

2017/2018 WILDCAT DISTANCE CHRISTMAS WORKOUT SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		12/19/17	12/20/17	12/21/17	12/22/17	12/23/17
IF YOU HAVE ANY QUESTIONS ABOUT THE WORKOUTS, PLEASE DO NOT HESITATE TO TEXT ME ON MY CELL: 281-413-9027. I WILL BE AVAILABLE TO ANSWER YOUR QUESTIONS. HAVE A SAFE AND FUN CHRISTMAS, BUT MAKE IT PRODUCTIVE!		PM - 30 min run on your own (Don't forget your ABS and PUSH UPS!!!) Finish off with some lunges	PM - 30-40 min. run (Don't forget your ABS and PUSH UPS!!!)	PM - 20-30 Min (Don't forget your ABS and PUSH UPS!!!)	AM - 20 minute run PM - 40 minute run out and back (run 20 minutes one way at a moderate pace, then turn around and run back faster than when you went out. You should run about 2 minutes faster than when you ran out and then run about 5 minutes cool down) (Don't forget your ABS and PUSH UPS!!!)	40 min run (Don't forget your ABS and PUSH UPS!!!) Finish with some lunges
12/24/17	12/25/17	12/26/17	12/27/17	12/28/17	12/29/17	12/30/17
Run: 55 - 60 minutes (Don't forget your ABS and PUSH UPS!!!)	30 minutes (please make sure you run on this day!!!!) Finish off with some lunges	AM - 25 minutes easy PM - Variable pace run (run 5 minutes easy, two minutes hard for about 30 minutes) (Don't forget your ABS and PUSH UPS!!!)	AM - 20 min run PM - 45 min Run (Don't forget your ABS and PUSH UPS!!!)	AM - 30 minute run PM - 20 Min (Don't forget your ABS and PUSH UPS!!!) Finish off with some lunges	AM - 20 minute run PM - Warmup 20 minutes, stretch, then do 12-18 x 200m with 1 min recovery and then run about 5 minutes cool down) (Don't forget your ABS and PUSH UPS!!!)	40 min run (Don't forget your ABS and PUSH UPS!!!)
12/31/17	1/1/18	1/2/18	1/3/18	1/4/18	1/5/18	1/6/18
Run: 60 minutes (Don't forget your ABS and PUSH UPS!!!)	AM - 20 minute run PM - Do your normal circuit with lunges, strides, drills (abs and pushups built into the drills), then do a 20 minute cool down	AM - 30 minutes easy PM - Variable pace run (run 5 minutes easy, two minutes hard for about 30 minutes) (Don't forget your ABS and PUSH UPS!!!)	AM - 40 minutes PM - 20 min easy (Don't forget your ABS and PUSH UPS!!!)	AM - 30 minute run PM - 20 Min (Don't forget your ABS and PUSH UPS!!!) Finish off with some lunges	AM - 20 minute run PM - Warmup 20 minutes, stretch, then do 6-8 x 400m with a 2 minute recovery and then run about 5 minutes cool down) (Don't forget your ABS and PUSH UPS!!!)	40 min run (Don't forget your ABS and PUSH UPS!!!)

6:00 AM Practice begins on 1-9-18 on the track. Only those who are participating in Track need to attend. Off season XC runners do not need to show up until 7:00am.