



WARSAW BOYS CROSS COUNTRY 2024

NAME:

GRADE:

A

B

C

D

E

4th Year HS Runner

3rd Year HS Runner

2nd Year HS Runner

1st Year HS Runner

MS Runner

Monday June 3	Tuesday June 4	Wednesday June 5	Thursday June 6	Friday June 7	Saturday June 8	W1 MILES
	ON YOUR OWN EASY RUN A 35min (3.5-5) B 30min (3-4.3) C 25min (2.5-3.5) D 20min (2-2.8)		ON YOUR OWN EASY RUN A 35min (3.5-5) B 30min (3-4.3) C 25min (2.5-3.5) D 20min (2-2.8)			A 70min (7 – 10) B 60min (6 – 8.6) C 50min (5 – 7) D 40min (4 – 5.6)
Mileage / Time	Mileage / Time	Mileage / Time	Mileage / Time	Mileage / Time	Mileage / Time	TOTAL TIME / MILEAGE
Monday June 10	Tuesday June 11	Wednesday June 12	Thursday June 13	Friday June 14	Saturday June 15	W2 MILES
ON YOUR OWN EASY RUN A 40min (4-5.7) B 35min (3.5-5) C 30min (3-4.3) D 25min (2.5-3.5)		ON YOUR OWN EASY RUN A 40min (4-5.7) B 35min (3.5-5) C 30min (3-4.3) D 25min (2.5-3.5)		ON YOUR OWN EASY RUN A 30min (3-4.29) B 30min (3-4.29) C 30min (3-4.29) D 30min (3-4.29)		A 110min (12.6 – 15.7) B 100min (10 – 14.3) C 90min (9 – 12.9) D 80min (8 – 11.4)
Mileage / Time	Mileage / Time	Mileage / Time	Mileage / Time	Mileage / Time	Mileage / Time	TOTAL TIME / MILEAGE
Monday June 17	Tuesday June 18	Wednesday June 19	Thursday June 20	Friday June 21	Saturday June 22	W3 MILES
ON YOUR OWN EASY RUN A 45min (4.5-6.4) B 40min (4-5.7) C 35min (3.5-5) D 30min (3-4.3)		ON YOUR OWN EASY RUN A 45min (4.5-6.4) B 40min (4-5.7) C 35min (3.5-5) D 30min (3-4.3)		ON YOUR OWN EASY RUN A 30min (3-4.29) B 30min (3-4.29) C 30min (3-4.29) D 30min (3-4.29)	ON YOUR OWN EASY RUN A 50min (5-7.1) B 45min (4.5-6.4) C 40min (4-5.7) D 35min (3.5-5)	A 170min (17 – 24.3) B 155min (15.5 – 22.1) C 140min (14 – 20) D 125min (12.5 – 17.9)
Mileage / Time	Mileage / Time	Mileage / Time	Mileage / Time	Mileage / Time	Mileage / Time	TOTAL TIME / MILEAGE
Monday June 24	Tuesday June 25	Wednesday June 26	Thursday June 27	Friday June 28	Saturday June 29	W4 MILES
ON YOUR OWN EASY RUN A 45min (5.74 – 6.43) B 40min (5.11 – 5.71) C 35min (4.47 – 5.00) D 30min (3.83-4.29)	ON YOUR OWN EASY RUN A 45min (5.74 – 6.43) B 40min (5.11 – 5.71) C 35min (4.47 – 5.00) D 30min (3.83-4.29)	ON YOUR OWN EASY RUN A 45min (5.74 – 6.43) B 40min (5.11 – 5.71) C 35min (4.47 – 5.00) D 30min (3.83-4.29)		ON YOUR OWN EASY RUN A 30min (3-4.29) B 30min (3-4.29) C 30min (3-4.29) D 30min (3-4.29)	ON YOUR OWN EASY RUN A 60min (7.66 – 8.57) B 55min (7.02 – 7.86) C 50min (6.38 – 7.14) D 45min (5.74 – 6.43)	A 225min (22.5 – 32.1) B 205min (20.5 – 29.3) C 185min (18.5 – 26.4) D 165min (16.5 – 23.6)
Mileage / Time	Mileage / Time	Mileage / Time	Mileage / Time	Mileage / Time	Mileage / Time	TOTAL TIME / MILEAGE

Monday July 1	Tuesday July 2	Wednesday July 3	Thursday July 4	Friday July 5	Saturday July 6	W5 MILES
ON YOUR OWN EASY RUN A 50min (5-7.1) B 45min (4.5-6.4) C 40min (4-5.7) D 35min (3.5-5)	ON YOUR OWN EASY RUN A 30min (3-4.29) B 30min (3-4.29) C 30min (3-4.29)) D 30min (3-4.29)	ON YOUR OWN EASY RUN A 50min (5-7.1) B 45min (4.5-6.4) C 40min (4-5.7) D 35min (3.5-5)	ON YOUR OWN EASY RUN A 45min (5.74 – 6.43) B 40min (5.11 – 5.71) C 35min (4.47 – 5.00) D 30min (3.83-4.29)	ON YOUR OWN EASY RUN A 30min (3-4.29) B 30min (3-4.29) C 30min (3-4.29)) D 30min (3-4.29)	ON YOUR OWN EASY RUN A 60min (7.66 – 8.57) B 55min (7.02 – 7.86) C 50min (6.38 – 7.14) D 45min (5.74 – 6.43)	A 265min (26.5 – 37.9) B 245min (24.5 – 35) C 225min (22.5 – 32.1) D 205min (20.5 – 29.3)
Mileage / Time	Mileage / Time	Mileage / Time	Mileage / Time	Mileage / Time	Mileage / Time	TOTAL TIME / MILEAGE
Monday July 8	Tuesday July 9	Wednesday July 10	Thursday July 11	Friday July 12	Saturday July 13	W6 MILES
WCHS 8:30 AM – 10:00 AM FARTLEK XC COURSE LOOP + STRENGTH A 45min (4.5-6.4) B 40min (4-5.7) C 35min (3.5-5) D 30min (3-4.3) E 25min (2.5-3.5)	WL PARK 8:30 AM – 10:00 AM EASY RUN A 50min (5-7.1) B 45min (4.5-6.4) C 40min (4-5.7) D 35min (3.5-5) E 30min (3-4.3)	WCHS 8:30 AM – 10:00 AM TEMPO or TEMPO INTERVALS + STRENGTH A 45min (4.5-6.4) 4 Mile / 2x2 Mile / 4x1600 / 8x800 / 16x400 B 40min (4-5.7) 3.5 Mile / 3x1600 + 1x800 / 7x800 / 14x400 C 35min (3.5-5) 3 Mile / 3x1600 / 6x800 / 12x400 D 30min (3-4.3) 2.5 Mile / 2x1600 + 1x800 / 5x800 / 10x400 E 25min (2.5-3.5) 2 Mile / 2x1600 / 4x800 / 8x400	WL PARK 8:30 AM – 10:00 AM EASY RUN A 50min (5-7.1) B 45min (4.5-6.4) C 40min (4-5.7) D 35min (3.5-5) E 30min (3-4.3)	ON YOUR OWN EASY RUN A 30min (3-4.29) B 30min (3-4.29) C 30min (3-4.29)) D 30min (3-4.29) E REST	BONUS OPPORTUNITY WL PARK 8:30 AM – 10:00 AM LONG RUN A 75min (9.09 - 10.71) B 70min (8.48 - 10.00) C 65min (7.88 - 9.29) D 60min (7.27 – 8.57) E REST	A 295min (29.5 – 42.1) B 270min (27.0 – 38.6) C 245min (24.5 – 35) D 220min (22 – 31.4) E 110min (12.6 – 15.7)
Mileage / Time	Mileage / Time	Mileage / Time	Mileage / Time	Mileage / Time	Mileage / Time	TOTAL TIME / MILEAGE
Monday July 15	Tuesday July 16	Wednesday July 17	Thursday July 18	Friday July 19	Saturday July 20	W7 MILES
WCHS 8:30 AM – 10:00 AM FARTLEK XC COURSE LOOP + STRENGTH A 45min (4.5-6.4) B 40min (4-5.7) C 35min (3.5-5) D 30min (3-4.3) E 25min (2.5-3.5)	WL PARK 8:30 AM – 10:00 AM EASY RUN A 50min (5-7.1) B 45min (4.5-6.4) C 40min (4-5.7) D 35min (3.5-5) E 30min (3-4.3)	WCHS 8:30 AM – 10:00 AM TEMPO or TEMPO INTERVALS + STRENGTH A 45min (4.5-6.4) 4 Mile / 2x2 Mile / 4x1600 / 8x800 / 16x400 B 40min (4-5.7) 3.5 Mile / 3x1600 + 1x800 / 7x800 / 14x400 C 35min (3.5-5) 3 Mile / 3x1600 / 6x800 / 12x400 D 30min (3-4.3) 2.5 Mile / 2x1600 + 1x800 / 5x800 / 10x400 E 25min (2.5-3.5) 2 Mile / 2x1600 / 4x800 / 8x400	WL PARK 8:30 AM – 10:00 AM EASY RUN A 50min (5-7.1) B 45min (4.5-6.4) C 40min (4-5.7) D 35min (3.5-5) E 30min (3-4.3)	ON YOUR OWN EASY RUN A 30min (3-4.29) B 30min (3-4.29) C 30min (3-4.29)) D 30min (3-4.29) E REST	BONUS OPPORTUNITY WL PARK 8:30 AM – 10:00 AM LONG RUN A 75min (9.09 - 10.71) B 70min (8.48 - 10.00) C 65min (7.88 - 9.29) D 60min (7.27 – 8.57) E REST	A 295min (29.5 – 42.1) B 270min (27.0 – 38.6) C 245min (24.5 – 35) D 220min (22 – 31.4) E 110min (12.6 – 15.7)
Mileage / Time	Mileage / Time	Mileage / Time	Mileage / Time	Mileage / Time	Mileage / Time	TOTAL TIME / MILEAGE
Monday July 22	Tuesday July 23	Wednesday July 24	Thursday July 25	Friday July 26	Saturday July 27	W8 MILES
WCHS 8:30 AM – 10:00 AM FARTLEK XC COURSE LOOP + STRENGTH A 45min (4.5-6.4) B 40min (4-5.7) C 35min (3.5-5) D 30min (3-4.3) E 25min (2.5-3.5)	WL PARK 8:30 AM – 10:00 AM EASY RUN A 50min (5-7.1) B 45min (4.5-6.4) C 40min (4-5.7) D 35min (3.5-5) E 30min (3-4.3)	WCHS 8:30 AM – 10:00 AM TEMPO or TEMPO INTERVALS A 45min (4.5-6.4) 4 Mile / 2x2 Mile / 4x1600 / 8x800 / 16x400 B 40min (4-5.7) 3.5 Mile / 3x1600 + 1x800 / 7x800 / 14x400 C 35min (3.5-5) 3 Mile / 3x1600 / 6x800 / 12x400 D 30min (3-4.3) 2.5 Mile / 2x1600 + 1x800 / 5x800 / 10x400 E 25min (2.5-3.5) 2 Mile / 2x1600 / 4x800 / 8x400	WL PARK 8:30 AM – 10:00 AM EASY RUN A 50min (5-7.1) B 45min (4.5-6.4) C 40min (4-5.7) D 35min (3.5-5) E 30min (3-4.3)	ON YOUR OWN EASY RUN A 30min (3-4.29) B 30min (3-4.29) C 30min (3-4.29)) D 30min (3-4.29) E REST	BONUS OPPORTUNITY WL PARK 8:30 AM – 10:00 AM LONG RUN A 75min (9.09 - 10.71) B 70min (8.48 - 10.00) C 65min (7.88 - 9.29) D 60min (7.27 – 8.57) E REST	A 295min (29.5 – 42.1) B 270min (27.0 – 38.6) C 245min (24.5 – 35) D 220min (22 – 31.4) E 110min (12.6 – 15.7)
Mileage / Time	Mileage / Time	Mileage / Time	Mileage / Time	Mileage / Time	Mileage / Time	TOTAL TIME / MILEAGE

**XC CAMP MONDAY, JULY 29 – THURSDAY AUGUST 1
XC ALUMNI RACE FRIDAY, AUGUST 2**