

Workouts Freeman XC week of 8/24

Monday –

8AM – 1 lap, Romanian Drills, 10 minute jog, Brazilian workout circuit 1-2 times, 10 minute jog, Situps, pushups

3PM – 1 lap, Romanian Drills, Darknell loop (Jackson - Elder - Darknell – Stoughton), 2x200m – Situps, pushups

Tuesday

8AM – 1 lap, Romanian Drills, 10 minute jog, Brazilian #2 workout circuit 1-2 times, 10 minute jog, Situps, pushups

3PM – 1 lap, Romanian Drills, Hagan Loop - Jackson - Drumheller - Darknell - Stoughton- 2x200m – Situps, pushups

Wednesday –

8AM – 1 lap, Romanian Drills, 10 minute jog, Brazilian workout circuit 3 times, 10 minute jog, Situps, pushups

3PM – 1 lap, Romanian Drills, Trail loop, 2x200m – Situps, pushups

Thursday

8AM – 1 lap, Romanian Drills, 10 minute jog, Brazilian #2 workout circuit 2 times, 10 minute jog, Situps, pushups

3PM – 1 lap, Romanian Drills, Water house loop (Stoughton - Darknell - Palouse - "27"), 2x200m – Situps, pushups

Friday

8AM – 1 lap, Romanian Drills, 10 minute jog, Brazilian # workout circuit 2 times, 10 minute jog, Situps, pushups

3PM – 1 lap, Romanian Drills, TAG - 2x200m – Situps, pushups

Saturday

8am – 1 lap Romanian Drills, Christianson loop (Christianson- Elder – Darknell)

Sunday

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