

# Summer CC Running 2018 <http://phsboycrosscountry.yolasite.com/>

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>It is encourage that you follow your running plan. Level 1 is 9th Level 2 10th Level 3 11-12th</p> <p>All plans can be found on below google doc</p> <p><a href="https://docs.google.com/spreadsheets/d/1AZganTB0aJ8PtI2L8gjHn_QZgPIC-stfPnB9Q47g-Fg/edit?usp=sharing">https://docs.google.com/spreadsheets/d/1AZganTB0aJ8PtI2L8gjHn_QZgPIC-stfPnB9Q47g-Fg/edit?usp=sharing</a></p> <p>Some runners may need to follow a different grade level plan due to running experience.</p> <p><b>BRING a WATER BOTTLE, LABELED WITH YOUR NAME EVERY DAY!!</b></p>	<p><u>Memorial Day</u></p>	<p>May 29</p>	<p>May 30 LAST DAY OF SCHOOL</p>	<p>May 31 ELP 6:45 (v) 4 miles 9th/JV 2-3 miles</p>	<p>June 1 ELP— 6:45 (v) 4 miles 9th/JV 2-3 miles</p>	<p>2 CAR WASH FUNDRAISER!!! @ Graden 9-2</p>
	<p>4 PHS 6:45 3-5 miles RR Weights After running</p>	<p>5 Line Creek Trail 6:45(v) 3-5miles</p>	<p>6 PHS 6:45 3-5 miles Weights After running</p>	<p>7 Parkville Library 6:45 3-6miles</p>	<p>8 ELP— Long Run 5-7</p>	<p>9 Run on your own 5-6 miles RR</p>
	<p>11 PHS PHS 6:45 3-5 miles RR Weights After running</p>	<p>12 ELP 6:45 3-5 miles</p>	<p>13 PHS PHS 6:45 3-5 miles Weights After running</p>	<p>14 Riss Lake 6:45 3-7 miles</p>	<p>15 ELP— Long Run 5-7</p>	<p>16 Run on your own 5-6 miles RR</p>
	<p>18 PHS PHS 6:45 3-6 miles RR Weights After running</p>	<p>19 Line Creek Trail 6:45 3-6 miles</p>	<p>20 PHS 6:45 3-6 miles Weights After running</p>	<p>21 Parkville Library 6:45 3-6 miles Hills 6x120-200</p>	<p>22 ELP— Long Run 5-7</p>	<p>23 Run on your own 5-6 miles RR</p>
	<p>25 PHS PHS 6:45 3-6 miles RR Weights After running</p>	<p>26 ELP 6:45 2 mile TT</p>	<p>27 PHS PHS 6:45 4-6 miles Weights After running</p>	<p>28 Riss Lake 6:45 4-8 miles Hills 6x120-200</p>	<p>29 Recovery Day— Long Run 5-7</p>	<p>30 Run on your own Mileage 15-30 <b>note: MSHSAA dead week 6/30-7/8)</b></p>
	<p><u>JULY 09</u> PHS PHS 6:45 4-7 miles RR Weights After running</p>	<p>10 Line Creek Trail 6:45 3x1 mile VO2 workout</p>	<p>11 PHS PHS 6:45 4-6 miles Weights After running</p>	<p>12 Parkville Library 6:45 4-8 miles 7x120-200</p>	<p>13 ELP— Long Run 6-9</p>	<p>14 Run on your own 5-7 miles RR</p>
	<p>16 PHS PHS 6:45 4-6 miles RR Weights After running</p>	<p>17 ELP 6:45 4-5 tempo run</p>	<p>18 PHS PHS 6:45 4-6 miles Weights After running</p>	<p>19 Riss Lake 6:45 4-7 miles 7x120-200</p>	<p>20 ELP— Long run 7-10</p>	<p>21 Run on your own 6-8 miles RR</p>
	<p>23 PHS PHS 6:45 5-7 miles RR Weights After running</p>	<p>24 Line Creek Trail 6:45 2 mile TT</p>	<p>25 PHS PHS 6:45 4-8 miles RR Weights After running</p>	<p>26 Parkville Library 6:45 4-8 miles Fartlek</p>	<p>27 LR 7-9 PHS leave for Team bonding at William Jewel Challenge course.</p>	<p>28 Run on your own Mileage 5-7 miles RR <b>MSHSAA dead week 7/30-8/3</b></p>
	<p>30 Dead Week—Run on your Own</p>	<p>31 Dead Week—Run on your Own</p>	<p>August 1 Dead Week—Run on your Own</p>	<p>2 Dead Week—Run on your Own</p>	<p>August 3 Dead Week—Run on your Own</p>	<p>August 4 <b>Mandatory Practice Starts August 6th. Pictures are Aug 9@9:30am.</b></p>

Summer runs are the building block for a great injury-free season! Our goal is to have each athlete run at least 3-6 times per week throughout the summer.

Running throughout the summer makes the start of the season MUCH more enjoyable for EVERYONE!!!

Check the website for directions to meeting spots. We will be finished running M/W by 8:15 and Tu, Th, Fr by 8:00.

Varsity athletes should run once on their own on Saturday or Sunday.

**IF IT IS LIGHTNING OR STORMING, NO SUMMER RUNS THAT DAY!!!!**