

2009 Saint Francis Boys Cross Country Summer Running Program

Week of:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
June 1	5 Easy	7 Easy	5 Easy	7 Easy	5 Easy	7 Easy	OFF
June 8	5 Easy	7 Easy	5 F/L	7 Easy	5 Moderate	7 Easy	OFF
Jun 15	7 Easy	10 Easy	5 Easy	10 Easy	7 Easy	5 Hard	OFF
June 22	Rancho 7 – Wills Easy	7 Easy	12 Easy	7 F/L	10 Easy	7 Hard	OFF
June 29	7 Easy	7 Easy	12 Easy	7 F/L	10 Easy	7 Hard	OFF
July 6	7 Easy	7 Easy	12 Easy	7 F/L	12 Easy	5 Easy	OFF
July 13	Rancho: 7 - Wills Steady	5 Easy AM: 3	Rancho: 11 – Upper Poles AM: 4x200 @ 32	10 Easy 1xS/D 7 x Bike Hill AM: 3	7 Easy	16 Easy	5 Easy
July 20	9 Easy 1xS/D 9 x Bike Hill	5 Easy AM: 3	Rancho: 11 – Upper Poles AM: 4x200 @ 32	10 Easy AM: 3	7 Easy	20 Easy	5 Easy
July 27	7 Easy 1xS/D 9 x Bike Hill	5 Easy AM: 3	12 Easy AM: 4x200 @ 32	10 Easy AM: 3	7 Easy	16 Easy	5 Easy
August 3	Rancho: 7 - Wills Steady	5 Easy AM: 3	12 Easy AM: 4x200 @ 32	10 Easy 1xS/D 9 x Bike Hill AM: 3	7 Easy	16 Easy	5 Easy
August 10	5 Easy 3 x Grinders	5 Easy	12 Easy AM: 4x200 @ 32	10 Easy AM: 3	Mandatory Start Alumni BBQ Rancho: 7 – Wills Easy	14 Easy	5 Easy
August 17	5 Easy 3 x Grinders	7 Easy	Stanford 1xS/D 2 x (1mi / 800)	12 Easy	5 Easy	Old La Honda Rd 10 PM: 20min Easy	10 Easy 1:15
August 24	5 Easy 3 x Grinders	7 Easy	Stanford 1xS/D 2 x (1mi / 800)	12 Easy	5 Easy	Old La Honda Rd 10 PM: 20min Easy	10 Easy 1:15
August 31	Lincoln Park: ? x 2000	7 Easy	5 9 x Quinn Hill	10 Easy	5 Easy Tennis Ball	Rancho: 7 – Wills Steady	10 Easy 1:15

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