

2020 Furlow Charter School XC Training Guide

- Each workout will begin with a dynamic warm-up that includes the following:
 - High Knees (10 yards, down and back)
 - Butt Kickers (10 yards, down and back)
 - Toe Kicks (10 yards, down and back)
 - Lunge Twists (10 yards, down)
 - Squats (10 yards, back)
 - Lunge Stretch (10 yards, down)
 - Cabbage Pickers (10 yards, back)
 - Carioca (10 yards, down)
 - Shuffle (10 yards, back)
 - Power Skip (10 yards, down and back)
 - 70% Run (10 yards, down)
 - 80% Run (10 yards, back)
 - 90% Run (10 yards, down)
 - 100% Sprint (10 yards, back)
- Each workout will end with 10 - 10 yard strides to cool down.

(E) = Easy

Week	Date		Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
1	Aug. 3 - 9	HS				20 min. run	20 min. run	20 min. run on your own	OFF
		MS				20 min. run	20 min. run	20 min. run on your own	OFF
2	Aug. 10 - 16	HS	3 miles (E) 3 Striders	400 M Timed	OFF	30 min. run	3 X 1 mile	30 min. run on your own	OFF
		MS	2 miles (E) 2 Striders	400 M Timed	OFF	20 min. run	3 X 1 mile	20 min. run of your own	OFF
3	Aug. 17 - 23	HS	4 miles (E) 4 Striders	1 mile timed 10 x 30 M Fly	40 min. run	5 x 300 M (2 min.)	3 miles (E) 4 Striders	2 miles on your own	OFF
		MS	3 miles (E) 3 Striders	1 mile timed 10 x 30 M Fly	40 min. run	4 x 300 M (2 min.)	2 miles (E) 3 Striders	2 miles on your own	OFF
4	Aug. 24 - 30	HS	OFF	4x300x2 (2min/5min)	4 miles (E) 5 Striders	4x1 mile (5 min)	40 min.	Furlow Fast Feet Invitational	2 miles on your own (recovery run)
		MS	OFF	3x300x2 (2min/5min)	3 miles (E) 4 Striders	4x1 mile (5 min)	40 min.		2 miles on your own (recovery run)
5	Aug. 31 - Sept. 6	HS	40 min.	4.5 miles (E) 5 Striders	4x200Mx2 (2min/5min)	3x1 mile (5 min)	10x30M Fly	3 miles easy on your own	OFF
		MS	40 min.	4 miles (E) 5 Striders	4x200x2 (2min/10min)	3x1 mile (5 min)	10x30M Fly	2 miles easy on your own	OFF

6	Sept. 7 - 13	HS	OFF	6x250 Hill Repeats	4 miles (E) 5 Striders	4x1 mile (5 min)	40 min.	Lee Co. Invitational	2 miles on your own (recovery run)
		MS	OFF	4x250 Hill Repeats	3 miles (E) 5 Striders	4x1 mile (5 min)	40 min.		2 miles on your own (recovery run)
7	Sept. 14 - 20	HS	OFF	5 miles (E) 5 Striders	8x250 Hill Repeats	10x30 M Fly	40 min.	Deerfield-Win dson Invitational	2 miles on your own (recovery run)
		MS	OFF	4 miles (E) 5 Striders	5x250 Hill Repeats	10x30 M Fly	40 min.		2 miles on your own (recovery run)
8	Sept. 21 - 27	HS	OFF	5 miles (E) 6 Striders	10x250 Hill Repeats	10x30 M Fly	40 min.	Marion Co. Invitational	2 miles on your own (recovery run)
		MS	OFF	4 miles (E) 6 Striders	5x250 Hill Repeats	10x30 M Fly	40 min.		2 miles on your own (recovery run)
9	Sept. 28 - Oct. 4	HS	6 miles (E) 6 Striders	7x300 M (5 min)	4 miles (E) 6 Striders	3x1000x2 (5min/10min)	2 Miles (E)	Westover Invitational	2 miles on your own (recovery run)
		MS	4 miles (E) 6 Striders	6x300 M (5 min)	4 miles (E) 6 Striders	2x1000x2 (5min/10min)	2 Miles (E)		2 miles on your own (recovery run)
10	Oct. 5 - 11	HS	OFF	6 miles (E) 6 Striders	7x300 (5 min)	4 miles (E) 6 Striders	10x30M Fly	4 miles easy on your own	OFF
		MS	OFF	4 miles (E) 6 Striders	6x300 (5 min)	4 miles (E) 6 Striders	10x30M Fly	2 miles on your own	OFF
11	Oct. 12 - 18	HS	OFF	3x250 (8 min)	3 miles (E) 6 Striders	10x30M Fly	40 min. on your own	Southland Raider Run	2 miles on your own (recovery run)
		MS	OFF	3x250 (8 min)	3 miles (E) 6 Striders	10x30M Fly	40 min. on your own		2 miles on your own (recovery run)
12	Oct. 19 - 25	HS							
		MS							
13	Oct. 26 - Nov. 1	HS							
		MS							
14	Nov. 2 - 8	HS						GHSA State Champion- ship	2 miles on your own (recovery run)
		MS							