

# July 2010-Cross Country Advanced

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Run for 40 mins	2 4 mile run	3 OFF
4 Run for 45 mins	5 4.5 mile run	6 Run for 45 mins	7 4.5 mile run	8 Run for 45 mins	9 <u>Cross Train</u> 40 – 45 mins Bike Swim (laps)	10 OFF
11 Run for 50 mins	12 5 mile Run	13 Run for 50 mins	14 <u>Cross Train</u> 40 – 45 mins Bike Swim (laps)	15 5 mile Run	16 Run for 50 mins	17 OFF
18 OFF	19 5.5 mile run	20 50 min Run	21 5.5 mile run	22 <u>Cross Train</u> 40 – 45 mins Bike Swim (laps)	23 Run for 50 mins	24 OFF
25 60 min Run	26 6 mile run	27 60 min run	28 6 mile run	29 60 min run	30 <u>Cross Train</u> 1 hour Bike Swim (laps)	31 OFF