

November	2022	MH XC Workouts	
31	Mon	Drop down 3 mile	Warm up 1 Cool down 1
1	Tue	400m/Hill blaster for form x 5	Hollandia Park
2	Wed	<i>Pre-meet</i>	
3	Thu	<i>Valley League Finals</i>	<i>Kit Carson Park</i>
4	Fri	<i>Recovery - No practice</i>	
5	Sat	<i>Shake out 6</i>	
6	Sun	<i>Recovery - Rest</i>	
7	Mon	Ladder 500 x 2-1000 x 2-500 x 2	Hollandia Park
8	Tue	Lite Tempo Run 5-20-5 finishers	
9	Wed	D-Fartlek	
10	Thu	<i>Easy Run - Strider 200s</i>	
11	Fri	<i>Pre-meet</i>	
12	Sat	<i>CIF Championship</i>	<i>Morley Field</i>
13	Sun	<i>Recovery - Rest</i>	
		All Workouts to include:	Log your workout on a calendar
		Warm-up 1m/Stretch/Drills/Cool Down 1m	Grizzlies are Ready!