

The Super Awesome Running Club Summer Workout Schedule

We will be meeting at Foothill Park Tuesdays and Thursday from about 9:30-11:00 AM. These are informal workouts, so there is no paperwork to fill out and it is not required for Windsor X-Country. If you are interested in joining the team, it is a great way to get in shape and meet some of the others who will be going out for the team. If you have any questions, please contact Pete Stefanisko at pjstef@att.net or call or text at 707-477-2488.

This is only a very basic outline of how far to run each day- please pay attention to how you feel and adjust accordingly. You should be doing crunches and squats everyday, with push-ups or other upper- body 3 times a week. Also, feel free to add swimming, biking, yoga, etc... as a balance.

The best way to get ready for the X-Country season is simply to run. Steady, consistent running is the key to a good season. Your goal in the summer is to build up your base mileage. Don't worry about how fast you run, find some roads or trails near your home and try and run 6-7 days a week. Click on this [link](#) to map out your runs. Enter your zip code and then move the map around to find your house. From there, just trace your route!

	Tues	Wed	Thurs	Fri	Sat	Sun
June 9 3-5 miles easy Crunches / Squats	10 Foothill Park 9:30AM Warm-up, Westside, Oakwood Trail Crunches, Squats and push-ups	11 3-5 miles easy Crunches/ Squats	12 Foothill Park 9:30AM Warm-up, Westside/Oakwood Trail Crunches/ Squats/push-ups	13 3-7 miles easy Crunches/ Squats	14 4-10 miles at a slower pace Crunches/ Squats	15 2-3 miles easy

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
16 3-5 easy Crunches Squats	17 Foothill Park 9:30AM Warm up, Run our Home Course Crunches, Squats and push-ups	18 3-5 easy Crunches Squats	19 Foothill Park 9:30AM Run the course-twice! Crunches, Squats and push-ups	20 3-7 easy Crunches/ Squats	21 4-10 at a slower pace Crunches/ Squats	22 2-3 easy
23 3-5 easy Crunches Squats	24 Foothill Park 9:30AM Westside to Oakwood (Twice for Varsity) Crunches, Squats and push-ups	25 3-5 easy Crunches/ Squats	26 Foothill Park 9:30AM Alta Vista Crunches, Squats and push-ups	27 3-7 easy Crunches/ Squats	28 4-10 at a slower pace Crunches/ Squats	29 2-3 easy
30 3-5 easy Crunches Squats	July 1 Foothill Park 9:30AM Run the course	2 3-5 easy Crunches Squats	3 No Practice	4 Kenwood 10K Race	5 4-10 at a slower pace Crunches Squats	6 2-3 easy

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
7 3-5 easy Crunches Squats	8 On your own (Coach is at a conference)	9 3-5 easy Crunches/ Squats	10 On your own (Coach is at a conference)	11 3-7 easy Crunches/ Squats	12 4-10 at a slower pace Crunches/ Squats	13 2-3 easy
14 3-5 easy Crunches Squats	15 Foothill Park 9:30AM Oakwood (Twice for Varsity) Crunches, Squats and push-ups	16 3-5 easy Crunches/ Squats	17 Foothill Park 9:30AM Alta Vista Crunches, Squats and push-ups	18 3-7 easy Crunches/ Squats	19 6-12 at a slower pace Crunches/ Squats	20 2-3 easy
21 3-5 easy Crunches Squats	22 Foothill Park 9:30AM Run the course (twice for Varsity)	23 3-5 easy Crunches/ Squats	24 Foothill Park 9:30AM Westside to Oakwood (Twice for Varsity) Crunches, Squats and push-ups	25 3-7 easy Crunches/ Squats	26 6-12 at a slower pace Crunches/ Squats	27 2-3 easy

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
4 3-5 easy Crunches Squats	5 Foothill Park 9:30AM Alta Vista Crunches, Squats and push-ups	6 3-7 easy Crunches/ Squats	7 Foothill Park 9:30AM Westside to Oakwood (Twice for Varsity) Crunches, Squats and push-ups	8 3-7 easy Crunches/ Squats	9 6-12 at a slower pace Crunches/ Squats	10 2-3 easy
11 3-5 easy Crunches Squats	12 Foothill Park 9:30AM Foothill Time Trial	13 3-7 easy Crunches/ Squats	14 Foothill Park 9:30AM Alta Vista Crunches, Squats and push-ups	15 3-7 easy Crunches/ Squats	16 6-12 at a slower pace Crunches/ Squats	17 2-3 easy
18 31st Day of Practice at Foothill Park! 4:00 PM	19 Room G202 4:00 PM 5 mile Wilson Loop	20 Room G202 4:00 PM 400 meter repeats	21 Room G202 4:00 PM 5 mile Wilson Loop Crunches, Squats and push-ups	22 Room G202 4:00 PM Campus Course	23 6-12 at a slower pace Crunches/ Squats	24 2-3 easy