

## CY WOODS CROSS COUNTRY WORKOUT PLAN

### WHEN WE HAVE PRACTICE DURING THE SCHOOL YEAR (August - November)

		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u><b>VARSIITY</b></u>	<b>MORNING</b>	70-90 Minute run on your own in the morning at 70% effort	6:00 AM PRACTICE AT CYPRESS WOODS HIGH SCHOOL	6:00 AM PRACTICE AT CYPRESS WOODS HIGH SCHOOL	6:00 AM PRACTICE AT CYPRESS WOODS HIGH SCHOOL	6:00 AM PRACTICE AT CYPRESS WOODS HIGH SCHOOL	<b>(WHEN WE HAVE A SATURDAY MEET )</b> 6:30 AM PRACTICE AT CYPRESS WOODS HS <b>(OFF IF MEET DAY)</b>	25-30 MINUTE EASY RECOVERY JOG
	<b>AFTERNOON</b>		3:30 or 4:30 PM (AT CY WOODS) GET A 30 MINUTE RUN IN THE AFTERNOON AT ABOUT 70% EFFORT PLUS CORE WORK	3:30 or 4:30 PM (AT CY WOODS) GET A 30 MINUTE RUN IN THE AFTERNOON AT ABOUT 70% EFFORT PLUS CORE WORK	3:30 or 4:30 PM (AT CY WOODS) GET A 30 MINUTE RUN IN THE AFTERNOON AT ABOUT 70% EFFORT PLUS CORE WORK	3:30 or 4:30 PM (AT CY WOODS) GET A 30 MINUTE RUN IN THE AFTERNOON AT ABOUT 70% EFFORT PLUS CORE WORK	OFF	