EPIC ELITE CROSS-COUNTRY TRAINING SCHEDULE
Miles in ( ) applies to runners 8 yrs and under

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
August OFF/REST	25 CCS HS: Jog 1 mile Stretch 1 mile time trial 400M time trial 100M time trial Jog 1 mile stretch	26 Trinity Disk Course: Fartlek run 30 min.1st 6 min jog 1 hard/1 easy@24 min. Jog last 6 min. Jog 1 mile Weights stretch	27 On your own time: Stretch Jog 3 (2) miles stretch	28 CCS HS: Jog 1 mile stretch 4X 400M w/100m recovery Jog 1 mile Weights stretch	29 On your own time: Stretch Jog 3 (2) miles stretch	30 On your own time: long run Stretch Jog 3.5 (2.5) miles
31 OFF/REST	SEPT. 1 Trinity Disk Course: Jog 7 min. Run 4 miles 30 push ups/30 set ups stretch stretch	2 Trinity Disk Course: 7 min. Jog 3 mile Tempo run 1:30 slower then your mile time 5 x hills Weights stretch	3 On your own time: Stretch Jog 3 miles stretch	4 CCS HS: Jog 1 mile stretch 6X 400M w/100m recovery Jog 1 mile Weights stretch	5 On your own time: Stretch Jog 3 (2) miles stretch	6 On your own time: Stretch Jog 3 (2) miles stretch
7 OFF/REST	8 Trinity Disk Course: Jog 7 min. Run 4 miles 30 push ups/30 set ups stretch	9 Trinity Disk Course: Fartlek run 30 min.1st 6 min jog 1 hard/1 easy@24 min. Jog 6 min. Jog 1 mile Weights 6	10 On your own time: Stretch Jog 3 miles stretch	11 CCS HS: Jog 1 mile stretch 6X 400M w/100m recovery Jog 1 mile Weights stretch	12 On your own time: Stretch Jog 3 (2) miles stretch	13 On your own time: Stretch Jog 3 (2) miles stretch

		x hills Stretch			
14 OFF/REST	15 Trinity Disk Course: Jog 7 min. Run 4 miles 30 push ups/30 set ups stretch	16 Trinity Disk Course: 7 min. Jog 3 mile Tempo run 1:30 slower then your mile time 5 x hills Weights stretch	17 On your own time: Stretch Jog 3 miles stretch	18 CCS HS: Jog 1 mile stretch 6X 400M w/100m recovery Jog 1 mile Weights stretch	19 On your own time: Stretch Jog 3 (2) miles stretch	20 On your own time: Stretch Jog 3 (2) miles stretch
21 OFF/REST	22 Trinity Disk Course: Jog 7 min. Run 4 miles 30 push ups/30 set ups stretch	23 Trinity Disk Course: Fartlek run 30 min.1st 6 min jog 1 hard/1 easy@24 min. Jog 6 min. Jog 1 mile 6 x hills Weights stretch	24 On your own time: Stretch Jog 3 miles stretch	25 CCS HS: Jog 1 mile stretch 6X 400M w/100m recovery Jog 1 mile 6 x bleachers Weights stretch	26 On your own time: Stretch Jog 3 (2) miles stretch	27 On your own time: Stretch Jog 3 (2) miles stretch
28 OFF/REST	29 Trinity Disk Course: Jog 7 min. Run 4 miles 30 push ups/40 set ups stretch	30 Trinity Disk Course: 7 min. Jog 3 mile Tempo run 1:30 slower then your mile time 5 x hills Weights stretch	OCT. 1 On your own time: Stretch Jog 3 miles stretch	2 CCS HS: Jog 1 mile stretch 6X 400M w/100m recovery Jog 1 mile 7x bleachers Weights stretch	3 On your own time: Stretch Jog 3 (2) miles stretch	4 On your own time: Stretch Jog 3 (2) miles stretch