

Southland Cross Country Workouts August 5-9, 2013

Note: Reference week 9 of the Hal Higdon High School Cross Country Training Program)

Monday tempo run 4 miles advanced group (Varsity) + 10 strides
2 miles beginner group (JV) + 6 strides

Tuesday speed work 5 x 300 + 10 strides + 5 x 300 1 mile cool down advanced group (Varsity)
4 x 300 + 6 strides + 4 x 300 1 mile cool down beginner group (JV)

Wednesday rest (easy day) 30 to 40 minute run, Varsity may do up to 60 minutes easy, with 10 strides for the advanced group and 6 strides for the beginner group

Thursday “world’s longest 16 minutes” 2 minutes on 2 minutes slow x 4 sets total 16 minutes 1 mile warm up and 1 mile cool down

Friday rest (easy day) 30 to 40 minute run, Varsity may do up to 60 minutes easy, with 10 strides for the advanced group and 6 strides for the beginner group