

CHRISTOPHER NEWPORT CROSS COUNTRY
WEEK SCHEDULE Monday 12/4 – Monday 12/11

Period: Preparation | Phase: General Preparation

Mesocycle: 5 (Transition to track, Introduction to new zones, Prep workouts)

Microcycle: 16 | Volume (1-10): 7 | Intensity (1-10): 6

Monday 12/4

On own – Optional AM Double

On own – Lift when you have time during the day (Freeman Weight Room – Sheets in my office)

On own start – Medium/Short run

4:15pm – Meet at Pomoco for Speedbuild + Core + HM

Tuesday 12/5

On own – Optional AM Double

3pm – G1 & G1.5 workout at Pomoco (Meet at Freeman)

3pm – G3, G4, G5, G6 Medium run (Meet at Freeman)

5:30pm – Workout G2 workout at Freeman (Meet at Freeman)

Wednesday 12/6

On own – Optional AM Double

7:00am – Steeple People (Meet at Freeman)

3pm – G3, G4, G5, G6 Workout at Freeman (Meet at Freeman)

3pm – G2 Medium run (Meet at Freeman)

On own start – G1, G1.5 start Medium run so that you finish just before 5pm to meet Glyco Group at Radcliffe to lift

Thursday 12/7

On own – Optional AM Double

3pm – Medium run + Med ball + Light Core (Meet at Freeman)

(G1, G1.5, G2 light pick-ups in run)

Friday 12/8

3pm – Team Meeting (Meet at Freeman 202)

On own – Day off/ Short run/ Cross train

Saturday 12/9: CNU Holiday Open!

TBD – Be at Freeman (Meet schedule on team site)

Sunday 12/10

On own – Long Run

Monday 12/11

On own – Optional AM Double

On own – Lift when you have time during the day (Freeman Weight Room – Sheets in my office)

On own – Short run, quality drills, 6 x 75m smooth strides, and core

[Core: 3:30 of planks, 3 x 60 sec of “6 inches”, 3 x 20 sec push up by number]