

2014 Windham-Ashland-Jewett Cross Country

Men's and Women's Summer Training Program

It is vitally important to your success this year that you start practice already in shape. Remember the season is won before it even begins. Try as best you can to run with each other as much as you can. Don't think about it, just do what is listed everyday and you will have great success this fall. Believe me, we will be able to tell if you ran this summer or chose not to. Even when it is not the best whether and you don't want to train, just think of your teammates doing their training for the day and most importantly your competitors.

❖ Remember when you are not training, somewhere someone is training and when you meet them they will beat you.

Directions – Runners who have done cross-country or track in the past year should be able to do 100% of the workouts listed. If you are a new athlete or have not run much in the past do 2/3 of the workouts.

Most Important – Some muscle soreness is normal after hard workouts. Joint pain that persists is NOT. Use good judgment if you have MAJOR discomfort.

*** If you have any questions or concerns about training, injuries or anything at all during the summer you can email me at jberube@wajcs.org

<u>Week 1</u>	<u>June 15-21</u>
All Week (Sunday –Saturday)	30 minute run at comfortable pace
<u>Weeks 2, 3, 4</u>	<u>June 22-28, June 29-July 5, July 6- July 12</u>
Sunday	Long run - 45 minutes
Monday-Saturday	30 minute run at comfortable pace add 6 strides
<u>Week 5</u>	<u>July 13-19</u>
Sunday	Long Run - 45 minutes
Monday	30 minute run at comfortable pace add 6 strides
Tuesday	10 x 40 seconds with 2 minutes rest in between
Wednesday	30 minute run at comfortable pace add 6 strides
Thursday	20 minute tempo run (This should be faster than a normal easy day, but not your race pace) example: 5:30 mile race pace = 6:50 mile tempo pace
Friday	30 minute run at comfortable pace
Saturday	Fartlek Run – 2 minutes hard 3 minutes easy – 5 cycles (this should be done in one continuous run)

Week 6	<u>July 20-26</u>
Sunday	Long Run - 55 minutes
Monday	40 minute run at comfortable pace add 8 strides
Tuesday	40 minute run at comfortable pace
Wednesday	25 minute tempo run (This should be faster than a normal easy day, but not your race pace) example: 5:30 mile race pace = 6:50 mile tempo pace
Thursday	40 minute run at comfortable pace add 8 strides
Friday	40 minute run at comfortable pace
Saturday	Fartlek Run – 2 minutes hard 3 minutes easy – 5 cycles (this should be done in one continuous run)

Week 7	<u>July 27-August 2</u>
Sunday	Long Run – 55 minutes
Monday	40 minute run at comfortable pace add 10 strides
Tuesday	12 x 40 seconds with 2 minutes rest in between
Wednesday	40 minute run at comfortable pace add 10 strides
Thursday	30 minute tempo run (This should be faster than a normal easy day, but not your race pace) example: 5:30 mile race pace = 6:50 mile tempo pace
Friday	40 minute run at comfortable pace
Saturday	Fartlek Run – 2 minutes hard 3 minutes easy – 6 cycles (this should be done in one continuous run)

Week 8	<u>August 3-9</u>
Sunday	Long Run - 60 minutes
Monday	45 minute run at comfortable pace add 10 strides
Tuesday	45 minute run at comfortable pace
Wednesday	30 minute tempo run (This should be faster than a normal easy day, but not your race pace) example: 5:30 mile race pace = 6:50 mile tempo pace
Thursday	45 minute run at comfortable pace add 10 strides
Friday	45 minute run at comfortable pace
Saturday	Fartlek Run – 2 minutes hard 3 minutes easy – 7 cycles (this should be done in one continuous run)

Week 9	<u>August 10-16</u>
Sunday	Long Run - 60 minutes
Monday	45 minute run at comfortable pace add 10 strides

Tuesday 14 x 40 seconds with 2 minutes rest in between
Wednesday 45 minute run at comfortable pace
add 10 strides
Thursday 30 minute tempo run (This should be faster than a normal
easy day, but not your race pace) example: 5:30 mile race
pace = 6:50 mile tempo pace
Friday 45 minute run at comfortable pace
Saturday Fartlek Run – 2 minutes hard 3 minutes easy – 8 cycles
(this should be done in one continuous run)

Week 10 August 17-August 23

Sunday Long Run 70 minutes

Monday August 18th ** Start of Preseason Practice **