

2018/2019 WILDCAT DISTANCE CHRISTMAS WORKOUT SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		12/18/18	12/19/18	12/20/18	12/21/18	12/22/18
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!		TIME TRIAL #1!!!!	50-60 min. run at 65-70% effort, then 6-10 x 100m. Build-ups (Don't forget your ABS and PUSH UPS!!!)	35 Min Warm Up, Stretch, then do our normal Circuit. Followed by a 10 Minute Cool Down	800 Meter Workout (600 meters at a moderate pace followed by a fast 200 meter sprint) x 10 sets. Then do a 15 minute cool down, plus core work	45 min run (Don't forget your ABS and PUSH UPS!!!)
12/23/18	12/24/18	12/25/18	12/26/18	12/27/18	12/28/18	12/29/18
Run: 55 - 60 minutes (Don't forget your ABS and PUSH UPS!!!)	35 Min Warm Up, Stretch, then do our normal Circuit. Followed by a 10 Minute Cool Down	Variable Paced 1000's at our goal pace given by Coach Zarate, follow with a 15 min cool down and core work	50-60 min. run at 65-70% effort, then 6-10 x 100m. Build-ups (Don't forget your ABS and PUSH UPS!!!)	35 Min Warm Up, Stretch, then do our normal Circuit. Followed by a 10 Minute Cool Down	800 Meter Workout (600 meters at a moderate pace followed by a fast 200 meter sprint) x 10 sets. Then do a 15 minute cool down, plus core work	45 min run (Don't forget your ABS and PUSH UPS!!!)
12/30/18	12/31/2018	1/1/19	1/2/19	1/3/19	1/4/19	1/5/19
Run: 60+ minutes (Don't forget your ABS and PUSH UPS!!!)	35 Min Warm Up, Stretch, then do our normal Circuit. Followed by a 10 Minute Cool Down	Variable Paced 1000's at our goal pace given by Coach Zarate, follow with a 15 min cool down and core work	50-60 min. run at 65-70% effort, then 6-10 x 100m. Build-ups (Don't forget your ABS and PUSH UPS!!!)	35 Min Warm Up, Stretch, then do our normal Circuit. Followed by a 10 Minute Cool Down	800 Meter Workout (600 meters at a moderate pace followed by a fast 200 meter sprint) x 10 sets. Then do a 15 minute cool down, plus core work	45 min run (Don't forget your ABS and PUSH UPS!!!)
1/6/19	1/7/2019	1/8/19				
Run: 60+ minutes (Don't forget your ABS and PUSH UPS!!!)	35 Min Warm Up, Stretch, then do our normal Circuit. Followed by a 10 Minute Cool Down	TIME TRIAL!!!				

6:00 AM Practice begins on 1-8-19 on the track with a time trial. Only those who are participating in Track need to attend. Off season XC runners do not need to show up until 7:00am.