

Off-Season Training Log for Boys Soccer/Cross-Country (05/30/2022)

target = 40 miles

Begin Date	End Date	Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total Miles per week
30-May	5-Jun	1	30 Strength with Coach Derek 10:30 Start	31 Get your Miles in	1 Strength with Coach Derek 10:30 Start	2 Get your Miles in	3 Get your Miles in	4 Get your Miles in	5 Get your Miles in	6 miles per week
6-Jun	12-Jun	2	6 Strength with Coach Derek 10:30 Start	7 Get your Miles in	8 Strength with Coach Derek 10:30 Start	9 Get your Miles in	10 Get your Miles in	11 Get your Miles in	12 Get your Miles in	10 miles per week
13-Jun	19-Jun	3	13 Strength with Coach Derek 10:30 Start	14 Get your Miles in	15 Strength with Coach Derek 10:30 Start	16 Get your Miles in	17 Get your Miles in	18 Get your Miles in	19 Get your Miles in	14 miles per week
20-Jun	26-Jun	4	20 Strength with Coach Derek 10:30 Start	21 Get your Miles in	22 Strength with Coach Derek 10:30 Start	23 Get your Miles in	24 Get your Miles in	25 Get your Miles in	26 Get your Miles in	18 miles per week
27-Jun	3-Jul	5	27 Strength with Coach Derek 10:30 Start	28 Get your Miles in	29 Strength with Coach Derek 10:30 Start	30 Get your Miles in	1 Get your Miles in	2 Get your Miles in	3 Get your Miles in	20 miles per week
4-Jul	10-Jul	6	4 Fourth fo July Day Off	5 Get your Miles in	6 Week Off with Coach Derek	7 Get your Miles in	8 Get your Miles in	9 Get your Miles in	10 Get your Miles in	24 miles per week
11-Jul	17-Jul	7	11 Strength with Coach Derek 10:30 Start	12 Get your Miles in	13 Strength with Coach Derek 10:30 Start	14 Get your Miles in	15 Get your Miles in	16 Get your Miles in	17 Get your Miles in	28 miles per week
18-Jul	24-Jul	8	18 Strength with Coach Derek 10:30 Start	19 Get your Miles in	20 Strength with Coach Derek 10:30 Start	21 Get your Miles in	22 Get your Miles in	23 Get your Miles in	24 Get your Miles in	32 miles per week
25-Jul	31-Jul	9	25 Strength with Coach Derek 10:30 Start	26 Get your Miles in	27 Strength with Coach Derek 10:30 Start	28 Get your Miles in	29 Get your Miles in	30 Get your Miles in	31 Get your Miles in	36miles per week
1-Aug	7-Aug	10	1 Strength with Coach Derek 10:30 Start	2 Get your Miles in	3 Strength with Coach Derek 10:30 Start	4 Get your Miles in	5 Get your Miles in	6 Get your Miles in	7 Get your Miles in	40 Miles per week
8-Aug	14-Aug	11	8	9	10	11	12	13	14	Short Sprint work
15-Aug	21-Aug	12	15 Cross-Country Pre- season	16	17	18	19	20	21	Short Sprint work
			22	23	24	25	26	27	28	