

## Summer Workout Plan

The most important part of our cross country training is in the summer. A long distance race requires a long training program. We cannot build training base, work on speed, tempo, endurance, and taper down for peaking all during cross-country season. You need to train in the summer time. You need to come into this fall ready to increase training intensity.

I have attached two training programs. One for beginning runners, and one for advanced. I have purposefully made these vague, so you can train around your summer plans. Hopefully you can stick to one of the training programs, and build a good endurance base during the summer months. Please be aware of several things during your summer training:

1. For most of the summer we are building base miles. There are a lot of 'easy run' days, just trying to build mileage.
2. Be aware of the weather. Training in August is very different from training in November. Dress appropriately for the weather. Try early morning or evening runs to stay out of the heat of the day.
3. Hydrate
4. Find some competition this summer. There are a lot of local 5K or 10K runs. I have put several on the training schedule. Competition breeds quality.
5. Rest – I recommend taking several weeks off after a season to let your body heal. If you are coming off of track season, don't start your training till mid June. Also, don't run every day. Take at least one day off per week.
6. Stretch and warm up.
7. Hydrate
8. Find a training partner. Running by yourself is hard. On those days you don't feel like running, it is easy to stay inside. It is much more difficult to tell someone else 'no'.
9. Have fun. Vary your workouts. Do some cross training.
10. Hydrate
11. Listen to your body. If you are prone to shin problems, run on softer surfaces, ice frequently. If speed feels good, end workouts with striders and include more fartlek runs.
12. Diet: research some good foods for running and remember to eat for the sport. You need proper nutrition to fuel you for success. Don't eat things that will counteract your progress.
13. Keep a training log. Write down mileage, pace, how you feel.

## **Basic Summer Workout Plan**

Month 1- June-July- Building Base (15-20 miles per week)

3-4 runs of 3-5 miles per week

1 run of longer distance at slower pace

1 run of accelerated pace

At least one day rest.

Every day – stretch and abs. Maintaining flexibility and core strength will increase speed and prevent injury.

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## **Advanced Summer Workout Plan**

Month 1- June-July (20-25 miles per week)

3-4 runs of 4-6 miles per week

1 long run per week (Long Slow Distance: LSD)

1 day cross training (swimming, tennis, basketball, biking)

1 fartlek run (vary pace: accelerated pace, track work, or race day)

One day rest

Every day – stretch and abs. Maintaining flexibility and core strength will increase speed and prevent injury.