

**Suggested Training August 22-25 for DHS Cross Country runners not attending camp...**

Saturday	Long run at easy pace – add on five minutes from your previous longest run
Sunday	15 to 20 minute easy run or bike ride or day off
Monday	New runners 20-25 minutes plus 4 to 6 strides, Runners with some background fitness, 40 minutes total with 15 to 20 minutes at threshold pace in the middle of the run plus 4 to 6 strides.
Tuesday	Warmup, 20 or 30 or 40 minutes at conversational steady state pace plus 4 to 6 strides.