May 2019 (QHHS Cross Country)					
Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**
29 REST	**30 REST**	**1 REST**	**2 REST**	**3 REST**	**4 REST** **(CIF Prelims)**
6 REST	**7 REST**	**8 REST**	**9 REST**	**10 REST**	**11 REST**
13 Aerobic (With Coach) **-10 min & Drills** **-50-60 min (PU last 5 min)** **-Exercises (10 min)** **-Stretches (10 min)**	**14 Aerobic (Hilly Route)** **-10 min & Drills** **-40-50 min** **-Exercises (10 min)** **-Stretches (10 min)**	**15 Aerobic** **-10 min & Drills** **-50-60 min** **-Exercises (10 min)** **-Stretches (10 min)**	**16 Aerobic** **-10 min & Drills** **-40-50 min (PU last 5 min)** **-Exercises (10 min)** **-Stretches (10 min)**	**17 Aerobic (Hilly Route)** **-10 min & Drills** **-40-50 min** **-Exercises (10 min)** **-Stretches (10 min)**	**18 Aerobic** **-10 min & Drills** **-50-60 min** **-Stretches (10 min)**
20 Aerobic (With Coach) **-10 min & Drills** **-50-60 min (PU last 5 min)** **-Exercises (10 min)** **-Stretches (10 min)**	**21 Aerobic (Hilly Route)** **-10 min & Drills** **-40-50 min** **-Exercises (10 min)** **-Stretches (10 min)**	**22 Aerobic** **-10 min & Drills** **-50-60 min** **-Exercises (10 min)** **-Stretches (10 min)**	**23 Aerobic** **-10 min & Drills** **-40-50 min (PU last 5 min)** **-Exercises (10 min)** **-Stretches (10 min)**	**24 Aerobic (Hilly Route)** **-10 min & Drills** **-40-50 min** **-Exercises (10 min)** **-Stretches (10 min)**	**25 Aerobic** **-10 min & Drills** **-50-60 min** **-Stretches (10 min)**
27 Aerobic (With Coach) **-10 min & Drills** **-50-60 min (PU last 5 min)** **-Exercises (10 min)** **-Stretches (10 min)**	**28 Aerobic (Hilly Route)** **-10 min & Drills** **-40-50 min** **-Exercises (10 min)** **-Stretches (10 min)**	**29 Aerobic** **-10 min & Drills** **-50-60 min** **-Exercises (10 min)** **-Stretches (10 min)**	**30 Aerobic** **-10 min & Drills** **-40-50 min (PU last 5 min)** **-Exercises (10 min)** **-Stretches (10 min)**	**31 Aerobic (Hilly Route)** **-10 min & Drills** **-40-50 min** **-Exercises (10 min)** **-Stretches (10 min)**	**1 Aerobic** **-10 min & Drills** **-50-60 min** **-Stretches (10 min)**
3 Aerobic (No Coach) **-10 min & Drills** **-50-75 min (PU last 5 min)** **-Exercises (10 min)** **-Stretches (10 min)**	**4 Aerobic (Hilly Route)** **-10 min & Drills** **-40-60 min** **-Exercises (10 min)** **-Stretches (10 min)**	**5 Aerobic** **-10 min & Drills** **-50-75 minutes** **-Exercises (10 min)** **-Stretches (10 min)**	**6 Aerobic** **-10 min & Drills** **-40-60 min (PU last 5 min)** **-Exercises (10 min)** **-Stretches (10 min)**	**7 Aerobic (Hilly Route)** **-10 min & Drills** **-40-60 min** **-Exercises (10 min)** **-Stretches (10 min)**	**8 Aerobic** **-10 min & Drills** **-50-75 minutes** **-Stretches (10 min)**