

# 2010 Union Catholic Cross Country Summer Training

Find your name under one of the Groups and run the minutes per day listed. An estimated pace for runs is provided next to the group number. If you have any questions, please call or email Coach McCabe. Not understanding how to read this is not an excuse for not running. If you think you should be in a higher group let me know. Continue to do Core Work and Pushups. I will put some core workouts on the web site by next week. **Your summer mileage is the key to a successful Cross Country Season.**

-If you cannot make it to practice text or call Coach McCabe for Tuesday + Thursday workouts.

**-SEND IN YOUR XC CAMP REGISTRATION IMMEDIATELY!!!**

GROUP 1					Minutes						
Freshman Boys											
WEEK	DATES	PHASES	MI	MN	Su	M	T	W	R	F	Sa
5	8/8-8/14		24	195	20	35	40	30	40	30	0
6	8/15-8/21		24	195	40	25	40	25	40	25	0

GROUP 2 (8:00)					Minutes						
Dick, Z. Ghizzone, , Hay, Palmer, Scordino, Sikora											
WEEK	DATES	PHASES	MI	MN	Su	M	T	W	R	F	Sa
9	8/8-8/14	P2 W4	24	195	20	35	40	30	40	30	0
10	8/15-8/21	P2 W5	24	195	40	25	40	25	40	25	0

GROUP 3 (7:36)					Minutes						
Barbosa, Mintel, O'Reilly, V. La Rocca											
WEEK	DATES	PHASES	MI	MN	Su	M	T	W	R	F	Sa
9	8/8-8/14	P2 W4	35	265	35	45	65	35	45	40	0
10	8/15-8/21	P2 W5	33	250	65	35	45	30	45	30	0

GROUP 4 (7:00/7:30)					Minutes						
DeAngelis, Eke, Siburn											
WEEK	DATES	PHASES	MI	MN	Su	M	T	W	R	F	Sa
6	8/8-8/14	P2 W2	35	245	30	45	55	35	45	35	0
7	8/15-8/21	P2 W3	35	245	60	25	50	30	50	30	0

GROUP 5 (7:18)					Minutes						
Butterly, Enright, Majano											
WEEK	DATES	PHASES	MI	MN	Su	M	T	W	R	F	Sa
9	8/8-8/14	P2 W4	43	315	35	55	75	45	60	45	0
10	8/15-8/21	P2 W5	40	295	75	40	55	35	55	35	0

BOYS	
Groups	Names
1	Freshman Boys
2	Dick, Z. Ghizzone, Hay, Palmer, Scordino, Sikora
3	Barbosa, Mintel, O'Reilly, V. La Rocca
4	DeAngelis, Eke, Siburn
5	Butterly, Enright, Majano
6	Fuchs, Roberts, Seebode

GIRLS	
Groups	Names
1	S. LaRocca, L. Majano, Pegeron, Santiago
3	Fox, Bianco
4	Grace
5	Halbeisen, Simcox, Socci

MI = Miles  
 MN = Minutes  
 Phases = The phases of your training.

<b>GROUP 6 (7:10)</b>					<b>Minutes</b>						
Fuchs, Roberts, Seebode											
WEEK	DATES	PHASES	MI	MN	Su	M	T	W	R	F	Sa
9	8/8-8/14	P2 W4	47	340	40	60	80	45	60	55	0
10	8/15-8/21	P2 W5	41	295	80	40	50	40	50	35	0

<b>GROUP 1</b>					<b>Minutes</b>						
S. LaRocca, L. Majano											
WEEK	DATES	PHASES	MI	MN	Su	M	T	W	R	F	Sa
5	8/8-8/14		21	195	20	35	40	30	40	30	0
6	8/15-8/21		21	195	40	25	40	25	40	25	0

<b>GROUP 3 (9:15)</b>					<b>Minutes</b>						
Fox, Bianco											
WEEK	DATES	PHASES	MI	MN	Su	M	T	W	R	F	Sa
9	8/8-8/14	P2 W4	27	250	30	45	60	30	45	40	0
10	8/15-8/21	P2 W5	28	255	60	30	45	35	45	40	0

<b>GROUP 4 (8:30)</b>					<b>Minutes</b>						
Grace											
WEEK	DATES	PHASES	MI	MN	Su	M	T	W	R	F	Sa
6	8/8-8/14	P2 W2	32	270	35	45	60	35	55	40	0
7	8/15-8/21	P2 W3	30	255	60	35	45	35	45	35	0

<b>GROUP 5 (8:30)</b>					<b>Minutes</b>						
Halbeisen, Simcox, Socci											
WEEK	DATES	PHASES	MI	MN	Su	M	T	W	R	F	Sa
9	8/8-8/14	P2 W4	34	285	35	50	70	35	55	40	0
10	8/15-8/21	P2 W5	31	260	70	40	45	30	45	30	0

<b>GIRLS</b>	
Groups	Names
1	S. LaRocca, L. Majano
3	Fox, Bianco
4	Grace
5	Halbeisen, Simcox, Socci

**MI = Miles**  
**MN = Minutes**  
**Phases = The phases of your training.**