

Cross Country Summer Training: New Girls, Level III (Group B level girl, capable of/interested in running a bit more, but not too much)

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1 Run: 14-16 mi	25 min run	30 min run	rest	30 min run	25 min run	rest	20 min run
Week 2 Run: 14-16 mi	30 min run	25 min run	rest	30 min run	25 min run * <i>Strength lite</i> *	rest	20 min run
Week 3 Run: 16-18 mi	35 min run * <i>Strength lite</i> *	25 min run	rest	35 min run	25 min run * <i>Strength lite</i> *	rest	20 min run
Week 4 Run: 17-19 mi	35 min run * <i>Strength lite</i> *	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) * <i>Strength lite</i> *	rest	20 min run
Week 5 Run: 18-20 mi	40 min run * <i>Strength lite</i> *	25 min run + 6 x 60m strides (60m or 8-10 sec)	rest	40 min run	20 min run * <i>Strength lite</i> *	rest	30 min run + 6 x 60m strides (60m or 8-10 sec)
Week 6 Run: 19-21 mi	40 min run * <i>Strength lite</i> *	25 min run + 6 x 60m strides (60m or 8-10 sec)	rest	40 min run	30 min run * <i>Strength lite</i> *	rest	35 min run

This 6 week schedule will get you started with your Summer running. E.g., you began on June 6, then the dates below each week apply to you, but if you begin your Summer running after June 6, then you will want to adjust Week 1, Week 2, etc to a new set of dates.

If this schedule seems a bit much for you, then let us know and we can adjust what you do to better match your ability and interest.

If this schedule seems a bit “not enough” for you, then let me know and we can talk about adjusting it. Remember that it’s ok to start out with a very manageable training schedule for the first 6 weeks of what we hope is a long, successful running career.

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. Distance run pace does not have to be hard, you just need to get it all in. Distance runs are an investment in your aerobic fitness “savings account”, where the goal is to just keep making deposits on a regular basis.

**** 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.

Terms:

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

Accumulated mileage (Sum): sum of approximate running miles per week since you began running this Summer

The running totals are just to give you an idea of mileage in a best case scenario – we realize that we may have girls doing distance runs slower than 9:00/mile and that’s ok. What we need much more than specific mileage is that girls run paces that are appropriate for them.

Strides:

Strides are faster, shorter sprints at about 75-90% of your sprint speed for a given distance. It’s typical for us to do strides after we finish a distance run and then vary the speed from 75% effort to maybe as fast as 90% effort on the final two. Strides are not all-out sprints, but rather manageably paced, or decent paced “sprints” where you run a set distance in one direction, then turn around and walk slowly back to where you started so that you can do the next one. We don’t do strides in both directions (out and back) because we want everyone to feel recovered before starting each one. That’s an important point – you should always feel recovered before starting each stride. If not, then take more rest until you feel ready to go.

Strength lite (routine):

During the Summer, we have everyone do a strength lite routine on their own. 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 (sideways plank supported by left arm/foot) – 40 seconds

Side (right) plank (sideways 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 the rest – until you get to 40 seconds overall on that plank.