

CLHS Boys Dog-Days of Summer XC Workouts

Monday and Wednesday Steady Pace Runs should be run at a consistent, comfortable pace. You should maintain good running form (no shuffling), and keep your heartrate slightly elevated. These runs are most enjoyable with a your teammates, and you should be able to carry on a brief conversation while you are running, as long as it doesn't cause your breathing or your form to break down. For experienced runners, this will probably be about 2-3 minutes per mile under your race pace. Run for the time indicated, and the distance will be approximate. These runs are designed to increase your endurance and are the most important part of building your base so that you are prepared for real practices in August. Unless otherwise communicated, **Monday and Wednesday runs will take place at Burroughs Park (BP) in Tomball, starting at the dog park at 7:00 AM.** One or more of your team leaders will be present to lead this run. One or both of your coaches may also show up to run with you.

Friday Tempo Runs should be begin with 2-3 minutes of easy jogging, followed by 10-12 minutes of hard, race-pace running, and then 2-3 more minutes of easy jogging. During the race-pace portion of the run, you should not be able to speak more than a word or two at a time. These runs are designed to improve your body's ability to perform, as fatigue begins to set in. You should do these runs on your own (OYO). First thing in the morning is recommended.

Tuesday and Saturday circuits are designed to improve aerobic capacity and build strength without wearing out your running muscles and joints. Do each exercise 6 times, as fast as you can while maintaining good form. Move immediately from one exercise to the next, starting the circuit over again after the last exercise, until you have done the number of sets indicated. So for Tuesdays, you do 6 pushups, followed immediately by 6 situps, followed immediately by 6 jump squats. As soon as you finish the last exercise, immediately begin the cycle again and repeat until you have done all of the required cycles. You should do these quick circuit workouts on your own (OYO). First thing in the morning is recommended.

Thursday's IronStrength Workouts will be done as a team at Concordia (CLHS) from 7:00-8:00 AM in the weightroom between the football and baseball fields. These workouts are designed to build the muscles necessary for strong and stable running during the season and to prevent a multitude of common running injuries.

Week of:	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	OYO	BP 7:00 AM	OYO	BP 7:00 AM	CLHS 7:00 AM	OYO	OYO
June 4, 2017	Rest	Steady Pace Run: 18 minutes or 2 miles	2x6 Circuit: Pushups Situps Jump Squats	Steady Pace Run: 18 minutes or 2 miles	IronStrength Workout	Tempo Run: 18 minutes or 2 miles	2x6 Circuit: Burpees Leg Raises Plyo Lunges
June 11, 2017	Rest	Steady Pace Run: 18 minutes or 2 miles	2x6 Circuit: Pushups Situps Jump Squats	Steady Pace Run: 18 minutes or 2 miles	IronStrength Workout	Tempo Run: 18 minutes or 2 miles	2x6 Circuit: Burpees Leg Raises Plyo Lunges
June 18, 2017	Rest	Steady Pace Run: 27 minutes or 3 miles	3x6 Circuit: Pushups Situps Jump Squats	Steady Pace Run: 18 minutes or 2 miles	IronStrength Workout	Tempo Run: 18 minutes or 2 miles	3x6 Circuit: Burpees Leg Raises Plyo Lunges
June 25, 2017	Rest	Steady Pace Run: 27 minutes or 3 miles	3x6 Circuit: Pushups Situps Jump Squats	Steady Pace Run: 18 minutes or 2 miles	IronStrength Workout	Tempo Run: 18 minutes or 2 miles	3x6 Circuit: Burpees Leg Raises Plyo Lunges
July 2, 2017	Rest	Steady Pace Run: 27 minutes or 3 miles	4x6 Circuit: Pushups Situps Jump Squats	Steady Pace Run: 27 minutes or 3 miles	IronStrength Workout	Tempo Run: 18 minutes or 2 miles	4x6 Circuit: Burpees Leg Raises Plyo Lunges
July 9, 2017	Rest	Steady Pace Run: 27 minutes or 3 miles	4x6 Circuit: Pushups Situps Jump Squats	Steady Pace Run: 27 minutes or 3 miles	IronStrength Workout	Tempo Run: 18 minutes or 2 miles	4x6 Circuit: Burpees Leg Raises Plyo Lunges
July 16, 2017	Rest	Steady Pace Run: 36 minutes or 4 miles	5x6 Circuit: Pushups Situps Jump Squats	Steady Pace Run: 27 minutes or 3 miles	IronStrength Workout	Tempo Run: 18 minutes or 2 miles	5x6 Circuit: Burpees Leg Raises Plyo Lunges
July 23, 2017	Rest	Steady Pace Run: 36 minutes or 4 miles	5x6 Circuit: Pushups Situps Jump Squats	Steady Pace Run: 27 minutes or 3 miles	TAPPS DEAD WEEK NO WORKOUT	Tempo Run: 18 minutes or 2 miles	5x6 Circuit: Burpees Leg Raises Plyo Lunges
July 30, 2017	Rest	Steady Pace Run: 36 minutes or 4 miles	6x6 Circuit: Pushups Situps Jump Squats	Steady Pace Run: 36 minutes or 4 miles	IronStrength Workout	Tempo Run: 18 minutes or 2 miles	6x6 Circuit: Burpees Leg Raises Plyo Lunges
August 6, 2017	Rest	Practice BP 7:00-8:30 or Steady Pace Run: 36 minutes or 4 miles	Practice CLHS 7:00-8:30 or 6x6 Circuit: Pushups Situps Jump Squats	Practice BP 7:00-8:30 or Steady Pace Run: 36 minutes or 4 miles	Practice CLHS 7:00-8:30 or IronStrength Workout	FRISBEE FRIDAY! CLHS 7:00-8:30 or Tempo Run: 18 minutes or 2 miles	6x6 Circuit: Burpees Leg Raises Plyo Lunges
August 13, 2017	Rest	Practice BP 7:00-8:30 or Steady Pace Run: 45 minutes or 5 miles	Practice CLHS 7:00-8:30 or 6x6 Circuit: Pushups Situps Jump Squats	1st Day of School No Practice	Practice 3:30-5:00 PM CLHS	Frisbee Friday 6:00 AM CLHS	Cheney 5K