

Bengal Cross Country *June 2010*

Coach Gatz
630-247-7199
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Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 X	2 X	3 X	4 X	5 X
6 X	7 X	8 X	9 X	10 X	11 X	12 X
13 X	14 <u>2-3:30</u> Tempo Run (30 Min.)	15 No Practice 30 Min. Easy run (double?)	16 <u>2-3:30</u> On Track <i>Intervals</i> (10X400M)	17 <u>2-3:30</u> Fartlek 30 minutes	18 No Practice 30 min. easy run (double?)	19 No Practice Long Run 60 Minutes (can do it Sun. instead)
20 X	21 <u>4-5:30</u> Tempo Run (30 Min.)	22 No Practice 30 Min. Easy Run (double?)	23 <u>4-5:30</u> On Track <i>Intervals</i> (5X1000M)	24 <u>4-5:30</u> Fartlek 30 minutes	25 No Practice 30 min. easy run (double?)	26 No Practice Long Run 65 Minutes (can do it Sun. instead)
27 X	28 <u>2-3:30</u> Tempo Run (35 Min.)	29 No Practice 30 Min. Easy run (double?)	30 <u>2-3:30</u> On Track <i>Intervals</i> (6X600M)			

Bengal Cross Country July 2010

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
X	X	X	X	1 <u>8-9:30</u> Fartlek 35 minutes	2 No Practice 30 min. easy run (double?)	3 No Practice Long Run 70 Minutes (can do it Sun. instead)
4 X	5 No Practice Tempo Run (35 Min.)	6 No Practice 30 Min. Easy Run (double?)	7 <u>2-3:30</u> On Track <i>Intervals</i> (10X400M)	8 <u>2-3:30</u> Fartlek 35 minutes	9 No Practice 30 min. easy run (double?)	10 No Practice Long Run 70 Minutes (can do it Sun. instead)
11 X	12 <u>2-3:30</u> Tempo Run (40 Min.)	13 No Practice 30 Min. Easy Run (double?)	14 <u>2-3:30</u> On Track <i>Intervals</i> (5X1000M)	15 <u>2-3:30</u> Fartlek 40 minutes	16 No Practice 30 min. easy run (double?)	17 No Practice Long Run 75 Minutes (can do it Sun. instead)
18 X	19 <u>2-3:30</u> Tempo Run (40 Min.)	20 No Practice 30 Min. Easy Run (double?)	21 <u>2-3:30</u> On Track <i>Intervals</i> (8X600M)	22 <u>2-3:30</u> Fartlek 40 minutes	23 No Practice 30 min. easy run (double?)	24 No Practice Long Run 80 Minutes (can do it Sun. instead)
25 X	26 <u>2-3:30</u> Tempo Run (45 Min.)	27 No Practice 30 Min. Easy Run (double?)	28 <u>2-3:30</u> On Track <i>Intervals</i> (10X400M)	29 <u>2-3:30</u> Fartlek 45 minutes	30 No Practice 30 min. easy run (double?)	31 No Practice Long Run 80 Minutes (can do it Sun. instead)