

Runnin' Bucks SUMMER WORKOUT SCHEDULE



HS GIRLS 2010

Week of Monday-	31-May	7-Jun	14-Jun	21-Jun	28-Jun	5-Jul	12-Jul	19-Jul	26-Jul	2-Aug	9-Aug	16-Aug	23-Aug
Monday	10 min+bktrk	10 min+bktrk	15 min+bktrk	15 min+bktrk	15 min+bktrk & speedwork	15 min+bktrk & speedwork	15 min+bktrk & speedwork	18 min+bktrk	18 min+bktrk & speedwork	20 min+bktrk & speedwork	<u>Team Practice</u>	Team Practice	1st Day of Classes
Tuesday	<u>Team Run</u>	<u>Team Run</u>	off	<u>Team Run</u>	<u>Team Run</u>	<u>Team Run</u>	<u>Team Run</u>	<u>Team Run</u>	<u>Team Run</u>	<u>Team Run</u>	Team Practice	Team Practice	School
Wednesday	10 min+bktrk	off	15 min+bktrk	15 min+bktrk & speedwork	off	15 min+bktrk & speedwork	18 min+bktrk	18 min+bktrk & speedwork	20 min+bktrk	22 min+bktrk	Team Practice	Team Practice	School
Thursday	off	10 min+bktrk	15 min+bktrk	15 min+bktrk	15 min+bktrk	11 min+bktrk	18 min+bktrk	20 min+bktrk	20 min+bktrk	20 min+bktrk & speedwork	Team Practice	Team Practice	School
Friday	15 min+bktrk	15 min+bktrk	18 min+bktrk	18 min+bktrk	18 min+bktrk	20 min+bktrk	20 min+bktrk	10 min+bktrk	18 min+bktrk & speedwork	25 min+bktrk	Team Practice	Team Practice	School
Saturday	10 min+bktrk	10 min+bktrk	15 min+bktrk	11 min+bktrk	10 min+bktrk	11 min+bktrk	11 min+bktrk	18 min+bktrk & speedwork	11 min+bktrk	11 min+bktrk	TBD	TBD	Big Lake Meet
Sunday	off	off	off	off	off	off	off	off	off	off	off	off	TBD

IMPORTANT DATES

Tuesday, June 1

WE WILL MEET AT THE FIELD HOUSE at 7:30pm TO RUN TOGETHER. We will have a Team Run every Tuesday, except for June 15th.

Monday, Aug 9

Begin DAILY TEAM PRACTICE - We'll meet at the Field House this first Monday at 7:30 pm. We'll lay out the future Team Practice schedule on that day.

Monday, Aug 23

School starts

CHECK the RUNNIN' BUCKS WEBPAGE EVERY WEEK for UPDATES, TRAINING TIPS and more: Go to www.alpine.esc18.net and click on **ATHLETICS**, then click on the **RUNNIN' BUCKS** logo

Bktrk means - Backtrack > go out in any direction for the time designated, then backtrack along the way you came

Speedwork means - Attacks during the run, Hills, or Sprints following the run - 3 or 4 attacks x 20 to 40 seconds each