

**2017 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  |
|--|-----------------------------|--|-----------------------------|--------------------------------|-----------------------------|-----------------------------------|---|
| <b>5/28-6/3</b>  |                             |  |                             |                                |                             |                                   | <i>Middle School State Meet</i>                             |
| <b>6/4-10<br/>6/11-17</b>  | rest: 2 week break          |  |                             |                                |                             |                                   |   |
| <b>6/18-24</b><br>Run: 15-17 mi<br><i>*active rest*</i><br>Run Intensity-34<br>Sum: 15-17 mi | <b>Sawyer</b><br>25 min run | <b>Sawyer</b><br>15 min run                      | rest                        | <b>Seneca Pk</b><br>35 min run | rest                        | <b>Pope Lick Pk</b><br>30 min run | 30 min run  |
| <b>6/25-7/1</b><br>Run: 16-18 mi<br>Run Intensity-36<br>Sum:31-35mi                          | 30 min run                  | 15 min run                                       | rest                        | 35 min run                     | rest                        | 30 min run                        | 35 min run  |
| <b>7/2-8</b><br>Run: 18-21 mi<br>Run Intensity-41<br>Sum:48-54mi                             | 35 min run                  | 15 min run                                       | 35 min run                  | 15 min run                     | rest                        | 30 min run                        | 35 min run  |
| <b>7/9-15</b><br>Run: 20-23 mi<br>Run Intensity-46<br>Sum:154-174mi                          | 40 min run                  | <b>Sawyer</b><br>15 min run +<br>6 x 50m strides | <b>Sawyer</b><br>40 min run | <b>Sawyer</b><br>15 min run    | <b>Sawyer</b><br>30 min run | rest                              | <b>Sawyer</b><br><b><i>First Practice</i></b><br>40 min run |
| ← ** Cross Country Camp ** →   |                             |  |                             |                                |                             |                                   |   |

Note that the locations of our informal runs and summer practices are provided above as well (e.g. on June 18, it says “Sawyer” and we have an informal run night scheduled for EP Tom Sawyer Park that evening).

**Active rest:** if you prefer to substitute crosstraining for running on 1-2 days, that’s ok, and you may even take up to 1 day off if necessary and/or you prefer.

**Weekly variables:**

Running mileage (Run) – approximate running miles per week (at 8 min/mile vs 9 min/mile)

Run intensity – weighted (relative) intensity of minutes run per week

Accumulated mileage (Sum) – sum of approximate running miles per 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, which basically means you go out and just get in your you’re your pace can be whatever you feel like running, so on days when you feel better, run better, but on days when you feel bad, it’s ok to go slower. The most important thing is to just get in the run and not worry about anything other than keeping the pace well within something manageable.

**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. The trick is to crosstrain in a manner that comes closest to actual running.