

## Workouts for DEC 14-19 – Preparing for the Great Oak Cross Country Season

### Varsity – Be Leaders, Be Ready

Rest	13	Aerobic	14	Tempo	15	Aerobic	16	Vo2	17	Aerobic	18	Aerobic	19
Rest		<b>Morning:</b> 7 miles + 5x20m lunges  <b>Afternoon:</b> HIT + 8xHill Sprints + 2 miles + 50/100 PU/C	<b>Morning:</b> 6 miles + Plank Matrix  <b>Afternoon:</b> 4 mile tempo + 3x150 fast + CH1	<b>Morning:</b> 4 miles + 20 squats  <b>Afternoon:</b> HIT + 6 miles + 3x150 + PU/C	<b>Morning:</b> 6 miles + Plank Matrix  <b>Afternoon:</b> 4x1600 + 2 miles + CH2	<b>Morning:</b> 4 miles + 20 squats  <b>Afternoon:</b> HIT + 6 miles + PU/C	13 miles + CH3						

### Soph/JV – Consistency is Key

Rest	13	Aerobic	14	Tempo	15	Aerobic	16	Vo2	17	Aerobic	18	Aerobic	19
Rest		<b>Morning:</b> 5 miles + 5x20m lunges  <b>Afternoon:</b> HIT + 8xHill Sprints + 2 miles + 50/100 PU/C	<b>Morning:</b> 6 miles + Plank Matrix  <b>Afternoon:</b> 3 mile tempo + 3x150 fast + CH1	<b>Morning:</b> 3 miles + 20 squats  <b>Afternoon:</b> HIT + 4 miles + 3x150 + PU/C	<b>Morning:</b> 6 miles + Plank Matrix  <b>Afternoon:</b> 3x1600 + 2 miles + CH2	<b>Morning:</b> 3 miles + 20 squats  <b>Afternoon:</b> HIT + 4 miles + PU/C	10-12 miles + CH3						

### Frosh – Build Consistency

Rest	13	Aerobic	14	Tempo	15	Aerobic	16	Vo2	17	Aerobic	18	Aerobic	19
Rest		<b>Morning:</b> 4 miles + 5x20m lunges  <b>Afternoon:</b> HIT + 8xHill Sprints + 2 miles + 50/100 PU/C	<b>Morning:</b> 4 miles + Plank Matrix  <b>Afternoon:</b> 3 mile tempo + 3x150 fast + CH1	<b>Morning:</b> 3 miles + 20 squats  <b>Afternoon:</b> HIT + 3 miles + 3x150 + PU/C	<b>Morning:</b> 4 miles + Plank Matrix  <b>Afternoon:</b> 5x800 + 2 miles + CH2	<b>Morning:</b> 3 miles + 20 squats  <b>Afternoon:</b> HIT + 3 miles + PU/C	8 miles + CH3						

Great Oak Cross Country will begin once we can confirm a winter cross country season.

Do as much core and strength work as you can during this time to be as fit as possible when we return. Remember, everyone is going through this. Be smart, be safe, stay fit! Do as much of the Extra Core as you can.

Be the athlete that comes into the season, whenever that is, as fit and focused as you can possibly be. This is a difficult time in some ways, and a tremendous opportunity in others. It is all how you decide to see it.