

**2024 Cross Country Summer Training: New Girls, Level I** (new girls w/ a formal running background, capable of running on a Varsity level)

|   | <b>Sunday</b>   | <b>Monday</b>  | <b>Tuesday</b>                                    | <b>Wednesday</b>                | <b>Thursday</b>   | <b>Friday</b> | <b>Saturday</b>                 |
|---|---|--|---|---------------------------------|---|---------------|---------------------------------|
| <p align="center"><b>6/2-8</b><br/><i>(General Prep)</i><br/><b>Week 1</b><br/>Run: 19-21 mi</p>    | 30 min run<br>(recovery day)                              | 35 min run<br>w/ 2 good uphill<br><i>(hills about 120-160m long)</i> | rest  | 30 min run<br>(recovery day)    | 40 min run<br>w/ 2 good uphill<br><i>(hills about 120-160m long)</i>              | rest          | 35 min run<br>+ 4 x 60m strides |
| <p align="center"><b>6/9-15</b><br/><i>(General Prep)</i><br/><b>Week 2</b><br/>Run: 19-21 mi</p>   | 30 min run<br>(recovery day)                              | 35 min run<br>w/ 2 good uphill<br><i>(hills about 120-160m long)</i> | rest  | 30 min run<br>(recovery day)    | 40 min run<br>w/ 2 good uphill<br><i>(hills about 120-160m long)</i>              | rest          | 35 min run<br>+ 4 x 60m strides |
| <p align="center"><b>6/16-22</b><br/><i>(General Prep)</i><br/><b>Week 3</b><br/>Run: 22-25 mi</p>  | 40 min run<br><b>*Strength lite*</b>                      | 35 min run   | 20 min run<br>(recovery day)<br>+ 6 x 60m strides | 30 min run<br>+ 6 x 60m strides | 20 min run<br>+ 4 x <b>hill repeats</b><br>+ 10 min run<br><b>*Strength lite*</b> | rest          | 40 min run<br>+ 6 x 60m strides |
| <p align="center"><b>6/23-29</b><br/><i>(General Prep)</i><br/><b>Week 4</b><br/>Run: 23-26 mi</p>  | 40 min run<br>+ 6 x 60m strides<br><b>*Strength lite*</b> | 35 min run<br><i>(last 5 min run faster)</i>                         | 25 min run<br>(recovery day)                      | 30 min run<br>+ 6 x 60m strides | 20 min run<br>+ 5 x <b>hill repeats</b><br>+ 10 min run<br><b>*Strength lite*</b> | rest          | 40 min run<br>+ 6 x 60m strides |
| <p align="center"><b>6/30-7/6</b><br/><i>(General Prep)</i><br/><b>Week 5</b><br/>Run: 23-26 mi</p> | 40 min run<br>+ 6 x 60m strides<br><b>*Strength lite*</b> | 35 min run<br><i>(last 5 min run faster)</i>                         | 25 min run<br>(recovery day)                      | 30 min run<br>+ 6 x 60m strides | 20 min run<br>+ 5 x <b>hill repeats</b><br>+ 10 min run<br><b>*Strength lite*</b> | rest          | 40 min run<br>+ 6 x 60m strides |

|  | <b>Sunday</b>   | <b>Monday</b>     | <b>Tuesday</b> | <b>Wednesday</b>   | <b>Thursday</b>  | <b>Friday</b>   | <b>Saturday</b>  |
|--|---|-------------------|----------------|--|--|---|--|
| <p><b>7/7-13</b><br/><i>(General Prep)</i></p> <p><b>Week 6</b></p> <p>Run: 25-28 mi</p> | <p>45 min run<br/>+ 6 x 60m strides</p> <p><i>*Strength lite*</i></p> | <p>35 min run</p> | <p>rest</p>    | <p><i>AHS XC Camp</i></p> <p><b>Sawyer</b></p> <p>30 min run<br/>+ 6 x 60m strides</p> <p><i>*Strength lite*</i></p> | <p><i>AHS XC Camp (PM)</i></p> <p><u><i>Location/time?</i></u></p> <p>20 min run</p> <p><b>2 mi time trial</b></p> <p>+ 10 min run</p> | <p><i>AHS XC Camp</i></p> <p><b>Sawyer</b></p> <p>25 min run<br/>(recovery day)</p> | <p><i>AHS XC Camp</i></p> <p><b>Sawyer</b></p> <p>45 min run<br/>+ 6 x 60m strides</p> |

## **Explanation of paces, workouts and terms**

*This training plan provides a 5 week training plan that you can follow and takes you through the point where we begin officially meeting for practice. Everything recorded from week 6 and beyond is expected training, but could change if necessary. There are limits for typical freshmen, in terms of what they will run. E.g., freshmen do not run more than 60 min on a distance run, and typically run no more than 3000-4000m in interval volume on any workout (e.g. 3 x 1200, or 4-5 x 800). Some freshmen run less, it simply depends on what they are able to do.*

### **Distance run paces:**

\*\* Typical distance run pace is just going out and running at something conversational

\*\* Recovery day pace is conversational pace, where you make sure that you run comfortably

**Hill repeats:** find a hill, preferably but not necessarily grass that takes about 20-30 seconds to run from bottom to top. Run relatively hard up the hill, then turn around at the top and jog easy back down. Don't start the next uphill until you feel like you're ready to go (i.e. no rush). All hill repeat workouts involve some running before, and then after the workout.

**July 1 distance run:** normal distance pace until you have 5 minutes to go, and then push the pace on that last 5 minutes

**Strides:** typically 60 meters in length, or roughly 9-10 seconds long. Run these at a relatively fast pace (something that is 75% of all-out sprinting pace. After you've done these a few different days, try to go faster with each one until you're done. Go only in one direction, walk back to the start and take all the rest you need for recovery between strides.

**July 11 time trial:** this is an expected date and location. We anticipate running early that day, and will be in touch with each of the Group A girls on July 10 to confirm a time and location. Girls who run the time trial that day are not required to run later, but if they're attending our camp, they are certainly welcome to attend and run particularly easy.

### **Strength lite routines**

During the Summer, we have everyone do a strength lite routine on their own. Once official practices begin, the Group A girls will meet after practice to do a more formal strength routine. The strength lite routine is on the next page.

**Summer Strength routine** (new girls)

**Phase 1:** 2 days per week through July 15

*All movements should be relatively slow, not fast*

**Basic exercises:**

**Static Hip flexor stretch** – 20 seconds per leg

[https://www.youtube.com/watch?v=UU7Nqd\\_Dric](https://www.youtube.com/watch?v=UU7Nqd_Dric)

**Glute bridge** – 2 sets of 15 reps (hold each rep after you raise up, for 3-5 seconds)

<https://www.youtube.com/watch?v=WtilA9IJX1c>

**One leg balancing ABCs** – 1 set per leg

*Stand on one leg, clasp hands together, spell out the ABCs with your hands*

**Wall Psoas hold** – 2 sets of 30 seconds

*Sitting position up against the wall - hold this position for 30 seconds*

**General Strength:**

**Bench Bar Dips** – 20 reps

*Use a chair, bench or similar object - remain in seated position, lower and then raise yourself - do not elevate your hips as you come up from a dip. If you can't do 20 without stopping, then take a break and finish after the break.*

**Pushups** – 20 reps

*Keep body completely straight, lower until your chest is 2-3 inches from the ground. If you can't do 20 without stopping, then take a break and finish after the break.*

**Planks:**

**Front plank** (facing down) – 40 seconds

**Back/supine plank** (facing upward) – 40 seconds

**Side (left) plank** (plank supported by left arm/foot) – 40 seconds

**Side (right) plank** (plank supported by right arm/foot) – 40 seconds

*On all planks – keep your body as straight as possible. If you cannot go for 40 seconds without a break, then take a break and do 40 seconds overall.*