

LAGO VISTA XC PRE-SEASON TRAINING Summer 2016

Week of:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
July 11 th	Workout Time: 10:00AM @ LVHS Workout: Viking Camp	Workout Time: 10:00AM @ LVHS Workout: Viking Camp	Workout Time: 10:00AM @ LVHS Workout: Viking Camp	Workout Time: 10:00AM @ LVHS Workout: Viking Camp	Workout Time: On your own 30-40 minute run	Workout Time: On your own 30-40 minute run	Rest Day