

## Consistent Running in the Summer = Cross Country Success

### Purple Group

Rule 1, Have Fun

Rule 2, Stay Healthy

Be Consistent

Build Base, Learn Pace, Execute Race

Train to run negative splits in practice, workouts & races

Increase mileage, train for long term development

No improvement without recovery

KEY SUMMER WORKOUT FOR CROSS COUNTRY

Short Temp Run, 1.5 miles (or 2,500m)

Keep HR under 175.

Always run negative splits.

The rest of the week:

Try to run with group every day during the summer. If possible, run on trails, gravel roads, logging roads, and the beach.

Long run on Sunday, distance depends on individual health and fitness level.

6 x 200 during medium length run, (2-3 miles, 6 x 200 @ 2 mile pace, 2-3 miles)

Other runs 30-60 minutes, depending in individual

There is no improvement without recovery

Learn to check resting HR

Strides most days (70-80m, 2 @ mile pace, 2 @ 800 pace, 2 @ 400 pace)

Easy stretching every day

	Sun		Mon		Tues		Wed		Thu		Fri		Sat		Total
June	8	E to P	4	E	7	5 X 200	5	E	6	ST	4	E	6	Hills	40
	9	E to P	4	E	7	5 X 200	5	E	7	ST	4	E	6	Hills	42
	8	E to P	4	E	7	5 X 200	5	E	6	LT	4	E	6	Hills	40
	10	E to P	4	E	7	5 X 200	5	E	8	F	5	E	6	Hills	45
July	9	E to P	4	E	7	6 X 200	5	E	7	ST	4	E	6	Hills	42
	9	E to P	4	E	7	6 X 200	5	E	7	LT	4	E	6	Hills	42
	10	E to P	4	E	7	6 X 200	5	E	8	F	5	E	6	Hills	45
August	10	E to P	4	E	7	6 X 200	5	E	8	ST	5	E	6	Hills	45
	11	E to P	4	E	8	6 X 200	5	E	10	LT	6	E	6	Hills	50
	11	E to P	4	E	8	6 X 200	5	E	10	F	6	E	6	Hills	50
	10	E to P	4	E	7	6 X 200	5	E	8	ST	5	E	6	Hills	45
	12	E to P	4	E	7	6 X 200	5	E	10	LT	6	E	6	Hills	50

E to P = Easy to Progressive (progressive only if you feel great)

E = Easy, relaxed HR <160

LT = Long Tempo (3-5 miles) HR <170

ST = Short Tempo (1.5miles) HR <175 Short tempo is at current 5k race pace, so slower early summer and gradually faster

HR should be at or below 160 most of the time

F = Fartlek (e.g. 1, 2, 3 X 2-3)

Hills = Runs hills 2 to 3 times/week. On hard days they can be your fartlek, on easy days take it easy. Moderate hills best (Sollie Smith Rd.)

Keep a log book, take resting heart rate in the mornings

**Lunge Matrix before every run. Core X and/or Titan 10, 4-5 times/week.**

Easy stretching before & after runs

Stay hydrated

Get enough sleep

Strides after many runs, 70-80m, 2@ mile pace, 2@ 800 pace, 2@ 400 pace

All runs negative splits

Once a week we will do 6 x 200 as part of a run, usually Tuesday. 2-3 mile warmup, 6 x 200, 200 jog recovery, 2-3 mile

cool down. Pace is about 2 mile pace at the beginning of the summer working down to mile pace by the end of cross country

season. **Goal is to make these feel as easy as possible. Run Relaxed, Good Form, Work on basic speed.**