



Cross Country Summer Training Plan

Taking the time in the summer to run will create a launching pad and will prepare you well for early season practices and meets, as well as create a solid base on which you may build your entire season upon.

Here are a few guidelines before you hop into training...

1. Have fun!

Please enjoy your summer break and all the swimming, vacationing, playing, and relaxing it brings. That being said, this training plan should take no more than 45 minutes of your time away from those fun activities each day that you run. Your workouts can be fun too! Run with a family member, friend, or dog; time moves much quicker when someone else is running/biking beside you.

2. Build into your training

It is important to ease into training and to avoid doing too much too quickly. Do not worry about how fast you are running during the first couple weeks of training but instead focus on running the entire length of time without stopping. Find a pace that works for you!

3. Take care of yourself

Water is your best friend! Be sure that you are drinking more water than you are other drinks. A little Gatorade or other sports drink is fine after a hot summer run as well. If at all possible, avoid running in the heat of the day and run in the morning or evening instead. Go through our warm-up drills before your run, and spend no less than 5 minutes stretching your muscles after a workout to prevent cramping, tight, and sore muscles.

In the fall, CCS Cross Country Practices will be available 2x per week. For best results, students are encouraged to run 3-4 times per week. Students competing for CCS are required to attend at least one practice per week.

Begin these workouts as soon as you can so you might start the season strong, but obviously vacations, summer sports, and other plans may get in the way. Don't fret if something gets in the way of completing or running a workout; **hop back into the plan when you can and don't worry about catching up on missed runs!** Although the number of weeks matches our summer break, this plan may be started and followed whenever - when you begin, start from the beginning of the plan.

Workout and Rest Days (no running days – feel free to play another sport, bike, or swim on these days) may be rearranged to best fit your schedule.

Week	Training Plan
One	Monday - Run 15 minutes comfortable Wednesday - Run 15 minutes comfortable Friday - Run 15 minutes comfortable Saturday - Run 20 minutes comfortable
Two	Monday - Run 15 minutes comfortable Wednesday - Run 20 minutes comfortable Friday - Run 20 minutes comfortable Saturday - Run 25 minutes comfortable
Three	Monday - Run 20 minutes at medium pace (should be difficult to speak in full sentences, about 75% effort) Wednesday - Run 20 minutes comfortable Friday - Run 20 minutes at a comfortable pace with 3 bursts of speed (not sprinting, just pick up the pace) last one minute each spread through the 20 minutes Saturday - Run 25 minutes comfortable
Four	Monday - Run 20 minutes comfortable Wednesday - Run 25 minutes at 2 minutes faster (85% effort), 3 minutes comfortable and repeat Friday - Run 20 minutes comfortable Saturday - Run 30 minutes comfortable
Five	Monday - Run 25 minutes at a medium pace (about 75% effort) Wednesday - Run 20 minutes comfortable Friday - Run 25 minutes on a hilly route OR with 5 bursts of speed lasting 1-2 minutes spread throughout the 25 minutes Saturday - Run 30 minutes comfortable
Six	Monday - Run 25 minutes comfortable Wednesday - Run 30 minutes with 10 minutes comfortable warm-up, 10 minutes hard (80-85% effort), 10 minutes comfortable cool-down Friday - Run 25 minutes comfortable Saturday - Run 30 minutes comfortable
Seven	Monday - Run 25 minutes comfortable Wednesday - Run 30 minutes – 10 min comfortable warm-up, 15 minutes hard (80-85% effort), 5 minute comfortable cool-down Friday - Run 25 minutes comfortable Saturday - Run 35 minutes comfortable
Eight	Monday - Run 30 minutes comfortable Wednesday - Run 30 minutes at 2 minutes faster (85-90% effort), 3 minutes comfortable, and repeat until you have run for 30 minutes total Friday - Run 25 minutes comfortable Saturday - Run 35 minutes comfortable
Nine	Monday - Run 35 minutes comfortable Wednesday - Run 30 minutes on a hilly route OR with 5 bursts of speed lasting one to two minutes each spread throughout the 30 minutes Friday - Run 25 minutes comfortable Saturday - Run 35 minutes comfortable