

## WINDSOR CROSS COUNTRY SUMMER SCHEDULE

### WORKOUT PLAN - June 22- July 12

Day	Date	Where to Meet	When	Target	Comment
SAT	6/22/2024	Annadel - Parktrail	9am	Long Run - 5 to 10 miles	Coach Ruben
SUN	6/23/2024	Day Off			
MON	6/24/2024	OYO		30-60 mins easy pace	Note (1) below
TUE	6/25/2024	Foothill	9am	3-6 miles on hills	Coach Williams
WED	6/26/2024	Riverfront	9am	30-60 mins easy pace	Coach Williams
THU	6/27/2024	Foothill	9am	30-60 mins easy pace	Coach Williams
FRI	6/28/2024	OYO		30-60 mins easy pace	Note (1) below
SAT	6/29/2024	Annadel - Parktrail	8am	Long Run - 5 to 10 miles	Note (2) below
SUN	6/30/2024	Day Off			
MON	7/1/2024	Riverfront	9am	30-60 mins easy pace	Coach Williams
TUE	7/2/2024	Foothill	9am	3-6 miles on hills	Coach Williams
WED	7/3/2024	OYO		30-60 mins easy pace	Note (1) below
THU	7/4/2024	Kenwood Footrace			Note (3) below
FRI	7/5/2024	OYO		30-60 mins easy pace	Note (1) below
SAT	7/6/2024	Annadel - Parktrail	8am	Long Run - 5 to 10 miles	Note (2) below
SUN	7/7/2024	Day Off			
MON	7/8/2024	Riverfront	9am	30-60 mins easy pace	Back to regular routine
TUE	7/9/2024	Foothill	9am	3-6 miles on hills	Back to regular routine
WED	7/10/2024	Riverfront	9am	30-60 mins easy pace	Back to regular routine
THU	7/11/2024	Foothill	9am	30-60 mins easy pace	Back to regular routine
FRI	7/12/2024	Windsor Track	9am	plyos / tempo	Back to regular routine

**Notes:**

(1) OYO= "on your own" - not a coached workout! Run with a friend!

(2) Opportunity to join Mara Carrillo's community run at Annadel - no Windsor coach this day.

(3) Just a suggestion! - join the 3K Fun Run at Kenwood! [www.kenwoodfootrace.com](http://www.kenwoodfootrace.com)