

AYALA XC

SCHEDULE FOR MAMMOTH WEEK

**THERE WILL BE NO FORMAL PRACTICES AT AYALA WHILE WE'RE
IN MAMMOTH**

*IT IS EXPECTED THAT YOU WILL CONTINUE YOUR TRAINING
DON'T LOSE WHAT YOU HAVE EARNED THROUGH NOW.
TEAM LEADERS WILL BE ORGANIZING PRACTICE.
PLEASE RECORD YOUR MILEAGE ON YOUR RUNNING LOGS*

MONDAY:	45 Minute Run at Reg. Pace
TUESDAY:	15 Minute Warm-Up
	30 Seconds Fast Running/30 Jog
	1:00 Fast/1:00 Jog
	1:30 Fast/1:30 Jog
	2:00 Fast/2:00 Jog
	1:30 Fast/1:30 Jog
	1:00 Fast/1:00 Jog
	30 Seconds Fast Running/30 Jog
	10 Minutes Warm Down
WEDNESDAY:	40 Minute Recovery Pace
THURSDAY:	15 Minute Warm Up
	3 Miles at 85% Effort (Threshold)
	10 Minute Cool Down
FRIDAY:	40 Minute Recovery Run
MONDAY:	45 Minute Run at Reg. Pace
	NO OFFICIAL PRACTICE
TUESDAY:	<u>Back to 6:00am Practice at Ayala!</u>

BE READY - 1ST DAY BACK HOLDS A SURPRISE