

2015 NCXC

Group 1 - Top High School - Seniors or junior out of track athletes

Group 2 - Freshman or sophomores out of track athletes

Group 3 - JH Athletes coming out of track or new HS

Group 4 - New JH athletes

Time in Minutes - Stretch at the end of every run

5/31/2015	Sunday			36	27	18	9
6/1/2015	Monday	body core		36	27	18	9
6/2/2015	Tuesday	leg circuit		54	45	36	27
6/3/2015	Wednesday	body core		36	27	18	9
6/4/2015	Thursday	leg circuit		45	36	27	18
6/5/2015	Friday	body core		45	36	27	18
6/6/2015	Saturday			Rest	Rest	Rest	Rest
6/7/2015	Sunday			36	27	18	9
6/8/2015	Monday	body core		36	27	18	9
6/9/2015	Tuesday	leg circuit		45	36	27	18
6/10/2015	Wednesday	body core		63	54	45	36
6/11/2015	Thursday	leg circuit		45	36	27	18
6/12/2015	Friday	body core		45	36	27	18
6/13/2015	Saturday			Rest	Rest	Rest	Rest
6/14/2015	Sunday			54	45	36	27
6/15/2015	Monday	body core		36	27	18	9
6/16/2015	Tuesday	leg circuit		54	45	36	27
6/17/2015	Wednesday	body core		72	63	54	45
6/18/2015	Thursday	leg circuit		45	36	27	18
6/19/2015	Friday	body core		63	54	45	36
6/20/2015	Saturday			Rest	Rest	Rest	Rest
6/21/2015	Sunday			45	36	27	18
6/22/2015	Monday	body core		54	45	36	27
6/23/2015	Tuesday	leg circuit		45	36	27	18
6/24/2015	Wednesday	body core		63	54	45	36
6/25/2015	Thursday	leg circuit		54	45	36	27
6/26/2015	Friday	body core		45	36	27	18
6/27/2015	Saturday			45	36	27	18
6/28/2015	Sunday			54	45	36	27
6/29/2015	Monday	body core		45	36	27	18
6/30/2015	Tuesday	leg circuit	(6 x80 Striders)	63	54	45	36
7/1/2015	Wednesday	body core		90	81	72	63
7/2/2015	Thursday	leg circuit	(6 x80 Striders)	45	36	27	18
7/3/2015	Friday	body core		75	66	57	48
7/4/2015	Saturday			54	45	36	27
7/5/2015	Sunday			Rest	Rest	Rest	Rest
7/6/2015	Monday	body core		45	36	27	18
7/7/2015	Tuesday	leg circuit	(6 x80 Striders)	63	54	45	36
7/8/2015	Wednesday	body core		63	54	45	36
7/9/2015	Thursday	leg circuit	(6 x80 Striders)	81	72	63	54
7/10/2015	Friday	body core		54	45	36	27
7/11/2015	Saturday			70	61	52	43
7/12/2015	Sunday			Rest	Rest	Rest	Rest
7/13/2015	Monday	body core		60	51	42	33
7/14/2015	Tuesday	leg circuit	(6 x80 Striders)	63	54	45	36
7/15/2015	Wednesday	body core		90	81	72	63
7/16/2015	Thursday	leg circuit	(6 x80 Striders)	45	36	27	18
7/17/2015	Friday	body core		72	63	54	45
7/18/2015	Saturday			51	42	33	24
7/19/2015	Sunday			45	36	27	18
7/20/2015	Monday	body core		54	45	36	27
7/21/2015	Tuesday	leg circuit	(6 x80 Striders)	45	36	27	18
7/22/2015	Wednesday	body core		63	54	45	36
7/23/2015	Thursday	leg circuit	(6 x80 Striders)	90	81	72	63
7/24/2015	Friday	body core		45	36	27	18
7/25/2015	Saturday			75	66	57	48
7/26/2015	Sunday			Rest	Rest	Rest	Rest
7/27/2015	Monday	body core		54	45	36	27

7/28/2015	Tuesday	leg circuit	(6 x80 Striders)	63	54	45	36
7/29/2015	Wednesday	body core		90	81	72	63
7/30/2015	Thursday	leg circuit	(6 x80 Striders)	45	36	27	18
7/31/2015	Friday	body core		72	63	54	45
8/1/2015	Saturday			54	45	36	27
8/2/2015	Sunday			Rest	Rest	Rest	Rest
8/3/2015	Monday	body core		First High School Practice		45	36
8/4/2015	Tuesday	leg circuit	(6 x80 Striders)			45	36
8/5/2015	Wednesday	body core				72	63
8/6/2015	Thursday	leg circuit	(6 x80 Striders)			36	27
8/7/2015	Friday	body core				54	45
8/8/2015	Saturday					36	27
8/9/2015	Sunday						Rest
8/10/2015	Monday	body core				45	36
8/11/2015	Tuesday	leg circuit	(6 x80 Striders)			45	36
8/12/2015	Wednesday	body core				72	63
8/13/2015	Thursday	leg circuit	(6 x80 Striders)			36	27
8/14/2015	Friday	body core				54	45
8/15/2015	Saturday					36	27
8/16/2015	Sunday					Rest	Rest
8/17/2015	Monday			First Junior High Practice			

