

**2017 Cross Country Summer Training: Varsity Freshmen II**  
*(Freshmen girls with Varsity potential who have an athletic but no real running background)*

	<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<i>2-4 weeks until 6/3 *active rest*</i>	rest	20 min run	rest	20 min run	rest	20 min run	20 min run
<b>6/4-10 (wk 1)</b>	<b>Sawyer</b> 25 min run	<b>Sawyer</b> 30 min run	rest	<b>Seneca Pk</b> 30 min run	10 min run	<b>Pope Lick Pk</b> 25 min run	rest
<b>6/11-17 (wk 2)</b>	<b>Sawyer</b> 25 min run	<b>Sawyer</b> 30 min run	rest	<b>Seneca Pk</b> 30 min run	10 min run	<b>Pope Lick Pk</b> 25 min run	rest
<b>6/18-24 (wk 3)</b>	<b>Sawyer</b> 25 min run	<b>Sawyer</b> 35 min run	rest	<b>Seneca Pk</b> 30 min run	10 min run	<b>Pope Lick Pk</b> 30 min run	rest
<b>6/25-7/1 (wk 4) *active rest*</b>	25 min run	35 min run	10 min run + 4 x 50m strides	30 min run	10 min run	30 min run	rest
<b>7/2-8 (wk 5)</b>	35 min run	10 min run + 4 x 50m strides	35 min run	10 min run	30 min run	rest	30 min run
<b>7/9-15 (wk 6)</b>	25 min run	<b>Sawyer</b> 25 min run + 6 x 50m strides	<b>Sawyer</b> 25 min run	<b>Sawyer</b> 25 min run	<b>Sawyer</b> 25 min run	rest	<b>Sawyer</b> <i>First Practice</i> 40 min run

**Active rest** = during weeks that allow 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 some 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.