

Optional Cross Country Summer Training Schedule, 2007

The following is a summer workout plan for anyone interested in joining Cross Country for the '07 fall season. The schedule is only a guideline and can be adjusted to fit your own needs. Feel free to start training in August and only complete the first month of the schedule. Any training you do over the summer will be highly beneficial to you during the fall season, but it is up to your discretion how much training you undertake.

7/1- 10 min jog, 5 push ups, 10 sit-ups

7/2- 10 min jog, 7 push ups, 15 sit-ups

7/3- 10-15 min jog, 5 push ups, 10 sit-ups

7/4- break

7/5- 15 min jog, 5 push ups, 15 sit-ups

7/6- 15 min jog/7 push ups and 15 sit-ups

7/7- break

7/8- break

7/9- 15 min jog, 8 push ups, 15 sit-ups

7/10- 1 ½ mile run

7/11- 15 min jog, 9 push ups, 15 sit-ups

7/12- break

7/13- 15-20 min run, 10 push ups, 20 sit-ups

7-14- 15-20 min run, 10 push ups, 20 sit-ups

7-15- break

7-16- 20 min run

7-17- 2 mile run, 10 push ups, 20 sit-ups

7-18- 2 mile run, 10 push ups, 25 sit-ups

7-19- break

7-20- 20 min run, 12 push ups, 20 sit-ups

7-21- 20-25 min run, 10 push ups, 20 sit-ups

7-22- break

7-23- 20-25 min run, 14 push ups, 20 sit-ups

7-24- 20-25 min run, 14 push ups, 25 sit-ups

7-25- 20 min run, 16 push ups, 15 sit ups

7-26- break

7-27-break

7-28-25 min run

7-29-2 ½ mile run

7-30-break

7-31- 25-30 min run

8-1-25-30 min run

8-2-2 ½ mile run

8-3-break (15 push ups, 25 sit-ups)

8-4-25-30 min run

8-5- 30 min run

8-6-break (15 push ups, 25 sit-ups)

8-7 30 min run,

8-8- 30 min run

8-9- 3 mile run, 20 push ups, 30 sit-ups

8-10-break (15 push ups, 30 sit-ups)

8-11- break (20 push ups, 30 sit-ups)

8-12-3 mile run or 30 min run

8-13-30-35 min run

8-14-3 mile run, 15 push ups, 25 sit-ups

8-15- break (20 push ups, 30 sit-ups)

8-16-20 min run

8-17-35 min run, 20 push ups, 25 sit-ups

8-18- break (20 push ups, 35 sit-ups)

8-19-35 min run

8-20-20 min run, 22 push ups, 20 sit-ups

8-21-30 min jog, 16 push ups, 25 sit-ups

8-22-break (15 push ups, 30 sit-ups)

8-23- break (22 push ups, 30 sit-ups)

8-24-3 ½ mile run

8-25- 35 min run

8-26-35-40 min run

8-27-break (23 push ups, 35 sit-ups)

8-28-40 min run

8-29-30 min run, 25 push ups, 30 sit-ups

8-30-40 min run/ 5 push ups

8-31- break (25 push ups, 40 sit-ups)

9-1-break

9-2-4 mile run

9-3- 30 min run/ 20 push ups

9-4- break