

# CY CREEK COUGAR XC

## Summer Training Plans/Expectations

Hey to all present & future cross country guys and gals!

It's about that time of year again, so find your mosquito spray, get your trail shoes ready, and make sure you know your way to the Cypresswood YMCA! Our never easy, but always entertaining summer training program will kick off on June 14<sup>th</sup> at 8 am!

As I'm sure you all know, summer training is **ESSENTIAL** to success in high school cross country and is an **EXPECTATION** of our program- by skipping summer training, you are missing out on the fundamental mileage that you need to be not only competitive in races, but to manage the workouts you will encounter during the fall. Our summer training program will go as follows:

<b>Early Summer</b> (June 14 <sup>th</sup> -July 2 <sup>nd</sup> )	<u>YMCA Workouts:</u> Primarily easy runs and Fartleks Times: MWF @ 8:00 AM
<b>Late Summer</b> (July 6 <sup>th</sup> -August 14 <sup>th</sup> )	<u>Higher Intensity YMCA Workouts:</u> Long runs, Wednesday Tempo Runs, "Field Trip Fridays" Times: MWF @ 8:00 AM
<b>Inservice Week</b> (August 16 <sup>th</sup> - 20 <sup>th</sup> )	<u>@ Cy Creek Early Season Training:</u> Intervals, Tempo Runs, Long Runs Times: M-F @ 6:15 AM

This is a preliminary schedule and subject to change! If you have any questions, E-mail Coach Allen at [Natalie.Allen@cfisd.net](mailto:Natalie.Allen@cfisd.net), or call/text me at (281) 235-2506!

- Coach Natalie Allen