

## Marv Jenson 2017 XC Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Sep11)</b> W/R - 5m Y - 10m G/B - 15m	12) W/R - 5m Y - 10m G/B - 15m	<b>13)</b> W/R - 5m Y - 10m G/B - 15m	14) W/R - 5m Y - 10m G/B - 15m	15) W/R - 5m Y - 10m G/B - 15m	16) W/R - 5m Y - 10m G/B - 15m	17)Rest
<b>18)</b> W - 8m R - 10m Y - 15m G/B - 20m	19) W - 8m R - 10m Y - 15m G/B - 20m	<b>20)</b> Circuit Workout W - 2 laps R - 4 laps Y - 6 laps G/B - 8 laps	21) W - 8m R - 10m Y - 15m G/B - 20m	22) W - 8m R - 10m Y - 15m G/B - 20m	23) W - 8m R - 10m Y - 15m G/B - 20m	24)Rest
<b>25) Indian Run</b> W - 8m R - 10m Y - 15m G/B - 20m	26) W - 10m R - 15m Y - 20m G/B - 25m	<b>27)</b> Pre-Meet W - 10m R - 15m Y - 20m G/B - 25m	<b>28) XC Meet @ Kearns Oquirrh Park 5800 S Cougar Lane 4800 W, Kearns</b>	29) W - 10m R - 15m Y - 20m G/B - 25m	30) W - 10m R - 15m Y - 20m G/B - 25m	Oct1)Rest
<b>2) Pre-Meet</b> W - 10m R - 15m Y - 20m G/B - 25m	<b>3) (XC Meet @ Cottonwood Park 4300 S 1300 E, Millcreek)</b>	<b>4) Interval Workout</b>	5) W - 10m R - 20m Y - 25m G/B - 30m	6) W - 10m R - 20m Y - 25m G/B - 30m	7) W - 10m R - 20m Y - 25m G/B - 30m	8)Rest
<b>9)</b> Game day	10) W - 10m R - 20m Y - 25m G/B - 30m	<b>11)</b> To be decided	12) W - 10m R - 20m Y - 25m G/B - 30m	13)Rest, stretch and drills to prep for race	<b>14) All County XC Meet @ Veterans Memorial Park (1985 W 7800 S West Jordan)</b>	15)Rest

Groups are done by birth year  
W- White age group 2009-2011  
R- Red age group 2007-2008  
Y- Yellow age group 2005-2006  
G- Green age group 2003-2004  
B- Blue age group 1999-2002

**Tuesday, Thursday, Friday, and Saturday runs are recommended but optional and to be done on your own as we don't have organized practice on those days.**

\*Organized practice or a meet on bolded days

## **Warm Ups**

**Do each for about 20 meters**

- Knee huggers
- Quad stretch
- Carioca (sometimes improperly called karaokes)
- Stride
- High Knees
- Butt Kickers
- A-Skips
- Super-Skips
- Stride again

## **Cooldown**

- Short (optionally barefoot) run on the grass
- Strides
- Stretching
- Core