

XC Summer Conditioning

JULY 2019

CALENDAR MONTH	JULY
CALENDAR YEAR	2019
1ST DAY OF WEEK	SUNDAY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1	2	3	4	5	6
7	8	9	10	11	12	13
		Warm Up/Stretch 1-2 Mile Run (Easy) Focus on Arms/Breathing	Warm Up/Stretch 1-2 Mile Run (Easy) Focus on Arms/Breathing	Warm Up/Stretch 1-2 Mile Run (Easy) Focus on Arms/Breathing	Warm Up/Stretch 1-2 Mile Run (Easy) Focus on Arms/Breathing	Warm Up/Stretch 1-2 Mile Run (Easy) Focus on Arms/Breathing
14	15	16	17	18	19	20
OFF	Warm Up/Stretch 1-2 Mile Run (Easy) Focus on Arms/Breathing	Warm Up/Stretch 1-2 Mile Run (Easy) Focus on Arms/Breathing	Ride Bike 5-7 Miles	Warm Up/Stretch 2 Mile Run (increase pace) Focus on Arms/Breathing	Warm Up/Stretch 1-2 Mile Run (Easy) Focus on Arms/Breathing	Warm Up/Stretch 3 Mile Run (Easy) Focus on Arms/Breathing
21	22	23	24	25	26	27
OFF	Warm Up/Stretch 2 Mile Run (Easy) Focus on Arms/Breathing	Warm Up/Stretch 2 Mile Run (increase pace) Focus on Arms/Breathing	Ride Bike 5-7 Miles	Warm Up/Stretch 3 Mile Run (Easy) Focus on Arms/Breathing	Warm Up/Stretch 2 Mile Run (increase pace) Focus on Arms/Breathing	Warm Up/Stretch 4 Mile Run (Easy) Focus on Arms/Breathing
28	29	30	31	1	2	3
OFF	Warm Up/Stretch 2 Mile Run (Easy) Focus on Arms/Breathing	Warm Up/Stretch 2 Mile Run (increase pace) Focus on Arms/Breathing	Ride Bike 5-7 Miles	Warm Up/Stretch 3 Mile Run (Easy) Focus on Arms/Breathing	Warm Up/Stretch 2 Mile Run (increase pace) Focus on Arms/Breathing	Warm Up/Stretch 4 Mile Run (Easy) Focus on Arms/Breathing
4	5	Notes Limit Walking. New Running Shoes Recommended.				