



Howards Grove Cross Country

2020 Tentative Workout Schedule

	Date	Practice Number	Workout
Week 1	8/24	1	1.25 Mile Run/Walk -- Long Slow Distance (LSD) Two MS School Perimeter Laps
	8/25	2	Interval Repeats (100, 200, 300, 400... x 2. Then end with 400, 300, 200, 100) Built in Rest
	8/26	----	NO PRACTICE TODAY -- Run On Your Own (ROYO)
	8/27	3	Run to end of Roosevelt and back then Kennedy Avenue Hill Repeats...2 sprints up, jog down
	8/28	4	Tempo Run -- Feel your target pace! 1-400 (1 min rests), 2-800 (5 min rests), 3-400s (1 min timed rests)
Week 2	8/31	5	Simulated Race Day
	9/1	6	Tempo Run -- Continuous Repeats around the soccer field -- focus on pacing for each lap
	9/2	----	NO PRACTICE TODAY -- ROYO
	9/3	----	Kiel Invite
Week 3	9/4	----	NO PRACTICE TODAY -- ROYO
	9/7	----	LABOR DAY! -- No Practice
	9/8	7	Fartlek Workout on the soccer field.
	9/9	----	NO PRACTICE TODAY -- ROYO
	9/10	----	Howards Grove Middle School Meet
	9/11	8	1 - 2 Mile Recovery Run with a longer team stretch
Week 4	9/12	----	Manitowoc Roncalli Invite @ Lincoln Park
	9/14	9	2 Mile LSD with School Hills
	9/15	10	Indian Run with 6 feet between runners... work on changing pace!
	9/16	----	NO PRACTICE TODAY -- ROYO
	9/17	11	2-3 mile run followed by ultimate frisbee.
Week 5	9/18	12	Cone Game
	9/21	13	3-Perimeter Laps Around the Middle School Complex Followed by 4-100 Meter Sprints on the soccer field
	9/22	----	Cedar Grove Middle School Meet
	9/23	14	PICTURE DAY! (More Into To Follow)
	9/24	15	Practice at the HS today --- Speed Frisbee Golf... bring your own frisbee if you have one!
Week 6	9/25	----	No School Today -- No Practice
	9/28	16	Scavenger Hunt Game... looking to build the best poker hand
	9/29	----	Ozaukee Middle School Meet
	9/30	----	NO PRACTICE TODAY -- ROYO
	10/1	17	Shirt off your Back Fun Run -- Bring a shirt... get a shirt