

June

2017

MS SUMMER RUNNING

WESTERN MIDDLE SCHOOL CROSS COUNTRY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
B = BEGINNER I = INTERMEDIATE A = ADVANCED						
4	5	6	7	8 LAST DAY OF SCHOOL	9	10
11	12 B = 10 – 15 minute run I – 15 – 20 minute run A = 20 – 30 minute run	13	14 B = 10 – 15 minute run I – 15 – 20 minute run A = 20 – 30 minute run	15	16 B = 10 – 15 minute run I – 15 – 20 minute run A = 20 – 30 minute run	17
18	19 B = 10 – 15 minute run I – 15 – 20 minute run A = 20 – 30 minute run	20	21 Meet & Greet – 6:30pm @ Western Track B = 6 X 200m runs I = 3 x 400m runs A = 4 x 400m runs	22	23 B = 10 – 15 minute run I – 15 – 20 minute run A = 20 – 30 minute run	24
25	26 B = 10 – 15 minute run I – 15 – 20 minute run A = 20 – 30 minute run	27	28 B = 6 X 200m runs I = 3 x 400m runs A = 4 x 400m runs	29	30 B = 10 – 15 minute run I – 15 – 20 minute run A = 20 – 30 minute run	

July

2017

MS SUMMER RUNNING

WESTERN MIDDLE SCHOOL CROSS COUNTRY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 B = 10 – 15 minute run I – 15 – 20 minute run A = 20 – 30 minute run	4	5 10 minute warm up B = 6 X 200m runs I = 3 x 400m runs A = 4 x 400m runs	6	7 B = 20 – 30 minute run I – 25 – 30 minute run A = 30 – 40 minute run	8
9	10 10 minute warm up B = 6 X 200m runs I = 3 x 400m runs A = 4 x 400m runs 10 minute cool down	11	12 B = 10 – 15 minute run I – 15 – 20 minute run A = 20 – 30 minute run	13 CROSS COUNTRY CAMP	14 CROSS COUNTRY CAMP	15 CROSS COUNTRY CAMP
16	17 B = 10 – 15 minute run I – 15 – 20 minute run A = 20 – 30 minute run	18	19 10 minute warm-up B = 6 X 200m runs I = 3 x 400m runs A = 4 x 400m runs	20	21 B = 20 – 30 minute run I – 25 – 30 minute run A = 30 – 40 minute run	22
23	24 B = 10 – 15 minute run I – 15 – 20 minute run A = 20 – 30 minute run	25	26 Meet & Greet – 6:30pm @ Western Track 10 minute warm up B = 6 X 200m runs I = 3 x 400m runs A = 4 x 400m runs	27	28 B = 20 – 30 minute run I – 25 – 30 minute run A = 30 – 40 minute run	29
30	31 B = 10 – 15 minute run I – 15 – 20 minute run A = 20 – 30 minute run					

August

2017

MS SUMMER RUNNING

WESTERN MIDDLE SCHOOL CROSS COUNTRY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
			10 minute warm up B = 3 X 400m runs I = 4x 400m runs A = 6 x 400m runs 10 minute cool down		B = 20 – 30 minute run I – 25 – 30 minute run A = 30 – 40 minute run	
6	7	8	9	10	11	12
	B = 10 – 15 minute run I – 15 – 20 minute run A = 20 – 30 minute run		10 minute warm up B = 3 X 400m runs I = 4x 400m runs A = 6 x 400m runs 10 minute cool down		B = 20 – 30 minute run I – 25 – 30 minute run A = 30 – 40 minute run	
13	14	15	16	17	18	19
	B = 10 – 15 minute run I – 15 – 20 minute run A = 20 – 30 minute run		Meet & Greet – 6:30pm @ Western Track 10 minute warm up B = 3 X 400m runs I = 4x 400m runs A = 6 x 400m runs 10 minute cool down		B = 20 – 30 minute run I – 25 – 30 minute run A = 30 – 40 minute run	
20	21	22	23	24	25	26
	B = 10 – 15 minute run I – 15 – 20 minute run A = 20 – 30 minute run		First Day of School/Practice			