

2024 Cross Country Summer Training: New Girls, Level IV (Group B girl - interested in CC, but definitely a beginner)

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1 <i>(e.g. 6/2-6/8)</i>	20 min run	20 min run	rest	20 min run	20 min run	rest	rest
Week 2 <i>(e.g. 6/9-6/15)</i>	20 min run	20 min run	rest	20 min run	20 min run	rest	rest
Week 3 <i>(e.g. 6/16-6/22)</i>	20 min run	25 min run	rest	20 min run	20 min run	rest	rest
Week 4 <i>(e.g. 6/23-6/29)</i>	20 min run	25 min run	rest	20 min run	20 min run	rest	rest
Week 5 <i>(e.g. 6/30-7/6)</i>	20 min run	25 min run	rest	25 min run	25 min run	rest	rest
Week 6 <i>(e.g. 7/7-7/13)</i>	25 min run	rest	30 min run	rest	30 min run	rest	30 min run

This 6 week schedule will get you started with your Summer running. Start with Week 1, and if that's June 6, then you can use the dates listed above, but if you begin after June 6, then you will want to adjust Week 1, Week 2, etc, to correspond with a new set of dates.

Pace: run based on how you feel. Your main concern is just getting in the run and not worrying about pace (we call this 'just run pace'). If you feel better, it's ok to run a little faster. If you feel bad, then it's ok to run slower. The most important thing here is that you are getting started as best you know how.

**** Running vs Running and Stopping a lot, or Running and Walking:** this progression assumes you can run for the entire allotted time with maybe 1 stop. If you cannot do that, then continue to repeat that week's running until you can, and then progress to the subsequent weeks.