

August 2019 (QHHS Cross Country)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<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 -40-50 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>5 Aerobic</u> -10 min & Drills -50-75 min (PU last 5 min) -Exercises (10 min) -Stretches (10 min)	<u>6 Aerobic (Hilly Route)</u> -10 min & Drills -40-50 min -Exercises (10 min) -Stretches (10 min)	<u>7 Aerobic</u> -10 min & Drills -50-75 min -Exercises (10 min) -Stretches (10 min)	<u>8 Anaerobic (800 #4)</u> -10 min, Drills, Strides -7x800 (3M) (200w) -800 Hard & 30 min -Exercises (10 min) -Stretches (10 min)	<u>9 Aerobic</u> -10 min & Drills -40-60 min -Exercises (10 min) -Stretches (10 min)	<u>10 Aerobic (Hilly Route)</u> -10 min & Drills -50-75 min -Stretches (10 min) (SF Road & PCT)
<u>12 Anaerobic (1200 #4)</u> -10 min, Drills, Strides -4x1200 (3M) (200w) -1200 Hard & 30 min -Exercises (10 min) -Stretches (10 min)	<u>13 Aerobic</u> -10 min & Drills -40-50 min -Exercises (10 min) -Stretches (10 min)	<u>14 Aerobic</u> -10 min & Drills -50-75 min -Exercises (10 min) -Stretches (10 min)	<u>15 Anaerobic (400 #1)</u> -10 min, Drills, Strides -4x400 (1M) (100w) -4x(200E/100H) & 30 min -Exercises (10 min) -Stretches (10 min)	<u>16 Aerobic</u> -10 min & Drills -30-40 min -Exercises (10 min) -Stretches (10 min)	<u>17 Aerobic (Hilly Route)</u> -10 min & Drills -50-75 min -Stretches (10 min) (Marie Kerr Park)
<u>19 Anaerobic (800 #5)</u> -10 min, Drills, Strides -7x800 (3M) (200w) -800 Hard & 30 min -Exercises (10 min) -Stretches (10 min)	<u>20 Aerobic</u> -10 min & Drills -40-50 min -Exercises (10 min) -Stretches (10 min)	<u>21 Aerobic</u> -10 min & Drills -50-75 min -Exercises (10 min) -Stretches (10 min)	<u>22 Anaerobic (400 #2)</u> -10 min, Drills, Strides -4x400 (1M) (100w) -4x(200E/100H) & 30 min -Exercises (10 min) -Stretches (10 min)	<u>23 Aerobic</u> -10 min & Drills -30-40 min -Exercises (10 min) -Stretches (10 min)	<u>24 Aerobic (Hilly Route)</u> -10 min & Drills -50-75 min -Stretches (10 min) (Marie Kerr Park)
<u>26 Anaerobic (1200 #5)</u> -10 min, Drills, Strides -4x1200 (3M) (200w) -1200 Hard & 30 min -Exercises (10 min) -Stretches (10 min)	<u>27 Aerobic</u> -10 min & Drills -40-50 min -Exercises (10 min) -Stretches (10 min)	<u>28 Aerobic</u> -10 min & Drills -50-75 min -Exercises (10 min) -Stretches (10 min)	<u>29 Anaerobic (400 #3)</u> -10 min, Drills, Strides -4x400 (1M) (100w) -4x(200E/100H) & 30 min -Exercises (10 min) -Stretches (10 min)	<u>30 Aerobic</u> -10 min & Drills -40-50 min & 4 Strides -Exercises (10 min) -Stretches (10 min)	<u>31 #1-Fastback</u> -10 min & Drills -Strides & Race -30-40 min recovery
		<u>M-F Practice (6/24-8/10)</u> - QH Track - 6AM-8AM	<u>Saturday Practice (6/24-8/10)</u> - Various Spots - 7AM-9AM		