

Cross Country Summer Training: New Girls, Level II (active new girls w/ no formal running background, hope to compete on a Varsity level)

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1 Run: 16-18 mi	35 min run	25 min run	rest	35 min run	25 min run	rest	20 min run
Week 2 Run: 17-19 mi	35 min run	25 min run + 6 x 60m strides (60m or 8-10 sec)	rest	35 min run	30 min run + 6 x 60m strides (60m or 8-10 sec)	rest	20 min run
Week 3 Run: 18-21 mi	30 min run (recovery day) <i>* Strength lite *</i>	35 min run w/ 2 good uphill <i>(hills about 120-160m long)</i>	rest	30 min run (recovery day)	40 min run w/ 2 good uphill <i>(hills about 120-160m long)</i> <i>* Strength lite *</i>	rest	35 min run + 4 x 60m strides
Week 4 Run: 19-21 mi	40 min run <i>*Strength lite*</i>	35 min run	<i>30 min crosstraining</i>	30 min run + 6 x 60m strides	10 min run + 4 x hill repeats + 10 min run <i>*Strength lite*</i>	rest	40 min run + 6 x 60m strides
Week 5 Run: 20-22 mi	40 min run + 6 x 60m strides <i>*Strength lite*</i>	35 min run <i>(last 5 min run faster)</i>	<i>30 min crosstraining</i>	35 min run + 6 x 60m strides	10 min run + 4 x hill repeats + 10 min run <i>*Strength lite*</i>	rest	40 min run + 6 x 60m strides
Week 6 Run: 23-26 mi	40 min run + 6 x 60m strides <i>*Strength lite*</i>	35 min run <i>(last 5 min run faster)</i>	30 min run	25 min run (recovery day)	30 min run + 6 x 60m strides <i>*Strength lite*</i>	25 min run (recovery day)	40 min run + 6 x 60m strides

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.

Weeks 5-6 "last 5 min harder" 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.

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

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.