1. Weekly long run- Normally this should be on either a Saturday or Sunday. Do NOT push the pace …you should finish the run feeling like you could still run at least one more mile….do a few strides at your spring 3200 pace after the long run.  
    Suggested pace: BOYS 6:35-7:30 GIRLS 7:50-8:55 JV Boys 7:45-9:00 Girls 8:45-10:00
2. Tempo run/hilly run -One day a week do a “workout” type effort run. I will post this on running to win each week.  
   Suggested pace: Varsity BOYS: 5:35-6:00 GIRLS 6:55-7:30 JV Boys 6:30-8:00 Girls 8-9
3. **Weights- We need to get stronger!!!! Do the Weightroom workouts with Coach Johnson in June!! Workout in the weight room count toward your team qualifying number of summer workouts. Weightroom sessions are from 11:00-12:00 Monday/Tuesday and Thursday**.
4. Seniors will be in charge of a fun workout session on either Wednesdays and/or Fridays. Get on the team “group chat” for details.  
     
   Join the Pope XC team on <http://www.running2win.com/>  
    Coach Monk 2018 Pope XC Team # T-153180184204-26-

To subscribe to the 2018 XC Remind **TEXT** @e9aaa3  **to 81010**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | Weekly Mileage |
|  |  |  |  | 6/1 | 2 | 3 |  |
| 4 **Weight**  **room 11-12** | 5  **Weight room 11-12** | 6 | 7  **Weight room 11-12** 9-9:45am RIVER (Column’s Drive Lot) RETURNERS ONLY ☺ | 8 | 9 | 10 | Varsity 20-30   Long run  Boys 5-6  Girls 5 |
| 11 **Weight room 11-12**  Returning athletes only  Run 9-10@PHS (meet at track) | 12 **Weight room 11-12** | 13 | 14  **Weight room 11-12**  returners only Leita Thompson 7pm | 15 | 16 | 17 | Varsity 20-33 JV 10-15  Long run  Boys 5-6  Girls 4-5 |
| 18 **Weight room 11-12** returners only @PHS 8:15am-9:15 | 19 **Weight room 11-12** Senior meeting 4:30 FOOD provided☺ | 20 Senior led workout site/time tbd | 21 **Weight room 11-12** returners only Leita Thompson 7pm | 22 Senior led workout site/time tbd | 23 | 24 | Varsity 20-33 JV 10-15 Long run  Boys 6-7  Girls 5 |
| 25 **FRESHMAN/ new runners 1st** **practice 8:15am-9:15 Weight room 11-12** | 26  **Weight room 11-12** | 27 Senior led workout site/time tbd | 28 **Weight room 11-12**  ALL ATHLETES Leita Thompson 7pm | 29 Senior led workout site/time tbd | 30 | 7/1 | Varsity 22-37 JV 12-15  Long run  Boys 6-7  Girls 6 |
| 2  Dead week   (workout on your own) | 3 | 4  Peachtree RR ☺ | 5 | 6 | 7 | 8 | Varsity 25-38 JV 12-18 Long run  Boys 6-7  Girls 6 |
| 9  **Weight room 11-12** RUN @PHS 8:15am-9:15 | 10 **Weight room 11-12** | 11 Senior led workout site/time tbd | 12 **Weight room 11-12** Leita Thompson 7pm | 13 8am-9:15 RIVER (Column’s Drive Lot**)** | 14 | 15 CAMP | Varsity 25-38 JV 12-15 Long run  Boys 6-7  Girls 6 |
| 16 CAMP  RUN @PHS 8:15am-9:15  **Weight room 11-12** | 17 CAMP    **Weight room 11-12** | 18 CAMP  RUN @PHS 8:15am-9:15 | 19 CAMP  Leita Thompson 7pm **Weight room 11-12 Weight** | 20 CAMP | 21  CAMP | 22 | Varsity 30-40 JV 15-20  Long run  Boys 8  Girls 6-7 |
| 23 @PHS Mandatory Practice ALL 7:30-8:30 am | 24 Mandatory Practice ALL 7:30-8:30 am  (time trial #1) pm 5-6pm | 25  Mandatory Practice ALL 7:30-8:30 | 26  Mandatory Practice ALL 7:30-8:30 am  Pm 5-6pm | 27 Mandatory Practice ALL 7:30-8:30 am | 28 | 29  Varsity Mega run at Kennesaw Mountain | Varsity 30-45  Long run  Boys 8-10  Girls 7 |
| 30 | 31 Practice 3:45-6:00 | 1 First day of school  Practice @PHS 3:45-6:00 | 2  Practice 3:45-6:00 | 3 Practice 6:20-7:30 AM | 4 | 5 |  |

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Goal for JUNE/JULY:  
Run 20 to 60 minutes easy, as you feel, 4 to 5 days a week or Cross Train. DO NOT exceed tempo (anaerobic threshold) pace. Use this time to build your aerobic fitness base (remember, the better you build your base, the higher your potential). Run on dirt and or grass and with your teammates as often as possible. Keep in mindyou have a lot of running ahead of you so go easy and enjoy it!

Weights- Monday-Tuesday-Thursday 11:30-12:30  
These sessions will be led by Pope Strength and Conditioning Coach, Coach Jerad Johnson and is a great opportunity to work on overall strength and fitness, . The workout will consist of drills, sleds, light upper body and anything else he can think of to do in the space that is free of construction. ☺ A completed physical is required and this a voluntary workout session. It will, however, count towards your # of required workouts over the summer so please sign in each day.

Long run is PIVOTAL to your success. Even if you are cross training you need to get in a long RUN every week. You should end every long run in the summer feeling like you could have run at least 1 more mile at that same pace. Don't race the long run, but don't jog it either. Run at least 80% of your run at long run pace and then drop the pace slightly to finish at a decent pace. The leg/foot speed you developed in track should not go away…STRIDES should still be done at 3200 pace at least one day every week!!