

Hays High School Cross Country 2022

Choose your category! Understand that high school XC is a loong season, so be patiently CONSISTENT with your training. Follow the plan so your legs & lungs will be prepared for the more interesting training that will follow over the next few months.

Purple: Incoming freshmen, new to cross country OR those who are 'just now gettin' off the couch.'

Blue: All returning runners that have been consistently active throughout the Spring Semester of 2022!

Red: (beginning Jun 12) Varsity Boys or JV Boys that have been training consistently.

White: These exercises should be done by everybody

Days without a pace are what we call 'base run' days. Run at a comfortable pace. Be light on your feet!

Complete ALL the supplemental strength work. These details definitely make a difference in your performance when the workouts get longer and when we finally get to run in a crowd (that think they can push us around!).

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
May 22	May 23	May 24	May 25	May 26	May 27	May 28
BEFORE	Leg Swings(LS)		Leg Swings(LS)		Leg Swings(LS)	Any 'Active' Activity!
Purple	15 mins	6 min HIIT & Abs	15 mins	10 min Cross Fit	15 mins	
Blue	20 mins	Core	20 mins	Core	20 mins	
AFTER	Lunge Matrix(LM)				Lunge Matrix(LM)	
May 29	May 30	May 31	Jun 1	Jun 2	Jun 3	Jun 4
BEFORE	LM & LS		LM & LS		LM & LS	Any 'Active' Activity!
Purple	15 mins	12 min Workout 1	15 mins	12 Min Workout	15 mins	
Blue	20 mins	Core	20 mins	Core (Pedestal Routine)	20 mins	
AFTER	Balance Routine		SAM Phase 1-Easy Day		SAM Phase 1-Easy Day	
Jun 5	Jun 6	Jun 7	Jun 8	Jun 9	Jun 10	Jun 11
		Optional Practice HHS 6:30 - 7:45		Optional Practice HHS 6:30 - 7:45		Any 'Active' Activity!
BEFORE	LM & LS	LM & LS	LM & LS	LM & LS		
Purple	15 mins	20 mins	OFF	20 mins	15 mins	
Blue	24mins	20 mins	25 mins	20 mins	20 mins	
AFTER	SAM Phase 1-Easy Day	Balance Routine Strength & Core	SAM Phase 1-Easy Day	Strength & Core	Core	
Jun 12	Jun 13	Jun 14	Jun 15	Jun 16	Jun 17	Jun 18
	Optional Practice HHS 6:30 - 7:45	Optional Practice HHS 6:30 - 7:45		Optional Practice HHS 6:30 - 7:45		Any 'Active' Activity!
BEFORE	LS & LM	LS, 5 min WU, LM	LS & LM	LS, 5 min WU, LM	LS & LM	
Purple	24 mins-LR	1 min Steady, 2 mins Easy Repeat 4 times 12 mins total running	OFF	1 Mile Time Trial (for training pace purposes)	24 mins	
Blue	30 mins-LR	2 min Steady, 3 mins Easy Repeat 3 times 15 mins total running	OFF		24 mins	
Red	35 mins-LR	18 mins Steady	OFF		30 mins	

Hays High School Cross Country 2022

Choose your category! Understand that high school XC is a loong season, so be patiently CONSISTENT with your training. Follow the plan so your legs & lungs will be prepared for the more interesting training that will follow over the next few months.

Purple: Incoming freshmen, new to cross country OR those who are 'just now gettin' off the couch.'

Blue: All returning runners that have been consistently active throughout the Spring Semester of 2022!

Red: (beginning Jun 12) Varsity Boys or JV Boys that have been training consistently.

White: These exercises should be done by everybody

Days without a pace are what we call 'base run' days. Run at a comfortable pace. Be light on your feet!

Complete ALL the supplemental strength work. These details definitely make a difference in your performance when the workouts get longer and when we finally get to run in a crowd (that think they can push us around!).

Aug 21	Aug 22	Aug 23	Aug 24	Aug 25	Aug 26	Aug 27
						Dripping Springs
Aug 28	Aug 29	Aug 30	Aug 31	Sep 1	Sep 2	Sep 3
					AISD Meet	
Sep 4	Sep 5	Sep 6	Sep 7	Sep 8	Sep 9	Sep 10
	Staff & Student Holiday	Staff PD-Student Holiday				San Marcos
Sep 11	Sep 12	Sep 13	Sep 14	Sep 15	Sep 16	Sep 17
			HaysCISD MS Meet (PM)			HaysCISD
Sep 18	Sep 19	Sep 20	Sep 21	Sep 22	Sep 23	Sep 24
					JV Meet	McNeil (Varsity)
Sep 25	Sep 26	Sep 27	Sep 28	Sep 29	Sep 30	Oct 1
						Seguin
Oct 2	Oct 3	Oct 4	Oct 5	Oct 6	Oct 7	Oct 8
					Staff PD-Student Holiday	Varsity Practice
Oct 9	Oct 10	Oct 11	Oct 12	Oct 13	Oct 14	Oct 15
	Staff & Student Holiday			District @ Lockhart		MS District @ Ha
Oct 16	Oct 17	Oct 18	Oct 19	Oct 20	Oct 21	Oct 22

Hays High School Cross Country 2022

Choose your category! Understand that high school XC is a looong season, so be patiently CONSISTENT with your training. Follow the plan so your legs & lungs will be prepared for the more interesting training that will follow over the next few months.

Purple: Incoming freshmen, new to cross country OR those who are 'just now gettin' off the couch.'

Blue: All returning runners that have been consistently active throughout the Spring Semester of 2022!

Red: (beginning Jun 12) Varsity Boys or JV Boys that have been training consistently.

White: These exercises should be done by everybody

Days without a pace are what we call 'base run' days. Run at a comfortable pace. Be light on your feet!

Complete ALL the supplemental strength work. These details definitely make a difference in your performance when the workouts get longer and when we finally get to run in a crowd (that think they can push us around!).

Oct 23	Oct 24	Oct 25	Oct 26	Oct 27	Oct 28	Oct 29
	Region					
	(Varsity Qualifiers)					
Oct 30	Oct 31	Nov 1	Nov 2	Nov 3	Nov 4	Nov 5
	Staff & Student Holiday	Staff PD-Student Holiday				
						State
						(Varsity Qualifier)