

### 3<sup>rd</sup> of Three Weeks X-C Pre-Season

## 1/3 Building up your Base and Speed - Final Prep for 2018 Season

Getting ready for increase of speed and intensity of training

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 Off or Cross Training	30 10 min comfortable 20 min Tempo (Fitness) 10 min Comfortable Woody's X-Fit	31 10-15 min Core AM  PM Run 6 miles in hills at Sunken Meadow SP Picnic area – field 4 With Smithtown running co.	<b>AUGUST 1</b>  50 Min Comfortable Woody's X-Fit	2 10-15 min Core AM  PM Run 6-7:30 at SJB 5 x1000 at cruise interval speed (Sprinters welcome for 600's) and weights)	3  22 min comfortable 10x100 (5@mile and 5@800) 22 min easy	4  8-9:15am Long Run at Park Ave Babylon 60-70 min Back quicker
5 OFF or Cross Training	6 5-4-3-3-2-1 Woody's X-Fit	7 15 min Core AM  PM Run 6 miles in hills at Sunken Meadow SP Picnic area – field 4 With Smithtown running co.	8  50 easy 22 out and back faster Woody's X-Fit	9 15 min core AM  PM Run 6-7:30 at SJB 5+ x1000 at cruise interval speed (Sprinters welcome for 600's) and weights)	10  22 min Easy 10x100 (5@mile and 5@800) 22 min Comf min Easy  Woody's X-Fit	11 8am-9:15 Long run at Park ave in Babylon 60-70 min Back Quicker
12 OFF or Cross Training	13 6:30pm Eisenhower park <b>TEST 5K</b> NCPD Police officer memorial 5K	14  PM Run 6 miles in hills at Sunken Meadow SP Picnic area – field 4 With Smithtown running co.	15  50 min comfortable Woody's X-Fit	16 15 min Core AM  PM Run 6-7:30 at SJB 5+ x1000 at cruise interval speed (Sprinters welcome for 600's) and weights)	17  20 min out Back faster	18  8-9:15am Long Run at Park Ave Babylon 60-70 min Back Quicker

Pre-season is over – you should feel confident and ready to start Race Training  
continue biking/walking/swimming/weight training 2xweek