

2016 Cross Country Summer Training: Varsity Freshmen I
(Freshmen girls with Varsity potential and a running background – who are running MS State)

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5/30-6/4	track practice						<i>Middle School State Meet</i>
6/5-11	rest: 2 week break						
6/12-18	rest: 2 week break						
6/19-25 (15-17 mi/ 15-17 mi) <i>*active rest*</i> <i>Sum: 15-17 mi</i>	25 min run	15 min run	rest	35 min run	rest	30 min run	30 min run
6/26-7/2 (16-18 mi/ 16-18 mi) <i>Sum: 31-35mi</i>	30 min run	rest	35 min run	15 min run	rest	30 min run	35 min run
7/3-9 (17-19 mi/ 17-19 mi) <i>Sum: 48-54mi</i>	30 min run	10 min run + 4 x 50m strides	35 min run	15 min run	rest	30 min run	35 min run
7/10-16 (19-21 mi/ 19-24 mi) <i>Sum: 67-76mi</i>	25 min run	25 min run + 6 x 50m strides	25 min run	25 min run	rest	First Practice 30 min run	40 min run + optional extra 30 min crosstraining
	← Cross Country Camp →						

Active rest = if you have a hard time getting started on any given day, then you have the option of taking that day off or doing crosstraining on a running day (you can do this for up to 2 days per week during an active rest week).

Strides = relatively fast, short sprints, but definitely not an all-out sprint. Strides should be run somewhere between 800m race pace and 400m race pace (i.e. comfortably fast). Strides should not fatigue you like a workout and we also use strides as an opportunity to work on good running form as well (i.e. running tall, good arm swing, good knee lift and extension, etc.).

Pace: all runs other than the short days (10-15 min run days) should be at “just run” pace, where you run to a certain comfort level (not too hard, not too easy)

Crosstraining: can include lap swimming, cycling or elliptical. If cycling, then set the bike in an easy gear (no resistance) and keep the cadence really high (i.e. spin the pedals relatively fast). Although the bike won't move fast, the effort will be closer to actual running than otherwise.