

MCHS XC '20 August-October Distance Training (effective July 25, 2020) Cohort Groups are "1", "2", "3" Training Groups are "A", "B"	Monday PM (Richardson Hill Tempo)		Tue	Wednesday PM (Tempo)		Thu	Friday PM (Speed)		Saturday AM (Long Run)		Sun
	Time	Location: Channel Drive	Activity:	Time	Location: Park Trail	Activity:	Time	Location: Howarth Park	Time	Location: Park Trail	Activity:
<b>Group #1</b> (9 Boys + 10 Girls)	4:00	Check-in > 1.3 warm-up run > form drills at base of Richardson Hill parking lot	OYO EZ Pace Run	4:00	Check-in > 1 mi. warm-up run > form drills at 1st or 2nd bridge	OYO EZ Pace Run	4:00-4:20	Check-in > 1.3 mi. warm-up run > form drills yellow gate parking lot	8:00	Check-in > lunge leg lunge drills	OFF
	4:40	Start Workout: Up Richardson Hill		4:40	Start Workout: Tempo on Spring Creek Trail		4:40	Start Workout: Pick-ups on Spring Lake Dam	8:00-9:45	Start Workout: Long Run 6-10+ miles	
	6:00	Workout Done! Leave for home from Channel Dr.		6:00	Workout Done! Leave for home from Park Trail		6:00	Workout Done! Leave for home from Howarth Park	9:45	Workout Done! Leave for home from Park Trail	
<b>Group #2</b> (11 Boys + 12 Girls)	4:20	Check-in > 1.3 warm-up run > form drills at base of Richardson Hill parking lot	OYO EZ Pace Run	4:20	Check-in > 1 mi. warm-up run > form drills at 1st or 2nd bridge	OYO EZ Pace Run	4:20	Check-in > 1.3 mi. warm-up run > form drills yellow gate parking lot	8:20	Check-in > lunge leg lunge drills	OFF
	5:00	Start Workout up Richardson Hill		5:00	Start Workout on Spring Creek Trail		5:00	Start Workout: Pick-ups on Spring Lake Dam	8:20-9:30	Start Workout: Long Run 6-10 miles	
	6:20	Workout Done! Leave for home from Channel Dr.		6:20	Workout Done! Leave for home from Park Trail		6:20	Workout Done! Leave for home from Howarth Park	9:30	Workout Done! Leave for home from Park Trail	
<b>Group #3</b> (11 Boys + 9 Girls)	4:40	Check-in > 1.3 warm-up run > form drills at base of Richardson Hill parking lot	OYO EZ Pace Run	4:40	Check-in > 1 mi. warm-up run > form drills at 1st or 2nd bridge	OYO EZ Pace Run	4:40	Check-in > 1.3 mi. warm-up run > form drills yellow gate parking lot	For this group, need individual invite by Coach Greg; once fitness/stamina develops! (Guideline = 6 miles at ~9:00/mile (boys) or 6 miles at ~10:30/mile (girls) <u>without walking</u> ...)		OFF
	5:20	Start Workout up Richardson Hill		5:20	Start Workout on Spring Creek Trail		5:20	Start Workout: Pick-ups on Spring Lake Dam			
	6:40	Workout Done! Leave for home from Channel Dr.		6:40	Workout Done! Leave for home from Park Trail		6:40	Workout Done! Leave for home from Howarth Park			

	Group #1)	Boys	Girls
1)	4:00	(A) Jacob D	(A) Ashley B
2)		(A) Noe V	(A) Nicole M
3)		(A) Oswaldo R	(A) Vivien M
4)		(A) Simon P	(A) Rebekah T
5)		(A) Adam M	(B) Avery H
6)		(B) Dante B	(B) Ella C
7)		(B) Dustin H	(B) Carmen J
8)		(B) Benji C	(B) Brooke C
9)		(B) Logan D	(B) Josephine R
10)			(B) Sara R
11)			
12)			

	Group #2)	Boys	Girls
1)	4:20	(A) Bryce L	(A) Gracie T
2)		(A) Kyle H	(A) Isabella M
3)		(A) Jason P	(A) Sarah K
4)		(A) Sean G	(A) Mia C
5)		(A) Jonathan D	(A) Lily C
6)		(A) Noah VB	(A) Leyna G
7)		(B) Jack G	(B) Ella J
8)		(B) Gabe S	(B) Nola M
9)		(B) Nick G	(B) Abigail T
10)		(B) Deion M	(B) Rosemary VB
11)		(B) Max L (inj)	(B) Ella Wen
12)			(?) Kira M (inj)

	Group #3)	Boys	Girls
1)	4:40	(A) Grant S	(A) Myrea H
2)		(A) Gavin N	(A) Catherine L
3)		(A) Dominick C	(A) Nora T
4)		(A) Alex B	(A) Reese K
5)		(A) Akil F	(A) Jessica C
6)		(A) Hayden B (inj)	(A) Elle D
7)		(B) Isaiah F	(B) Eliana D
8)		(B) Alex S	(B) Payton M
9)		(B) Mickeal R	(B) Samantha A
10)		(B) Bobby S	
11)		(B) Nick H	

Note: (Elli, Payton and Sam will be doing separate "hybrid long-sprinter workouts")