

June 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
Week 1 Beginners 12-18 JV/Varsity Girls 36 Varsity Boys 45	SUMMER XC CAMP begins 6:30 AM @ ERHS. Varsity 15 min fartlek 30/1/2/3/2/1/30 NO PM PRACTICE	Varsity am opt. light 10 HILLS 6:30 AM @ Snipes B 2-3 mi JV/VG 5-6 mi VB 6-7 mi Varsity 5 pm @ Snipes	AM/PM SAME 6:30 AM @ ERHS B 2-3 mi JV/VG 5-6 mi VB 7-8 mi (10x30m) 4:30 pm @ ERHS	Practice @ ERHS 6:30 am practice B 2-3 mi JV/VG 4-5 mi VB 5-6 mi NO PM PRACTICE	1st Time Trial No AM Practice 5:30pm @ ECP. 6:00 TT 2 mi w/u 1.5 mi time trial. 2 mi c/d	Hidden Valley LR B 2-3 mi JV/VG 7-8 mi VB 8-10i; 4-6 x 20 sec hill strides
15	16	17	18	19	20	21
Week 2 B 14-23 JV/VG 38 VB 49	Easy HILLS Snipes B 2-4 mi JV/VG 5-6 mi VB 7-8 miles 4-6 x 20 sec hill strides	Easy B 3-4 mi JV/VG 4-5 mi VB 5-6 mi	Wednesday Workout B 1 mi w/u & 1 c/d JV/VG 1 mi w/u/2 c/d VB 2 mi w/u & c/d 4:30-6pm 4x 1 mile repeat weight room/ Ice bath	Easy Run B 2-3 mi JV/VG 3-4 mii VB 5-6 mi	B 2-3 JV/VG 4-5 VB 7-8 mi (10x30m)	Workout @ ERHS 2 mi w/u 12-16x400 3 mi c/d
22	23	24	25	26	27	28
Week 3 B 18-27 JV/VG 40 VB 51	Long Hilly Run B 3-5 mi JV/VG 8-9 VB 9-11 4-6 x 20 sec hill strides	Medium Run B 3-4 mi JV/VG 5-6 mi VB 6-7 mi	Wednesday Workout B 1 mi w/u & 1 c/d JV/VG 1 mi w/u/2 c/d VB 2 mi w/u & c/d 4:30-6pm 4x 1 mile repeat weight room/ice bath	Easy Run B 2-3 mi JV/VG 3-4 mii VB 5-6 mi	Medium Long Easy B 2-3 mi JV/VG 7-8 mi VB 8-9 mi (10x30m)	Pikes Peak LR B 4-6 mi JV/VG 8 mi VB 10 mi 4-6x hill strides
29	30	1	2	3	4	5
Dead Period Begins Week 4 OYO B 16-23 JV/VG 37 VB 48 DEAD PERIOD	ATHLETE-LED B 3-4 JV/VG 7 mi VB 8 mi 4-6 strides Varsity 15 min fartlek 30/1/2/3/2/1/30	ATHLETE-LED HILLY Run B 2-3 mi JV/VG 5-6 mi VB 6-7 mi	ATHLETE-LED B 2-3 JV/VG 5-6 VB 7-8 mi 8-12x 200m	ATHLETE-LED B 3-4 JV/VG 3-4 mi VB 5-6	ATHLETE-LED B 2-3 JV/VG 4-5 mi VB 7-8 mi 4-6 strides Find a 5k or tempo for 20 min.	Hilly Run ATHLETE-LED B 3-5 JV/VG 8 mi VB 10 mi 4-6 hill strides