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.

<u>Directions</u> – Runners who have done cross-country or track in the past year should be able to do 100% of the workouts listed. <u>If you are a new athlete or have not run much in the past, do ½</u> 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

Week 1	June 14-20
All Week (Sunday –Saturday)	45 minute run at comfortable pace
Weeks 2, 3, 4	June 21-27, June 28-July 4, July 5- July 11
Sunday	Long run - 80 minutes
Monday-Saturday	45 minute run at comfortable pace add 6 strides
Week 5	July 12-18
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)
Week 6	July 19-25
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
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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 Monday 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 Friday 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	Saturday	Fartlek Run – 3 minutes hard 2 minutes easy – 8 cycles (this should be done in one continuous run)
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Monday August 17th ** Start of Preseason Practice **