

Junior Varsity 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	30 min easy	30 min easy	20 min easy	30 min easy	40 min easy	Rest	Rest
Week 2 6/5 to 6/11	30 min easy	25 min easy	35 min easy	30 min easy	40 min easy	Rest	Rest
Week 3 6/12 to 6/18	35 min easy CC Kick-Off at Coach Morris's house at 7:00 pm	30 min easy	45 min easy	30 min easy Drills & Strides Core Routine	50 min easy	TurtleFest 5k & 10k or 30 min easy	Rest
Week 4 6/19 to 6/25	40 min easy Drills & Strides Core Routine	60 min easy	45 min easy	35 min easy Drills & Strides Core Routine	30 min easy	30 min easy Average Joe Triathlon	Rest
Week 5 6/26 to 7/2	CC Camp 45 min easy Drills & Strides Core Routine	CC Camp 70 min easy	CC Camp 50 min easy 2 Hill Sprints	CC Camp 30 min easy Drills & Strides Core Routine	CC Camp Relay for Life 45 min	30 min easy	Rest
Week 6 7/3 to 7/9	45 min easy Drills & Strides Core Routine	60 min easy	30 min easy 3 Hill Sprints	45 min easy Drills & Strides Core Routine	60 min easy	30 min easy	Rest
Week 7 7/10 to 7/16	45 min easy Drills & Strides Core Routine	60 min easy	30 min easy 4 Hill Sprints	45 min easy Drills & Strides Core Routine	60 min easy Relay for Life	30 min easy	Rest
Week 8 7/17 to 7/23	50 min easy Drills & Strides Core Routine	60 min easy	30 min easy 5 Hill Sprints	45 min easy Drills & Strides Core Routine	60 min easy	40 min easy	Rest

Week 9 7/24 to 7/30	45 min easy Drills & Strides Core Routine	65 min easy	35 min easy 5 Hill Sprints	50 min easy Drills & Strides Core Routine	30 min easy	30 min easy	Rest
Week 10 7/31 to 8/6	50 min easy Drills & Strides Core Routine	70 min easy	35 min easy 6 Hill Sprints	40 min easy Drills & Strides Core Routine	60 min easy	30 min easy	Rest
Week 11 8/7 to 8/13	50 min easy Drills & Strides Core Routine	70 min easy	30 min easy 6 Hill Sprints	45 min easy Drills & Strides Core Routine	60 min easy	30 min easy	Rest