

**Varsity and UCAC
Cross Country
2019**

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|---|-------------------------------|--|---------|-----------|-----------|-----------|-------------|
| Transition Phase | | | | | | | |
| <p>Starts after last competition of season Take a break from the Physical and mental stress of organized training Daily activity; preferably not running If necessary, maximum of 4 runs x 20' per week Walking and hiking are excellent choices</p> | | | | | | | |
| Objectives | 1. Endurance | Maintain endurance abilities through cross training means | | | | | |
| | 2. Strength | a. Increase Intensity through circuits or weights i. emphasis on core stability and allround body development b. Injury prevention through lower leg exercises | | | | | |
| | 3. Speed | | | | | | |
| | 4.Flexibility/Mobility | a. Maintain abilities through daily stretching | | | | | |
| Day | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| June 30-July 6 | | | | | | BC Champs | BC Champs |
| July 7-13 | BC Champs | | | | | | |
| July 14-20 | | | | | | | Sherwood PK |
| Jul 21-27 | Sherwood PK | | | | Nationals | Nationals | Nationals |
| July 28-Aug 3 | Nationals | | | | | | |