

**WOODSIDE HIGH SCHOOL
2023 FROSH/SOPH BOYS CROSS COUNTRY
SUMMER TRAINING SCHEDULE**

May 28 to June 24

Sundays 8 miles
Mondays 5 miles- in the hills
Tuesdays 7 miles
Wednesdays 6 miles – in the hills
Thursdays 6 miles
Fridays 5 miles- in the hills
Saturdays 6 miles

**TOTAL
PER WEEK: 43 MILES**

June 25 to August 3

Sundays 10 miles
Mondays 7 miles – in the hills
Tuesdays 6 miles
Wednesdays 7 miles – in the hills
Thursdays 6 miles
Fridays 6 miles- in the hills
Saturdays 7 miles

**TOTAL
PER WEEK: 49 MILES**