

CC Rookie Schedule	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Monday Night Fun Runs Starting on June 12 Locations on www.perhamxc.com							
Week 1 5/29 to 6/4	10 min easy	10 min easy	Rest	15 min easy	10 min easy	Rest	Rest
Week 2 6/5 to 6/11	15 min easy	20 min easy	25 min easy	10 min easy	20 min easy	Rest	Rest
Week 3 6/12 to 6/18	CC Kick-Off at Coach Morris's house at 7:00 pm 30 min easy	25 min easy	30 min easy	20 min easy Drills & Strides Core Routine	25 min easy	TurtleFest 5k & 10k	Rest
Week 4 6/19 to 6/25	25 min easy Drills & Strides Core Routine	35 min easy	30 min easy	25 min easy Drills & Strides Core Routine	30 min easy	Average Joe Triathlon	Rest
Week 5 6/26 to 7/2	CC Camp 30 min easy Drills & Strides Core Routine	CC Camp 40-45 min easy	CC Camp 35 min easy 2 Hill Sprints	CC Camp 30 min easy Drills & Strides Core Routine	CC Camp 45 min	Rest	Rest
Week 6 7/3 to 7/9	30 min easy Drills & Strides Core Routine	40-60 min easy	30 min easy 3 Hill Sprints	30 min easy Drills & Strides Core Routine	45 min easy	Rest	Rest
Week 7 7/10 to 7/16	30 min easy Drills & Strides Core Routine	40-60 min easy	30 min easy 4 Hill Sprints	30 min easy Drills & Strides Core Routine	50 min easy Relay for Life	Rest	Rest
Week 8 7/17 to 7/23	30 min easy Drills & Strides Core Routine	40-60 min easy	35 min easy 5 Hill Sprints	30 min easy Drills & Strides Core Routine	45 min easy	Rest	Rest

Week 9 7/24 to 7/30	30 min easy Drills & Strides Core Routine	40-60 min easy	30 min easy 5 Hill Sprints	30 min easy Drills & Strides Core Routine	50 min easy	Rest	Rest
Week 10 7/31 to 8/6	35 min easy Drills & Strides Core Routine	40-60 min easy	35 min easy 6 Hill Sprints	30 min easy Drills & Strides Core Routine	60 min easy	Rest	Rest
Week 11 8/7 to 8/13	35 min easy Drills & Strides Core Routine	40-60 min easy	40 min easy 6 Hill Sprints	30 min easy Drills & Strides Core Routine	50 min easy	Rest	Rest