

The Windsor X-Country voluntary Summer Workout Schedule 2017

The Windsor X-Country team will be holding informal, voluntary conditioning workouts at Foothill Park Tuesdays and Thursday from about 9:30-11:00 AM. We will start June 13 and meet most Tuesdays and Thursdays throughout the summer. 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. Try and do at least 1 fast run about every 10-14 days, just to stay sharp. 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!

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
June 12 3-5 miles easy upper body	13 Foothill Park 9:30AM Warm-up, Westside, Oakwood Trail	14 3-5 miles easy upper body	15 Foothill Park 9:30AM Warm-up, Westside/Oakwood Trail	16 3-7 miles easy upper body	17 4-10 miles at a slower pace Crunches/ Squats	18 2-3 miles easy

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
19 3-5 easy upper body	20 Foothill Park 9:30AM Warm up, Run our Home Course	21` 3-5 easy upper body	22 Foothill Park 9:30AM Run the course-twice!	23 3-7 easy upper body	24 4-10 at a slower pace Crunches/ Squats	25 2-3 easy
26 3-5 easy upper body	27 Foothill Park 9:30AM Westside to Oakwood (Twice for Varsity)	28 3-5 easy upper body	29 Foothill Park 9:30AM Run our course or Westside	30 3-7 easy upper body	July 1 4-10 at a slower pace Crunches/ Squats	July 2 2-3 easy
3 3-5 easy upper body	4 Kenwood 10K Race No Practice	5 3-5 easy upper body	6 Foothill Park 9:30AM Run our course or flat 5 if raced	7 3-4 easy	8 4-10 at a slower pace Crunches/ Squats	9 2-3 easy

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
10 3-5 easy Upper Body	11 Foothill Park 9:30AM Oakwood	12 3-5 easy Upper Body	13 Meet at Spring Lake in Santa Rosa! We will run the NBL Course	14 3-7 easy Upper Body	15 4-10 at a slower pace Crunches/ Squats	16 2-3 easy
17 3-5 easy Upper Body	18 Foothill Park 9:30AM Oakwood (Twice for Varsity)	19 3-5 easy Upper Body	20 Foothill Park 9:30AM Alta Vista	21 3-7 easy Upper Body	22 6-12 at a slower pace Crunches/ Squats	23 2-3 easy
24 3-5 easy Upper Body	25 Foothill Park 9:30AM Run the course (twice for Varsity)	26 3-5 easy Upper Body	27 Foothill Park 9:30AM Westside to Oakwood (Twice for Varsity)	28 3-7 easy upper body	29 6-12 at a slower pace Crunches/ Squats	30 2-3 easy

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
31 3-5 easy Upper Body	Aug 1 Foothill Park 9:30AM Alta Vista Crunches, Squats and push-ups	2 3-7 easy Upper Body	3 Foothill Park 9:30AM Westside to Oakwood (Twice for Varsity)	4 3-7 easy Crunches/ Squats	5 6-12 at a slower pace Crunches/ Squats	6 2-3 easy
7 3-5 easy upper body	8 Foothill Park 9:30AM Foothill Time Trial	9 3-7 easy upper body	10 Foothill Park 9:30AM Alta Vista Crunches, Squats and push-ups	11 3-7 easy Crunches/ Squats	12 6-12 at a slower pace Crunches/ Squats	13 2-3 easy
14 1st official Day of practice! Foothill Park 4:00 PM	15 Room G202 4:00 PM 5 mile Wilson Loop Conditioning	16 Room G202 4:00 PM Speed work Keiser Park	17 Room G202 4:00 PM 5 mile Wilson Loop Conditioning	18 Room G202 4:00 PM Campus Speedwork	19 6-12 at a slower pace upper body	20 2-3 easy