

2018 Cross Country Season - Workout Calendar

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Sep 2018	10 9x 3min-2min Intervals + Lower Leg Injury Prev.	11 35min Easy + Core + Pool	12 60min Base + Hurdle Step Downs	13 Ohlone 3 M broken Tempo + 6x Grass Uphill + Core + Weight Routine B	14 Pre-Meet + Hip & Core Injury Prev.	15 Famer Invite	16
	17 9x 3min-2min Intervals + Lower Leg Injury Prev.	18 60min Base + Core + Weight Routine B	19 Pre-Meet	20 WACC 1	21 60min Base + Hip & Core Injury Prev. + Opt. Weight Routine B	22 5x 1000m-200m + 12x200 in/out + Hurdle Flexibility + Pool	23
	24 12x 3min-2min Intervals + Lower Leg Injury Prev.	25 60min Base + Core + Weight Routine B	26 Ohlone 4 M broken Tempo + 4x Grass Uphill + Hurdle Step Downs	27 Back to School Night 30 Easy + Strides	28 Pre-Meet + Hip & Core Injury Prev.	29 Stanford/Ram	30
Oct 2018	1 12x 3min-2min Intervals + Lower Leg Injury Prev.	2 35min Easy + Core + Pool	3 60min Base + Hurdle Step Downs	4 Ohlone 4 M broken Tempo + 4x Grass Uphill + Core + Weight Routine B	5 60min Base + Hip & Core Injury Prev.	6 7x 1000m-200m + 8x200 in/out + Hurdle Flexibility + Pool	7
	8 No School 60min Base + Lower Leg Injury Prev. + Pool	9 Pre-Meet	10 WACC 2	11 Ohlone 3 M broken Tempo + 6x Grass Uphill + Core + Weight Routine B	12 60min Base + Hip & Core Injury Prev.	13 9x 1000m-200m + 4x200 in/out + Hurdle Flexibility + Pool	14
	15 Clark Kerr 3 M broken Tempo + 4x Hill Reps + Lower Leg Injury Prev.	16 45 Base + Core + Weight Routine C	17 7x 1000m-200m + 4x200 in/out + Hurdle Step Downs	18 45 Base + Core + Weight Routine C	19 Pre-Meet + Hip & Core Injury Prev.	20 Mariner	21
	22 Clark Kerr 3 M broken Tempo + 4x Trail Strides + Lower Leg Injury Prev.	23 35min Easy + Core + Pool	24 Pre-Meet	25 WACC 3	26 45 Base + Hip & Core Injury Prev.	27 5x 1000m-200m + 4x200 in/out + Hurdle Flexibility + Pool	28
	29 Clark Kerr 3 M broken Tempo + 4x Trail Strides + Lower Leg Injury Prev.	30 35min Easy + Core + Pool	31 45 Base + Hurdle Step Downs	1 30 Easy + Strides	2 Pre-Meet + Hip & Core Injury Prev.	3 WACC Finals	4
Nov 2018	5 Clark Kerr 3 M broken Tempo + 4x Hill Reps + Lower Leg Injury Prev.	6 45 Base + Core + Weight Routine C	7 50min + Hurdle Step Downs + Pool	8 Ohlone 3 M broken Tempo + 6x Grass Uphill + Core + Weight Routine C	9 45 Base + Hip & Core Injury Prev.	10 5x 1000m-200m + 4x200 in/out + Hurdle Flexibility + Pool	11
	12 Veterans Day Clark Kerr 3 M broken Tempo + 4x Trail Strides + Lower Leg Injury Prev.	13 35min Easy + Core + Pool	14 45 Base + Hurdle Step Downs	15 30 Easy + Strides	16 Pre-Meet + Hip & Core Injury Prev.	17 NCS	18
	19 Clark Kerr 3 M broken Tempo + 4x Trail Strides + Lower Leg Injury Prev.	20 35min Easy + Core + Pool	21 45 Base + Hurdle Step Downs	22 Thanksgiving 30 Easy + Strides	23 Pre-Meet + Hip & Core Injury Prev.	24 State	25