“Normal” practice regime

2016 Westby Cross Country: Know thy self

Monday Long Run 40-80 minute run. Total distance will vary by athlete. We will attempt to do this on trails and limit time on pavement. Bounding drills following the run.

Tuesday Hardest workout of the week or race.

 Weight room session will accompany these workouts.

 This would be the day to do an AM run if you wish to push mileage and challenge yourself. You should only do this after conferring with myself and taking time to consider ramification of additional stress.

Wednesday 20 minutes mental training.

 Team meeting.

 Easy pace run of no more than 40 minutes.

Team bonding and food.

Thursday 2nd Hardest workout of the week.

 Strength drills will accompany these workouts.

Friday 20 minutes mental training

Light run of no more than 30 minutes

On August 19th, Sept. 9th, Sept. 16th, and Sept. 23rd we will practice in the am only due to change in Football home game schedule.

Saturday Race or Solid effort run

Sunday Off or cross training **on your own**.

General guidelines

* Workout six days per week.
* Incorporate appropriate strength drills, bonding, stretching and mental training during normal week.
* In a fourteen day (two week period) you should have 5 very solid efforts (races or workouts).
* Keep the easy days easy. The most successful athletes are those who understand when there is a scheduled easy run that it remains easy and not a race because you feel good. Easy days are designed to allow your body to recover and adapt to training.