

# BNL GIRLS' CROSS COUNTRY: Summer Conditioning

Follow these workout plans on the days when we do not have a group practice, or if you are unable to attend the group practice. **Training consistency in the summer = BIG results during the fall season!**

**Level 1 Plan:** For FRESHMAN, anyone NEW to running, and RETURNING athletes who haven't been training consistently since last XC season. *Note: You can alternate between running and walking, as needed; try not to walk more than you run, and run a little bit more of the workout each day.*

**Level 2 Plan:** For RETURNING athletes who ran Track in the spring (or have otherwise been running consistently over the past few months).

## WEEK 8: July 26 – August 1

“It’s not the best athlete who wins, but the best prepared.” – Arthur Lydiard

	Level 1	Level 2
<b>Monday</b> 8:30 a.m. Group Practice @ Milwaukee Trail	4 miles, Easy-Moderate Plyometrics Routine Stretches	6 miles, Easy-Moderate Plyometrics Routine Stretches
<b>Tuesday</b> 7:00 p.m. Group Practice @ Otis Park	800m (½ mile), Easy + Drills 400m + 1 min rest 2x 800m + 2 min rest 400m + 1 min rest 10 minutes, Easy MYRTL Routine + Stretches	800m (½ mile), Easy + Drills 400m + 1 min rest 4x 800m + 2 min rest 400m + 1 min rest 10 minutes, Easy MYRTL Routine + Stretches
<b>Wednesday</b>	800m (½ mile), Easy + Drills 30 min, Easy-Moderate 6x 100m Strides, in the grass Stretches	800m (½ mile), Easy + Drills 40 min, Easy-Moderate 6x 100m Strides, in the grass Stretches
<b>Thursday</b>	800m (½ mile), Easy + Drills 5k Time Trial 10 min, Easy Core/Ab Workout (20 min) Stretches	800m (½ mile), Easy + Drills 5k Time Trial 10 min, Easy Core/Ab Workout (20 min) Stretches
<b>Friday</b> 8:30 a.m. Group Practice @ Marshall Township Park (aka Avoca Hatchery)	40 min, Easy, on trails/grass Yoga Routine + Stretches	60 min, Easy, on trails/grass Yoga Routine + Stretches
<b>Saturday / Sunday</b>	35 minutes, Easy OR 60 minutes of BIKING	45 minutes, Easy OR 75 minutes of BIKING
	Do this workout on ONE of these weekend days; the other day is a REST day!	

**Instructions for the Plyometrics Routine, Flexibility Routine, MYRTL Routine, Core/Ab Routine, and Yoga for Runners are posted on our team website under Athlete Area: Workouts**