

August	September	October	November	December	January	February	March	April	May	June	July
Cross Country			Aerobic Conditioning		Strength & Stretch		Track & Field		Aerobic Maintenance		
3 days a week			2 days a week		2 days a week		3 days a week		3 days a week		
Aerobic			Maintenance		Conditioning		Aerobic Anaerobic		Aerobic		
Group 1	Cross Country Competitive 18 mpw Long Run 6 mi Med Run 5 mi Short Run 3 mi Intervals Jog between 400-1600m up to 3mi		Aerobic Running 65% 3 miles		Weight Training Stretching Base Running		Group 1	100m 200m 400m	Aerobic Running 65% 4 miles		
Group 2	Cross Country Farm 12 mpw Long Run 4 mi Med Run 3 mi Short Run 2 mi Intervals Walk between 400-1600m up to 3mi						Group 2	800m 1200m 3200m	Build to running 4 miles Enjoy your Summer Vacation!		
							Group 3	High Jump Long Jump Triple Jump			
							Group 4	Shot Put Discus			
							Group 5	Pole Vault			