

Summer 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		*stay hydrated	* run with friends or family!!!!	*don't forget to stretch	Have fun!!!	Increasing your fitness through running is good for your overall health and makes makes you a better athlete!
week of 6/18	20-30 min	core	20-30 min with 2 *telephone poles intervals		20-30 min- 1 hill repeat	
week of 6/25	20-30 min		20-30 min with 2 *telephone poles intervals	core	20-30 min-1 hill repeat	
week of 7/2	20-30 min		20-30 min with 3 *telephone poles intervals		20-30 min-1 hill repeat	core
week of 7/9	20-30 min	core	20-30 min with 4 *telephone poles intervals		20-30 min- 2 hill repeats	
week of 7/16	20-30 min		20-30 min with 4 *telephone poles intervals	core	20-30 min-2 hill repeats	
week of 7/23	20-30 min	core	20-30 min with 5 *telephone poles intervals		20-30 min-2 hill repeats	
week of 7/30	20-30 min		20-30 min with 5 *telephone poles intervals	core	20-30 min-3 hill repeats	
week of 8/6	20-30 min	core	20-30 min with 6 *telephone poles intervals		20-30 min -3 hill repeats	
week of 8/20	20-30 min		20-30 min with 6 *telephone poles intervals		20-30 min-4 hill repeats	core
week of 8/27	20-30 min		20-30 min with 6 *telephone poles intervals	core	20-30 min-4 hill repeats	
week of 9/3		first day of school				
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	<u>mikchell97@comcast.net</u>					
	*Please e-mail me so I can add you to the Hillside XC group email list					
	*new runners can do a run/walk combination- please make it a 1:1 ratio i.e.. run 2 min then walk 2 min with the goal of continuous running					
	* telephone intervals= you pick up the pace from one telephone pole to another, if there aren't any telephone poles please run for 30 seconds					
	* Hill repeats= find a hill (that takes 2 min to run) and incorporate it into your running route, i.e.. Harrison Hill or Derryfield hill up to the gazebo					
	*core= PLANK (30 sec-1 min) —push-ups—crunches					