JMM Girls Cross Country – 2013 Planned Workouts:
(August 26 - September 1– Week 2)

Monday - August 26: 1000 meter warm-up run, activation, eight-line dynamic warm-up
Run: 3-4 X 1000 with 4-5 minutes rest **(3-5 miles)**
Goal: Race pace or slightly faster in hot conditions, working on strength and pace on a difficult grassy course.

Tuesday – August 27: Warm-up run, team stretch; pass out uniforms after practice
Run: Three options for mileage runs:
Mineral Point/High Point/Tree Lane – 2.25 miles (Coach Paul)
Mineral Point/High Point/Old Sauk/Gammon – 4 miles (Coach Blackamore)
Mineral Point/High Point/Tramore/Sawmill – 5 miles
4-strides, Abs/pushups **(3-6 miles)**
Goal: A continuous mileage run at a controlled conversation pace in the heat.

Wednesday – August 28:   Stretch, Warm-up run of 1 mile towards Elver to the bike path along beltline.
Run: 1-2 x 4000 meter progression run on bike path towards the YMCA. 1 mile cool down **(4.5 -7 miles)**
Goal: Starting out at a controlled conversation pace, cut down to race pace. You should run the second half of the run quicker than the first part

Thursday – August 29: Warm-up run, team stretch; pass out the rest of uniforms for those racing
Run: Two options for mileage runs:
Everglade/Old Sauk/Blue Ridge Parkway/Yellowstone/Mineral Point Road – 3 miles (Coach Blackamore)
Highlands Loop – 4.4 miles in the shade   (Coach Paul)
4-strides, abs/pushups **(4-6 miles)**
Goal: A continuous mileage run at a controlled conversation pace.

Friday – August 30: Warm up run, activation, eight-line dynamic warm-up
Run: Pre meet, extended Citgo, four strides in spikes **(2-3 miles)**
Goal: To get in an easy/short run prior to our meet, test out equipment, get spikes ready etc.

Saturday – August 31: **Watertown Invitational.** Meet at field house entrance. BUS LEAVES AT
6:30 AM. Don't be late, we will leave without you.
9:30 AM – RACE
11:30 AM – Awards
Bring money for food as we will stop on the way home at Culvers.
Return to JMM at 2:30 PM. **(4-8 miles)**

Mileage for week = 21 – 35 miles