

EHS XC BEGINNER SUMMER CONDITIONING SCHEDULE

TIMES AND PLACES ARE SUBJECT TO CHANGE.

WEEK 1: June 12, 2022 - June 18, 2022						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		PARENT MEETING EHS Library 7:00 p.m.	OFF	1 Mile Elkmont Trail South 6:30 p.m.	1 Mile ON YOUR OWN!	1.5 Miles ON YOUR OWN!

WEEK 2: June 19, 2022 - June 25, 2022 (Workouts @ 6:30 p.m., Tuesday & Thursday; Weightlifting @ 6:30 p.m., Wednesday)						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Swim/Bike Stay Hydrated!	1 Mile ON YOUR OWN!	2 Miles Elkmont Trail South	OFF	2 Miles Rural Village Streets	2 Miles ON YOUR OWN!	2 Miles ON YOUR OWN!

WEEK 3: June 26, 2022 - July 2, 2022 (Workouts @ 6:30 p.m., Tuesday & Thursday; Weightlifting @ 6:30 p.m., Wednesday)						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Swim/Bike Stay Hydrated!	A.M: 3 Miles P.M.: Weightlifting ON YOUR OWN! EHS	1 Mile Ardmore Track	OFF	2 Miles Athens Football Stadium	2 Miles ON YOUR OWN!	2 Miles ON YOUR OWN!

DRINK LOTS OF WATER EVERY DAY!!!

WEEK 4: July 3, 2022 - July 9, 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Swim/Bike	A.M.: 3 Miles	2 Miles	OFF	4 Miles	3 Miles	3 Miles
Stay Hydrated!	ON YOUR OWN!	ON YOUR OWN!		ON YOUR OWN!	ON YOUR OWN!	ON YOUR OWN!

WEEK 5: July 10, 2022 - July 16, 2022 (Workouts @ 6:30 p.m., Tuesday & Thursday; Weightlifting @ 6:30 p.m., Wednesday)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Swim/Bike	A.M.: 3 Miles P.M.: Weightlifting	1 Mile	OFF	2 Miles	2 Miles	2 Miles
Stay Hydrated!	ON YOUR OWN! EHS	Athens Sportsplex		Elkmont Trail South	ON YOUR OWN!	ON YOUR OWN!

WEEK 6: July 17, 2022 - July 23, 2022 (DEAD WEEK)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Swim/Bike	A.M.: 3 Miles	2 Miles	OFF	4 Miles	3 Miles	3 Miles
Stay Hydrated!	ON YOUR OWN! EHS	ON YOUR OWN!		ON YOUR OWN!	ON YOUR OWN!	ON YOUR OWN!

DRINK LOTS OF WATER EVERY DAY!!!

WEEK 7: July 24, 2022 - July 30, 2022 (Workouts @ 6:30 p.m., Tuesday & Thursday; Weightlifting @ 6:30 p.m., Wednesday)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Swim/Bike	A.M.: 3 Miles P.M.: Weightlifting	2 Miles	OFF	4 Miles	3 Miles	3 Miles
Stay Hydrated!	ON YOUR OWN! EHS	Rural Village Streets		Athens High School Trail	ON YOUR OWN!	ON YOUR OWN!

WEEK 8: July 31, 2022 - August 6, 2022 (Workouts @ 6:30 p.m., Tuesday & Thursday; Weightlifting @ 6:30 p.m., Wednesday)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Swim/Bike	A.M.: 4 Miles P.M.: Weightlifting	3 Miles Workout: 1 Mile Warm Up 10 min. Race Pace 1 Mile Cool Down	OFF	4 Miles	3 Miles	6 Miles
Stay Hydrated!	ON YOUR OWN! EHS	Rural Village Trail		Elkmont Trail South	ON YOUR OWN!	ON YOUR OWN!

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NOTE: PLEASE CHECK FOR UPDATES TO THE SCHEDULES EVERY SATURDAY NIGHT FOR THE UPCOMING WEEK! IF WE HAVE TO CANCEL PRACTICE FOR ANY REASON OR THERE IS A CHANGE IN THE WEEK'S PLACE OR TIME, I WILL SEND OUT A REMIND MESSAGE! IF YOU ARE NOT RECEIVING REMIND MESSAGES, PLEASE CONTACT ME AT 256-777-6899.

POSSIBLE LOCATIONS:

Elkmont Trail South
 Elkmont Trail North (The Beast)
 Rural Village Streets
 Rural Village Trail
 Athens Sportsplex

Athens Football Stadium

Athens High School Trail (around school)

Ardmore Track (Boys & Girls Club)