

2017 LADY COUGAR CROSS COUNTRY SUMMER WORKOUT PLAN

This shows sites and general workout description. Details will be on separate handouts weekly . AM at 8:00 PM at 5:30								
Athlete led practices begin Monday June 26 . Captains will contact athletes regarding sites and schedule, under rules						we cannot show that information here.		
COACH LED begins July 17 and Athletic Clearance Packets must be complete and on file in Athletics/Activities Office						www.capoathletics.com/athleticclearance		
Requested donation for summer is \$100, this pays coaches. By coach led, athletes should be able to run 4 mi in 45 min, vets 5 mi in 50 min								
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	LEVEL	total miles
week 5	July 17	July 18	July 19	July 20	July 21	July 22	beginners	24-28
location	school	school	Cox Park	Marina Hills	on own	Aliso South	intermed	30-34
workout	medium distance	speed development	medium distance	hills	rest/cross train	long run	advanced	35-40
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	LEVEL	total miles
week 6	July 24	July 25	July 26	July 27	July 28	July 29	beginners	24-28
location	Newhart/Oso	school	Aliso South	Cox Park	on own	Aliso South	intermed	30-34
workout	medium distance	speed development	medium distance	hills	rest/cross train	long run	advanced	35-42
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	LEVEL	total miles
week 7	July 31	Aug 1	Aug 2	Aug 3	Aug 4	Aug 5	beginners	26-30
location	Laguna Niguel Park	school	Cox Park	Marina Hills	Laguna Hills High	Aliso North	intermed	31-36
workout	tempo workout	speed pyramids	medium distance	hills	recovery	Hill/med dist	advanced	37-44
registration		senior regist.	jr registration	soph registrat.	frosh registrat.			
5:30 option	Laguna Niguel Park							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	LEVEL	total miles
week 8	Aug 7	Aug 8	Aug 9	Aug 10	Aug 11	Aug 12	beginners	30-35
location	Newhart/Oso	school	Aliso South	Cox Park	school	Aliso South	intermed	40-45
workout	tempo workout	speed development	medium distance	hills	recovery	long run	advanced	42-48
5:30 option	Cox park		MAMMOTH CAMP FOR TOP 16-18				mammoth	50-62
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	LEVEL	total miles
week 9	Aug 14	Aug 15	Aug 16	Aug 17	Aug 18	Aug 19	beginners	34-38
location	Laguna Niguel Park	school	Laguna Hills High	Aliso North	school	Aliso South	intermed	39-46
workout	tempo workout	speed pyramids	medium distance	hills	recovery	long run	advanced	47-55
5:30 option								
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	LEVEL	total miles
week 10	Aug 21	Aug 22 school starts	Aug 23	Aug 24	Aug 25	Aug 26	beginners	36-40
location	Newhart/Oso	school	school	school	school	Aliso South	intermed	41-46
workout	tempo workout	speed pyramids	medium distance	hills	recovery	long run	advanced	47-57
5:30 option								
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	LEVEL	total miles
week 11	Aug 28	Aug 29	Aug 30	Aug 31	Sep 1	Sep 2	beginners	35-39
location	school	school	school	school	school	BEACH RUN	intermed	40-47
workout	tempo workout	speed pyramids	medium distance	hills	recovery	long run	advanced	48-58
5:30 option		Laguna Hills High						
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	LEVEL	total miles
week 12	Sep 4	Sep 5	Sep 6	Sep 7	Sep 8	Sep 9	beginners	35-40
location	Laguna Hills High	school	school	school	school	LAGUNA HILLS	intermed	41-45
workout	tempo workout	speed pyramids	medium distance	hills	premeet	INVITATIONAL	advanced	46-54
5:30 option		Laguna Niguel Park						