Cross Country Workout Plan

If you have not started to train for cross country, now is the time to start! For those that are starting this week, run 20 miles over 5 days and cross train 1 day. Follow the schedule below, but for a 20 mile week. Increase 10% per week.

If you started 3 weeks ago, this next week is our recovery week. Decrease your mileage by 10%.

CONSISTENT summer miles is the key to a successful cross country season!!! After summer, the training changes. You well need to address other energy systems that only take 12 weeks to develop. During the summer the training is a 7 day cycle, build for 3 weeks, then 1 recover week with less miles.

Remember Currently your 7 day cycle consists of the following: Core twice a week, leg circuit twice a week.
1 long run 25% of your weekly mileage. ( 35 mile week = 8.75 mile LR ) This is the most important workout of the summer.
1 tempo run or tempo repeats (call or text for pacing)
3 recovery runs. 6x60 meter strides twice a week after RR runs ( 800m- 400m pace) Strides help keep your speed!
1 cross training day 45-60 min( bike, elliptical, rower, swim)
1 rest day.

On your recovery runs try to have some rolling hills at least once per week.

Try to do your long runs on Sunday. That is when Drake does his. Once this is over, it would be nice for you all to run together!
Below is the varsity workouts.

Here is week 4  Recovery week ( 36 miles, down from 40 miles)

Monday- Recovery Run ( RR) 6 mile, 6 x 60 meter strides, + legs or Lift
Tuesday- Tempo, 2 mile warm up, 6x800m tempo, 1 min rest, 2 mile Cool Down + core
Wednesday Rest (Hot bath, roll and stretch) Blood flow is the key.
Thursday- 7 mile RR, 6 x 60 meter strides + legs or lift
Friday- 7 miles RR + core
Saturday - Cross train (elliptical, bike, row, swim 45-60 min)
Sunday- Long Run 9 miles, 25% of the week

Week 5 40 miles

Monday- RR 7 miles, 6 x 60 meter strides + legs or lift
Tuesday- Tempo, 2 mile warm up, 6x800m, 1 min rest, 3 mile cool down + Core
Wednesday- Rest day, (Hot Bath, roll, and stretch)
Thursday-RR 7 mile, 6 x 60 meter strides + legs circuit or lift
Friday- RR 8 miles + core
Saturday- Cross Training 45 min (elliptical, Bike, Row, or swim)
Sunday- LR 10 miles

Please note we do not have a hill day so make sure you have rolling hills in your recover runs once or twice per week.
Week 6 (44 miles) Note: P no rest day this week, 2 cross training day. LISTEN to you body. If you need to rest then rest.

Monday- RR 8 miles, 6 x 60 meter strides + legs or lift
Tuesday- Tempo, 2 mile warm up, 6x800m, 1 min rest, 3 mile cool down + Core
Wednesday- Cross Training 45 min (elliptical, Bike, Row, or swim)
Thursday- RR 8 mile, 6 x 60 meter strides + legs circuit or lift
Friday- RR 9 miles + core
Saturday- Cross Training 45 min (elliptical, Bike, Row, or swim)
Sunday- LR 11 miles

Week 7 (48 Miles)

Monday- RR 8 miles, 6 x 60 meter strides + legs or lift
Tuesday- Tempo, 2 mile warm up, 6x800m, 1 min rest, 3 mile cool down + Core
Wednesday- Rest Day, (Hot bath, roll, and stretch)
Thursday- RR 8 mile, 6 x 60 meter strides + legs circuit or lift
Friday- RR 8 miles + core
Saturday- Cross Training 45 min (elliptical, Bike, Row, or swim)
Sunday- LR miles

Week 8 Recovery week- Decrease miles to 42 miles

Monday- RR 7.5 miles, 6 x 60 meter strides + legs or lift
Tuesday- Tempo, 2 mile warm up, 6x800m, 1 min rest, 3 mile cool down + Core
Wednesday- Rest day, (Hot Bath, roll, and stretch)
Thursday- RR 8 mile, 6 x 60 meter strides + legs circuit or lift
Friday- RR 8 miles + core
Saturday- Cross Training 45 min (elliptical, Bike, Row, or swim)
Sunday- LR 10.5 miles