

BISHOP KELLY CROSS COUNTRY—SUMMER TRAINING SCHEDULE JUNE 2015

~ June 2015 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Until we begin meeting on the 15 th , it is vitally important that you run on your own to prepare for the added miles.	2 Please get out at least three days a week for a minimum of 40 minutes each run.	3	4	5	6 Run on your own up to one hour
7	8	9	10	11	12	13 Run on your own up to one hour
14	15 1 ST DAY OF CONDITIONING CLASS @Bishop Kelly 45min run/weight room session	16 @Ann Morrison Warm Up Drills 10/10/10 Progressive run/Warm Down/DST	17 @Bishop Kelly weight room session 45 min run-strides	18 @Bishop Kelly Warm Up/Short Hillsx10 weight room session	19	20 Run on Your Own 50min-1 Hour
21	22 @Bishop Kelly weight room session 50 min run-strides	23 @Ann Morrison Warm Up 6/5/4/3/2/1 Warm Down/DST	24 @Bishop Kelly weight room session 50 min run-strides	25 @Bishop Kelly Warm Up Short Hills/Tempo Weight room session	26	27 @Camelsback Park 9am Long Run—1 hour
28	29 @Bishop Kelly weight room session 50 min run-strides	30 @Municipal Warm Up Dots-2x8 Warm Down/DST	Notes: All Monday-Thursday Practices run from 8:30-10:30am at locations noted on calendar. Designated Saturday practices will run from 9-11am at locations noted on calendar.			

