

2015 Windham-Ashland-Jewett Cross Country

Men's and Women's Summer Training Program

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 ½ or 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 14-20</u>
All Week (Sunday –Saturday)	45 minute run at comfortable pace
<u>Weeks 2, 3, 4</u>	<u>June 21-27, June 28-July 4, July 5- July 11</u>
Sunday	Long run - 80 minutes
Monday-Saturday	45 minute run at comfortable pace add 6 strides
<u>Week 5</u>	<u>July 12-18</u>
Sunday	Long Run – 80 minutes
Monday	45 minute run at comfortable pace add 6 strides
Tuesday	30 minutes @ 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
Wednesday	45 minute run at comfortable pace add 6 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 – 3 minutes hard 2 minutes easy – 6 cycles (this should be done in one continuous run)
<u>Week 6</u>	<u>July 19-25</u>
Sunday	Long Run - 90 minutes
Monday	60 minute run at comfortable pace add 8 strides
Tuesday	60 minute run at comfortable pace
Wednesday	40 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	60 minute run at comfortable pace add 8 strides
Friday	60 minute run at comfortable pace

Saturday Fartlek Run – 3 minutes hard 2 minutes easy – 8 cycles
(this should be done in one continuous run)

Week 7 July 26-August 1

Sunday Long Run – 90 minutes
Monday 60 minute run at comfortable pace add 10 strides
Tuesday 15 x 40 seconds (faster than race pace) with 2 minutes rest
in between
Wednesday 60 minute run at comfortable pace add 10 strides
Thursday 40 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 60 minute run at comfortable pace
Saturday Fartlek Run – 3 minutes hard 2 minutes easy – 8 cycles
(this should be done in one continuous run)

Week 8 August 2-8

Sunday Long Run - 90 minutes
Monday 60 minute run at comfortable pace add 10 strides
Tuesday 60 minute run at comfortable pace
Wednesday 40 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 60 minute run at comfortable pace add 10 strides
Friday 60 minute run at comfortable pace
Saturday Fartlek Run – 3 minutes hard 2 minutes easy – 8 cycles
(this should be done in one continuous run)

Week 9 August 9-15

Sunday Long Run - 105 minutes
Monday 60 minute run at comfortable pace add 10 strides
Tuesday 20 x 40 seconds (faster than race pace) with 2 minutes rest
in between
Wednesday 60 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 16-August 22

Sunday Long Run 105 minutes

Monday August 17th ** Start of Preseason Practice **