

Get Your Physical completed before August 12 (the first day of practice)!

Summer training schedule:

June 7- Monday 4-5 miles (Moderate)
June 8 –Tuesday 3-4 miles +strides (M)
June 9 -Wednesday- 4-5 miles (Easy)
June 10-Thursday 3-4 miles +strides (M)
June 11-Friday rest
June 12-Saturday 4-5 miles +strides (M)
June 13- Sunday 5-6 miles (E)

Approximate Weekly total- (25-30)

June 14- Monday 3-4 miles (M)
June 15- Tuesday 4-5 miles + strides (M)
June 16- Wednesday 5 miles (E)
June 17- Thursday 4 miles + strides (M)
June 18-Friday rest
June 19- Saturday 5-6 miles (H)
June 20-Sunday 4 miles easy

Approximate weekly total-(25-30)

June 21-Monday 4 miles +strides (M)
June 22-Tuesday 30-40 minute tempo run (H)
June 23- Wednesday 4 miles easy
June 24- Thursday 5-6 miles +strides (M)
June 25-Friday 5 miles (M)
June 26-Saturday 4-5 miles +strides (M)
June 27-Sunday 6-7 miles (E)

Approximate weekly total-(30-35)

June 28-Monday 3 miles easy
June 29-Tuesday 30-40 minute tempo run (H)
June 30- Wednesday 4-5 miles +strides
July 1-Thursday 5 miles (M)
July 2-Friday 4-5 miles + strides
July 3-Saturday 3-4 miles easy
July 4- Sunday 6-7 miles (M)

Approximate weekly total-(30-40)

July 5- **Monday practice @MSJ track w/Coach Constantine 10:00AM-11:30**

Warmup-3xmile (2 person 6 mile relay)-cool down

July 6-Tuesday 5-6 miles (E)

July 7 **Wednesday practice @Centennial Lake w/ Coach McDermott 10:00a.m.-11:30a.m.**

Tempo run-6-7 miles (**West Area parking lot #3**)

July 8-Thursday 5 miles easy

July 9- Friday 3-4 miles +strides

July 10-Saturday **7 miles**

***July 11-Team Race-The Pikesville 5K 8:00am you can register on-line@ www.pikesville5k.com/
Approximate weekly total-(35-40)**

July 12-Monday practice @MSJ track w/Coach Constantine 10:00AM-11:30

Warmup-3xmile (5kpace)(2 person 6 mile relay)-cool down

July 13-Tuesday 4-5 miles +strides

July 14-Wednesday practice @Centennial Lake w/ Coach McDermott 10:00am

Tempo run-6-8 miles(M)(West Area parking lot #3)

July 15-Thursday 4 miles easy +strides(E)

July 16-Friday practice @Oregon Ridge (site of the championship meet) w/Coach Peach 10:00am

Tempo run(M) 6-8 miles

July 17-Saturday 3-4 miles(E)

July 18-Sunday 7 miles(M)

Approximate weekly total-40

July 19- Monday practice @MSJ track w/Coach Constantine 10:00am

Warm up -6x800 (mile pace) -cool down (H)

July 20-Tuesday 4 miles easy + strides

July 21-Wednesday practice @Centennial Lake w/Coach McDermott 10:00 am

Tempo run 6-8 miles (M)

July 22-Thursday rest day

July 23-Friday practice @Oregon Ridge w/Coach Peach 10:00 am

Tempo run 6-8 miles (M)

July 24-Saturday 5-6 miles +strides

July 25-Sunday 8 miles

Approximate weekly mileage- (35-40)

July 26-Monday practice @MSJ track w/Coach Constantine 10:00 am

Warm up- 3xmile (5kpace)(2 person 6 mile relay)-cool down(H)

July 27-Tuesday 5 miles easy

July 28-Wednesday practice @Centennial Lake w/Coach McDermott 10:00 am

Tempo run 6-8 miles (M)

July 29-Thursday 5-6 miles +strides (E)

July 30-Friday practice @Oregon Ridge w/Coach Peach 10:00 am

6-8 mile tempo run (M)

July 31-Saturday 5 miles (E)

August 1-Sunday 9-10 miles (M)

Approximately weekly mileage-(40-50)

August 2 –Monday practice @MSJ track w/Coach Constantine 10:00am

Warm up-ladder down from: 1mile-3/4-1/2-1/4(2 person 6 mile relay)(H)

August 3 –Tuesday 4-5 miles + strides (E)

August 4-Wednesday practice @Centennial lake w/Coach McDermott 10:00 am

Tempo run 6-8 miles (M)

August 5-Thursday 4-5 miles +strides (E)

August 6-no practice (I will be out of town) Tempo run 6-8 miles (M)

August 7-Saturday 4-5miles+strides (M)

August 8-Sunday 9-10 miles(E)

Approximate weekly mileage-40-50

August 9 Monday- **no practice/rest day**

August 10 Tuesday -6-7 miles +strides

August 11 Wednesday- **no practice 4-5 miles easy**

*August 12 Thursday **Practice begins @MSJ track 10-11:45am**

*August 13 Friday **practice @MSJ 10-11:45am**

August 14 Saturday 4-5 miles easy

August 15 Sunday 8 miles +strides

***August 16-August 20 practice will be @Centennial Lake 10-11:45**

**Mount Saint Joseph
2010 (tentative) Cross Country Schedule**

9-4-10 **Mount Saint Mary's Invitational** @Mount Saint Mary's

9-7-10 Park and Loyola @Park

9-14-10 Calvert Hall and Park @MSJ

9-21-10 Gilman @MSJ

9-25-10 **Bull Run Invitational** @Hereford High School

9-28-10 Curley and Spalding @Herring Run

10-2-10 **McQuaid Invitational** (Genesee Park) Rochester, NY

10-5-10 McDonogh and Spalding @MSJ

10-12-10 BYE

10-16-10 **Georgetown Prep Classic** @GP

10-19-10 John Carroll and Spalding @John Carroll

10-26-10 Annapolis Area Christian school @AACS

11-04-10 **MIAA Champs**

11-27-10 **Footlocker Championship** @Van Cortlandt Park, NY