

**WOODSIDE HIGH SCHOOL
2023 VARSITY BOYS CROSS COUNTRY
SUMMER TRAINING SCHEDULE**

May 28 to June 24

Sundays 12 miles
Mondays 9 miles-in the hills
Tuesdays 10 miles
Wednesdays 10 miles – in the hills
Thursdays 10 miles
Fridays 9 miles- in the hills
Saturdays 10 miles

**TOTAL
PER WEEK:70 MILES**

June 25 to August 3

Sundays 15 miles
Mondays 11 miles- in the hills
Tuesdays 11 miles
Wednesdays 11 miles – in the hills
Thursdays 11 miles
Fridays 11 miles-in the hills
Saturdays 11 miles- in the hills

**TOTAL
PER WEEK: 81 MILES**

IMPORTANT REMINDERS:

All Sunday runs should be run at 7:30 pace, but comfortable. All hill runs should be run at 7:35 pace. All other runs should be run on as flat an area as possible (no hills) at 7:00 pace