Sheldon XC Summer Training On-ramp

2-week on-ramp schedule

- Week 1:
  - 3 days of running
  - 20-30 minutes of running or run/walk
  - 2 days of core (5:00 each)
  - No consecutive days of running

- Week 2:
  - 4 days of running
  - 20-30 minutes of running or run/walk
  - 3 days of core (5:00 each)
  - No more than 2 days off in a row