

## **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 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**