

July 2019 (QHHS Cross Country)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>1 Aerobic</u> -10 min & Drills -50-75 min (PU last 5 min) -Exercises (10 min) -Stretches (10 min)	<u>2 Aerobic (Hilly Route)</u> -10 min & Drills -40-60 min -Exercises (10 min) -Stretches (10 min)	<u>3 Aerobic</u> -10 min & Drills -50-75 min -Exercises (10 min) -Stretches (10 min)	<u>4 Anaerobic (1200 #1)</u> -10 min, Drills, Strides -3x1200 (3M) (200w) -1200 hard & 30 min -Exercises (10 min) -Stretches (10 min)	<u>5 Aerobic</u> -10 min & Drills -40-60 min -Exercises (10 min) -Stretches (10 min)	<u>6 Aerobic (Hilly Route)</u> -10 min & Drills -50-75 min -Stretches (10 min) (BC Road & PCT)
<u>8 Aerobic</u> -10 min & Drills -50-75 min (PU last 5 min) -Exercises (10 min) -Stretches (10 min)	<u>9 Aerobic (Hilly Route)</u> -10 min & Drills -40-60 min -Exercises (10 min) -Stretches (10 min)	<u>10 Aerobic</u> -10 min & Drills -50-75 min -Exercises (10 min) -Stretches (10 min)	<u>11 Anaerobic (800 #2)</u> -10 min, Drills, Strides -6x800 (3M) (200w) -800 Hard & 30 min -Exercises (10 min) -Stretches (10 min)	<u>12 Aerobic</u> -10 min & Drills -40-60 min -Exercises (10 min) -Stretches (10 min)	<u>13 Aerobic (Hilly Route)</u> -10 min & Drills -50-75 min -Stretches (10 min) (SF Road & PCT)
<u>15 Mammoth Camp</u> 7AM (Road) 3PM (Trail) 6PM (Activity)	<u>16 Mammoth Camp</u> 7AM (Road) 3PM (Trail) 6PM (Activity)	<u>17 Mammoth Camp</u> 7AM (Road) 3PM (Trail) 6PM (Activity)	<u>18 MC (1200 #2)</u> 7AM (5x1200@Shady Rest) 3PM (Road) 6PM (Activity)	<u>19 Mammoth Camp</u> 7AM (Road)	<u>20 Aerobic</u> -10 min & Drills -50-75 min -Stretches (10 min) (Marie Kerr Park)
<u>22 Aerobic</u> -10 min & Drills -50-75 min (PU last 5 min) -Exercises (10 min) -Stretches (10 min)	<u>23 Aerobic (Hilly Route)</u> -10 min & Drills -40-60 min -Exercises (10 min) -Stretches (10 min)	<u>24 Aerobic</u> -10 min & Drills -50-75 min -Exercises (10 min) -Stretches (10 min)	<u>25 Anaerobic (800 #3)</u> -10 min, Drills, Strides -7x800 (3M) (200w) -800 Hard & 30 min -Exercises (10 min) -Stretches (10 min)	<u>26 Aerobic</u> -10 min & Drills -40-60 min -Exercises (10 min) -Stretches (10 min)	<u>27 Aerobic (Hilly Route)</u> -10 min & Drills -50-75 min -Stretches (10 min) (60 th Street Aqueduct)
<u>29 Aerobic</u> -10 min & Drills -50-75 min (PU last 5 min) -Exercises (10 min) -Stretches (10 min)	<u>30 Aerobic (Hilly Route)</u> -10 min & Drills -40-60 min -Exercises (10 min) -Stretches (10 min)	<u>31 Aerobic</u> -10 min & Drills -50-75 min -Exercises (10 min) -Stretches (10 min)	<u>1 Anaerobic (1200 #3)</u> -10 min, Drills, Strides -4x1200 (3M) (200w) -1200 Hard & 30 min -Exercises (10 min) -Stretches (10 min)	<u>2 Aerobic</u> -10 min & Drills -40-60 min -Exercises (10 min) -Stretches (10 min)	<u>3 Aerobic (Hilly Route)</u> -10 min & Drills -50-75 min -Stretches (10 min) (BC Road & PCT)
		<u>M-F Practice (6/24-8/10)</u> - QH Track - 6AM-8AM	<u>Saturday Practice (6/24-8/10)</u> - Various Locations - 7AM-9AM		