

Name: \_\_\_\_\_

## **Grades 3-6**

### **5 Week Training Program**

#### **1<sup>st</sup> Recess Only**

#### **September 3-9:**

**Sunday:** Rest  
**Monday:** Rest  
**Tuesday:** Cross-training: Soccer practice  
**Wednesday:** Cross-training: Soccer game  
**Thursday:** Run 2 minutes, walk 1 minute – repeat 3 times  
**Friday:** Run 300m, walk 100m – repeat 4 times  
**Saturday:** Rest

#### **September 10-16:**

**Sunday:** Rest  
**Monday:** Run 300m, walk 100m – repeat 4 times  
**Tuesday:** Run 3 minutes, walk 1 minute – repeat 2 times  
**Wednesday:** Cross-training: Soccer practice  
**Thursday:** Cross-training: Soccer game  
**Friday:** Run 350m, walk 50m – repeat 4 times  
**Saturday:** Cross-training: Soccer tournament

#### **September 17-23:**

**Sunday:** Rest  
**Monday:** Run 300m, walk 100m – repeat 4 times  
**Tuesday:** Cross-training: Soccer practice  
**Wednesday:** Cross-training: Soccer game  
**Thursday:** Run 4 minutes, walk 30 seconds – repeat 2 times  
**Friday:** Run 350m, walk 50m – repeat 4 times  
**Saturday:** Rest

## **September 24-30:**

**Sunday:** Rest  
**Monday:** Run 1600m  
**Tuesday:** Cross-training: Soccer practice  
**Wednesday:** Cross-training: Soccer game  
**Thursday:** Cross-training: Soccer practice  
**Friday:** Cross Country Meet @ MVL @ 4:15pm  
**Saturday:** Cross-training: Soccer tournament

## **October 1-6**

**Sunday:** Rest  
**Monday:** Run 1600m  
**Tuesday:** Cross-training: Soccer game  
**Wednesday:** Cross-training: Soccer game  
**Thursday:** Run 350m, walk 50m – repeat 4 times  
**Friday:** Cross Country Meet @ Fort Ridgely @ 1:00pm