

**OLYMPUS XC Event Calendar**

# JUNE 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>1</b>	<b>2</b>	<b>3</b>
NO RUNNING low impact exercise only			NO RUNNING low impact exercise only			NO RUNNING low impact exercise only
			<b>LAST DAY OF SCHOOL</b>		<b>GRADUATION</b>	
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
NO RUNNING low impact exercise only	<b>BREAK from training</b> ----- Join Strava and join our "club" <a href="https://www.strava.com/clubs/olympusxc">https://www.strava.com/clubs/olympusxc</a>					NO RUNNING low impact exercise only
	----- Complete paperwork on <a href="https://www.registermyathlete.com">RegisterMyAthlete.com</a> -----					
<b>11</b> Summer Training  Mon-Fri at 7:30 AM  w-up,c-dn can include 3min walk  <b>Average 20 min run/day</b>	<b>12</b> OHS Track under scorebo  2 min jog, 2 min walk (34 min total)  core	<b>13</b> OHS Track  2 min jog, 2 min walk (34 min total) +4 strides  hips + weights	<b>14</b> OHS North Parking Lot  <a href="#">BURCH HOLLOW</a>  WALK 30-40 minutes  core	<b>15</b> OHS Track  2 min jog, 2 min walk (34 min total) + 4 strides  hips + weights	<b>16</b> <a href="#">Murray Park</a> 10 min w-up jog/walk, 8 min run, 10 min c-dn jog/walk  core	<b>17</b> OHS North Parking Lot  TRAIL RUN  Captain's Choice  Off or 30-45 min walk
<b>18</b> Summer Training  Mon-Fri at 7:30 AM  w-up,c-dn can include 3min walk  <b>Average 20-25 min run/day</b>	<b>19</b> <a href="#">Sugar House Park</a>  3 min jog, 1 min walk (34 min total) +4 strides  core	<b>20</b> OHS Track 10 min w-up, c-dn - Rollercoaster: run hills (up and down), walk flats  hips + weights	<b>21</b> OHS North Parking Lot  <a href="#">RATTLESNAKE</a>  WALK 35-40 minutes  core	<b>22</b> OHS Track  3 min jog, 1 min walk (34 min total) +4 strides  hips + weights	<b>23</b> <a href="#">Mt. Olympus Trailhead</a>  3 min jog, 1 min walk (34 min total)  core	<b>24</b> OHS North Parking Lot 10 min w-up jog/walk, 10 min run, 10 min c-dn jog/walk  TRAIL RUN  Captain's Choice
<b>25</b> Summer Training  Mon-Fri at 7:30 AM  w-up,c-dn 8 min jog  <b>Average 25-30 min run/day</b>	<b>26</b> <a href="#">Tanner Park</a>  4 min jog, 1 min walk (35 min total) +4 strides  core	<b>27</b> OHS Track 8 min w-up, c-dn - Craig's: run hills (up and down), walk flats  hips + weights	<b>28</b> OHS North Parking Lot  <a href="#">Desolation (Mill Creek)</a>  WALK 45 minutes  core	<b>29</b> OHS Track  4 min jog, 1 min walk (35 min total) +6 strides  hips + weights	<b>30</b> <a href="#">Holladay Rec Center</a>  4 min jog, 1 min walk (35 min total)  core	<b>1</b> OHS North Parking Lot  8 min jog, [6 x (3 min run, 1 min jog)] 8 min jog TRAIL RUN  Captain's Choice
		<b>Notes:</b> Click links for Google Map locations. <a href="#">Register for the Deseret News 10k!</a> It's on Saturday, July 23rd.		<b>Mileage Club Goals!</b> 6/13 - 9/13 (80 days)		
		<b>Year   Reach 20-25 miles per week by week 3</b>		<b>300 mile club</b> avg. 3.8 miles/day or 23 miles/week	<b>400 mile club</b> avg. 5 miles/day or 31 miles/week	
		1 girls 20-30 miles 2 girls 35-40 miles 3 girls 40-45 miles 4 girls 45-50 miles	boys 30-40 miles boys 40-45 miles boys 50-55 miles boys 55-65 miles	If "short on mileage," add a 3-4 mile run in AM or Sunday		