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| A picture containing logo, emblem, text, font  Description automatically generated | Tulsa Classical Academy2023 Cross Country Training CalendarFocus on good training habits; things like stretching, building up a good running base, and consistency. |

**Practice Glossary:**

* **L.S.D.** – “Long Slow Distance” Long runs at a slow pace usually timed disregarding distance. Try your best to not stop for the entire run. These run times will gradually increase with a maximum of 45 minutes.
* **F.C.R.** – “Fast Continuous Distance” Consists of slow warm-up, fast “race distance” (nauseating speed), and a slow cool-down (even walking). This is to simulate a race day condition. Warming up, racing, and then cooling down. The race distance depends on your age level.
* **Intervals** – Picking a distance and repeating that distance multiple times with rest periods in-between. Like doing 4, 800 meter runs with a few minutes rest in the middle. Or the dreaded mile repeats! This is used to simulate in-race situations; sometimes speeding up and slowing down are necessary in a race.
* **A.R.** – “Active Rest” – Running about half the approximate distance achieved during L.S.D. at a very easy comfortable pace. Your body will feel like it is only a warm-up, but instead you are actually resting while running.

**August 19**

*Elementary Team (4-5) -* None

*Middle School Team (6-8) –* L.S.D. (20min.)

**August 21**

*Elementary Team (4-5) –* L.S.D. (12 min.)

*Middle School Team (6-8) –* L.S.D. (18 min.)

**August 22**

*Elementary Team (4-5) -* None

*Middle School Team (6-8) –* Interval Training (3x800m)

**August 23**

*Elementary Team (4-5) –* F.C.R. (800m)

*Middle School Team (6-8) –* A.R. (1600m)

**August 24**

*Elementary Team (4-5) -* None

*Middle School Team (6-8) –* None

**August 25**

*Elementary Team (4-5) –* Run 200m (light pace), then stretch, Run 200m (light pace), then stretch. Prepare for Meet tomorrow! Hydrate, Eat well.

*Middle School Team (6-8) -* Run 400m (light pace), then stretch, Run 400m (light pace), then stretch. Prepare for Meet tomorrow! Hydrate, Eat well.

**August 26**

*Elementary Team (4-5) –* Meet @ Claremore Sequoyah

*Middle School Team (6-8) -* Meet @ Claremore Sequoyah

**August 28**

*Elementary Team (4-5) –* L.S.D. (12min.)

*Middle School Team (6-8) –* L.S.D. (14 min.)

**August 29**

*Elementary Team (4-5) -* None

*Middle School Team (6-8) –* L.S.D. (18 min.)

**August 30**

*Elementary Team (4-5) –* L.S.D. (14min.)

*Middle School Team (6-8) –* F.C.R. (1600m)

**August 31**

*Elementary Team (4-5) –* No After-School Practice

*Middle School Team (6-8) –* No After-School Practice

**September 1**

*Elementary Team (4-5) -* No After-School Practice (Run at Home - Run 200m (light pace), then stretch, Run 200m (light pace), then stretch. Prepare for Meet tomorrow! Hydrate, Eat well.)

*Middle School Team (6-8) -* No After-School Practice (Run at Home - Run 400m (light pace), then stretch, Run 400m (light pace), then stretch. Prepare for Meet tomorrow! Hydrate, Eat well.)

**September 2**

*Elementary Team (4-5) –* Meet @ Sapulpa

*Middle School Team (6-8) -* Meet @ Sapulpa

**September 4**

*Elementary Team (4-5) –* No School Day (Run at Home – L.S.D. (14min.))

*Middle School Team (6-8) -* No School Day (Run at Home - L.S.D. (20min.))

**September 5**

*Elementary Team (4-5) -* None

*Middle School Team (6-8) -* No After-School Practice (Run at Home – Intervals (4x800m))

**September 6**

*Elementary Team (4-5) -* No After-School Practice (Run at Home – L.S.D. (14min.))

*Middle School Team (6-8) -* No After-School Practice (Run at Home – A.R. 1600m)

**September 7**

*Elementary Team (4-5) -* None

*Middle School Team (6-8) -* No After-School Practice (Run at Home – L.S.D. (30min.))

**September 8**

*Elementary Team (4-5) -* After-School Practice! @ Tulsa Classical Academy

*Middle School Team (6-8) -* After-School Practice! @ Tulsa Classical Academy

**September 11**

*Elementary Team (4-5) -* After-School Practice! @ Tulsa Classical Academy

*Middle School Team (6-8) -* After-School Practice! @ Tulsa Classical Academy

**September 12**

*Elementary Team (4-5) -* None

*Middle School Team (6-8) -* No After-School Practice (Run at Home – A.R. (1600m))

**September 13**

*Elementary Team (4-5) -* No After-School Practice (Run at Home – L.S.D. (16min.))

*Middle School Team (6-8) -* No After-School Practice (Run at Home – L.S.D. (30min.))

**September 14**

*Elementary Team (4-5) -* None

*Middle School Team (6-8) -* No After-School Practice (Run at Home – A.R. (1600m))

**September 15**

*Elementary Team (4-5) -* After-School Practice! @ Tulsa Classical Academy

*Middle School Team (6-8) -* After-School Practice! @ Tulsa Classical Academy

**September 16**

*Elementary Team (4-5) –* Meet @ Holland Hall

*Middle School Team (6-8) -* Meet @ Holland Hall

**September 18**

*Elementary Team (4-5) -* After-School Practice! @ Tulsa Classical Academy

*Middle School Team (6-8) -* After-School Practice! @ Tulsa Classical Academy

**September 19**

*Elementary Team (4-5) –* Meet @ Bishop Kelley

*Middle School Team (6-8) -* Meet @ Bishop Kelley

**Optional Second Half of Season (Claremore Christian Meet)**

**September 22**

*Elementary Team (4-5) -* After-School Practice! @ Tulsa Classical Academy

*Middle School Team (6-8) -* After-School Practice! @ Tulsa Classical Academy

**September 25**

*Elementary Team (4-5) -* After-School Practice! @ Tulsa Classical Academy

*Middle School Team (6-8) -* After-School Practice! @ Tulsa Classical Academy

**September 27**

*Elementary Team (4-5) -* No After-School Practice (Run at Home – L.S.D. 18min)

*Middle School Team (6-8) -* No After-School Practice (Run at Home – L.S.D. 32min)

**September 29**

*Elementary Team (4-5) –* No After-School Practice (Run at Home – L.S.D. 16min)

*Middle School Team (6-8) -* No After-School Practice (Run at Home – L.S.D. 30min)

**October 2**

*Elementary Team (4-5) -* After-School Practice! @ Tulsa Classical Academy

*Middle School Team (6-8) -* After-School Practice! @ Tulsa Classical Academy

**October 4**

*Elementary Team (4-5) -* No After-School Practice (Run at Home – L.S.D. 18min)

*Middle School Team (6-8) -* No After-School Practice (Run at Home – L.S.D. 32min)

**October 6**

*Elementary Team (4-5) -* After-School Practice! @ Tulsa Classical Academy

*Middle School Team (6-8) -* After-School Practice! @ Tulsa Classical Academy

**October 9**

*Elementary Team (4-5) -* After-School Practice! @ Tulsa Classical Academy

*Middle School Team (6-8) -* After-School Practice! @ Tulsa Classical Academy

**October 10**

*Elementary Team (4-5) –* Meet @ Claremore Christian

*Middle School Team (6-8) –* Meet @ Claremore Christian