min. at 75-80% effort followed by 1 min. easy, 10 min. Easy to finish</p> <p>A: 15 min. Easy, 16 min. with 1 min. at 75-80% effort followed by 1 min. Easy, 15 min. Easy to finish</p> <p>Full Stretch Routine</p>	<p>25 Easy Run + Strides</p> <p>B - 30-35 min. I - 35-40 min. A - 40-50 min.</p> <p>6x100m strides on grass</p>	<p>26 Easy Run + Core Circuit</p> <p>B - 30-35 min. I - 35-40 min. A - 40-50 min.</p> <p>Core Circuit</p> <p>A: PM shake-out run-30 min. (as long as first run was before 10am and PM run is at least 6 hours after)</p>	<p>27 Easy Run + Hills</p> <p>B - 15 min. Easy, followed by 15 min. Repeating hill loop (either upper loop by fountain at Paso or upper hill varsity race loop at Hidden Valley) I - 20 min. Easy, followed by 20 min. Repeating hill loop A- 25 min. Easy, followed by 30 min. Repeating hill loop</p>	<p>28 LSD Run + Core</p> <p>B - 40 min. I - 45-50 min. A - 60-80 mi</p> <p>Core Circuit</p>	<p>29 REST</p> <p>*Total your mileage for the week and take note that you should increase your mileage by 10-15% each week until you reach your goal weekly mileage for the summer</p>
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<p>30 Shake-Out Run + Core Circuit</p> <p>B: 35 min. run I: 35-40 min. run A: 40-50 min. Run</p> <p><u>Core Circuit</u></p>	<p>31 Fartlek Run</p> <p>B: 8 min. Easy, 8 min. with 1min. at 75-80% effort followed by 1 min. easy, 8 min. Easy to finish</p> <p>I: 10 min. Easy, 10 min. with 1 min. at 75-80% effort followed by 1 min. easy, 10 min. Easy to finish</p> <p>A: 15 min. Easy, 16 min. with 1 min. at 75-80% effort followed by 1 min. Easy, 15 min. Easy to finish</p>					
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