

Summer Training

NOTES:

For the summer training schedule if you were a varsity runner last year (or ran at least 1 varsity race), you will run with the A Group. If you are new to cross country or were not on the varsity team last year you should follow the training for the B Group. **IF YOU ARE NEW TO CROSS COUNTRY THEN PLEASE START WITH THE LOWER END ON THE RANGE AND WORK YOUR WAY UP.** (For example, if it says Easy pace 2-3 miles, then run three miles if you ran last year but only run 2 miles if this is your first XC experience).

Strides should be roughly 200 meters at Mile pace

Core Workouts should address your upper abs, lower abs and obliques so please select at least one from each of these categories in the photo below.

Hip Exercises include:

Fire Hydrants

Donkey Kicks

Glute Bridge

90/90 Stretch

Lunging Hip Flexor Stretch

(these can be googled if you are unsure what one is)

Mile Cut Downs: First Mile should be easy pace, then each mile thereafter should decrease by 15 seconds. For example if my easy pace is 8:30 then my second mile should be 8:15, third mile should be 8:00 etc...

Interval Workout: Ideally the rest for an interval should be equal to the amount of time it took to run the interval to 5 minutes. For example if you are running 400M repeats and you are finishing them in 1:30 then you should aim to only take 1:30 or rest. This is unobtainable for most middle school runners so just try to take as little rest as possible that still allows you to do all of the intervals at a consistent pace.

Farlek Run: This is just one example of a Farlek Run. You can read more into these if you are interested. This is structured the way that it is simply so that it is easy for the runners to remember. Total of 35 minutes alternating pace every 5 minutes.

- 5 Min Easy Pace - 5 Min Tempo Pace - 5 Min Easy Pace - 5 Min Tempo Pace - 5 Min Easy Pace - 5 Min Tempo Pace - 5 Min Easy Pace

Pace Chart - Here are three examples of an easy pace and a tempo pace based on a 3K race. If you ran for me last year and do not remember what times you ran feel free to email me and I can tell you. If you are new to running then I would try to run a 3K (1.86Miles) as fast as you can while being timed and go from there.

3K Time	Easy Pace	Tempo Pace
10:30	7:30-7:35	6:15-6:20
12:30	8:50-8:55	7:20-7:25
14:30	10:05-10:10	8:25-8:30

Here is a link that you can plug your 3K pace into and it will tell you an easy pace and a tempo pace for you.

<https://www.omnicalculator.com/sports/training-pace>

July 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5 Rest Day	6 Easy Run A Group: 3-4 miles B Group: 2 miles Hip Exercises	7 Easy Run A Group: 3-4 miles B Group: 2 miles 4 x 100m Strides	8 Easy Run A Group: 3-4 miles B Group: 2 miles Hip Exercises	9 Intervals A Group: 4 x 800m B Group: 3 x 800m	10 Easy Run A Group: 3-4 miles B Group: 2 miles Hip Exercises	11 Long Easy Run A Group: 4-5 miles B Group: 3-4 miles 4 x 100 strides
12 Rest Day	13 Easy Run A Group: 3-4 miles B Group: 2 miles Core workout	14 Tempo Run A Group: 2 miles B Group: 1.5 miles 6 x 100m Strides	15 Easy Run A Group: 3-4 miles B Group: 2 miles Hip Exercises	16 Fartlek Run 30 min	17 Easy Run A Group: 3-4 miles B Group: 2 miles Core workout	18 Long Easy Run A Group: 4-5 miles B Group: 3-4 miles 4 x 100 strides
19 Rest Day	20 Core Workout 3 reps of 5 activities 20 sec transitions between activities 2 min. between reps	21 Tempo Run A Group: 2 miles B Group: 1.5 miles 6 x 100m Strides	22 Easy Run A Group: 3-4 miles B Group: 2 miles Hip Exercises	23 Intervals A Group: 4 x 1000m B Group: 3 x 1000m	24 Easy Run A Group: 3-4 miles B Group: 2 miles Hip Exercises	25 Long Easy Run A Group: 4-5 miles B Group: 3-4 miles 4 x 100 strides
26 Rest Day	27 Easy Run A Group: 3-4 miles B Group: 2 miles 5 items from Core workout	28 Tempo Run A Group: 2 miles B Group: 1.5 miles 8 x 100m Strides	29 Easy Run A Group: 3-4 miles B Group: 2 miles Hip Exercises	30 Fartlek Run 35 min	31 Core Workout 3 reps of 5 activities 20 sec transitions between activities 2 min. between reps	1 Long Easy Run A Group: 4-5 miles B Group: 3-4 miles 4 x 100 strides

*It is OK to run-walk during the summer, especially as you get used to running longer distances. You WILL be ready to do 2 miles nonstop by August!

*Don't forget to WARMUP! If your run for the day is 3 miles, you should run a half-mile warm-up and then do a 2.5 mile run after stretching.

*Stay on dirt or trails as much as possible, since pavement running increases your chance for injury!

*It is very important that you stretch each day before and after runs to prevent injuries.

*Also, please get fitted for a pair of running shoes at either Three Rivers Running Company or Fleet Feet--you will receive a 10% discount!!!

*If you feel a running-related injury developing, you can continue to work toward your summer mileage goal by doing another activity. Swim, Bike, Row, Aqua Jog

no-equipment ab exercises

by DAREBEE © darebee.com



upper



lower



six-pack



obliques



complete



core

 crunches	 reverse crunches	 flutter kicks	 sitting twists	 knee to elbow	 half wipers
 high crunches	 scissors	 elbow plank	 cross crunches	 knee-to-elbow v2	 arm / leg raises
 sit-ups	 leg raises	 L-sit	 side jack-knives	 dead bug	 wipers
 long arm crunches	 pulse-ups	 star plank	 toe taps	 plank crunches	 plank rolls
 hundreds	 bicycle crunches	 hollow hold	 sitting punches	 side plank crunches	 knee-in twists
 knee crunches	 crunch kicks	 V-ups	 side plank	 V with rotations	 climber taps