BEREKELEY HIGH - SUMMER 2019 - CROSS COUNTRY TRAINING

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Jun 2019	17 **1st Day Summer** 50min Base + 4 Laps in/out	18 40min Base	19 50min Base + 4 Laps in/out	20 40min Base	21 50min Base + 4 Laps in/out	22 70min Long	23 Off
	24 50min Base + 4 Laps in/out	25 50min Base	26 50min Base + 4 Laps in/out	27 50min Base	28 50min Base + 4 Laps in/out	29 70min Long	30 Off
Jul 2019	1 50min Base + 4 Laps in/out	2 50min Base	3 50min Base + 4 Laps in/out	4 **Indepence Day** Off	5 50min Base + 4 Laps in/out	6 80min Long	7 Off
	8 60min Base + 6 Laps in/out	9 50min Base	10 60min Base + 6 Laps in/out	11 50min Base	12 60min Base + 6 Laps in/out	13 80min Long	14 Off
	15 60min Base + 6 Laps in/out	16 50min Base	17 60min Base + 6 Laps in/out	18 50min Base	19 60min Base + 6 Laps in/out	20 90min Long	21 Off
	22 60min Base + 6 Laps in/out	23 60min Base	24 60min Base + 6 Laps in/out	25 60min Base	26 60min Base + 6 Laps in/out	27 90min Long	28 Off
	29 50min Hard Base + 5x200m in/out	30 60min Base	31 Campanile 400m Hill Circuits x4	1 60min Base	2 50min Base + 10min at Tempo + 6 Laps in/out	3 100min Long	4 Off
Aug 2019	5 50min Hard Base + 5x200m in/out	6 50min Base	7 Campanile 400m Hill Circuits x5	8 50min Base	9 40min Base + 15min at Tempo + 6 Laps in/out	10 90min Long	11 Off
	12 **First Official Day** 60min Hard Base + 3x200m in/out	13 50min Base	14 Campanile 400m Hill Circuits x6	15 50min Base	16 30min Base + 20min at Tempo + 8 Laps in/out	17 80min Long	18 Off
	19 60min Hard Base + 3x200m in/out	20 50min Base	21 Campanile 400m Hill Circuits x7	22 50min Base	23 20min Base + 25min at Tempo + 8 Laps in/out	24 80min Long	25 Off