

## Cross Country Early Season August – September Typical Week

<b>Sunday</b>	Long easy run	90 – 120 minutes
<b>Monday</b>	Long run	10 – 12 miles
<b>Tuesday</b>	2 miles (controlled) threshold	to 85%
<b>Wednesday</b>	Recovery run	45 – 60 minutes
<b>Thursday</b>	Longer run	60 -75 minutes
<b>Friday</b>	Recovery run	45 – 60 minutes
<b>Saturday</b>	6 miler Steady State	
	<i>example</i>	
	7:00	42:00
	6:50	41:00
	6:40	40:00
	6:30	39:00
	6:20	38:00
	6:10	37:00
	6:00	36:00

## Track Developing 1 & 2 milers

Early Season	Late Season
1 x 1200	1 x 1000
90 sec.	90 sec.
1 x 1000	1 x 800
90 sec.	90 sec.
1 x 800	1 x 600
60 sec.	60 sec.
1 x 600	1 x 500
60 sec.	60 sec.
1 x 400	1 x 400

1 x 300 30 sec.  
1 x 200 30 sec.

1 x 300 60 sec.  
1 x 200 30 sec.

### **Early Season**

9 x 400

Repeat  
3 faster than pace  
3 @ pace  
3 faster than pace

### **Late Season**

9 x 300

Repeat  
3 faster than pace  
3 @ pace  
3 faster than pace

## **Start Cross Country**

Summer Training – 1000 miles – 91 days – 11 miles per day

Make sure you and your team have goals for summer training.

Check with the kids at least twice a week:

1. Telephone
2. Practice
3. Mail

Only one race allowed in the summer if more they need to have your blessing.

Summer camp is very important for team unity.

1 – 2 – 3 weeks with mandatory attendance

First week of school hold a 2 mile time trial.

**Peaking – Mileage**  
**Reduce Mileage by 10% per week**

<b>Average Miles</b>	<b>4 weeks to go</b>	<b>3 weeks to go</b>	<b>2 weeks to go</b>	<b>1 week to go</b>
90	81	72	63	54
80	72	64	56	48
70	63	56	48	42
60	54	48	42	36
50	45	40	35	30
40	36	32	28	24
30	27	24	21	18

**Boys & Girls 5K Race**

Base Workout 5 x 1K with 3 minutes between

**Peak**

2K 15 – 20 minutes recovery then  
3 x 1K with 3 minutes between

4 week

2K 15 – 20 minutes recovery then  
2 x 1K with 3 minutes between

3 week

2K 15 – 20 minutes recovery then  
3 x 1K

2 week

1K Hard

1 week to Championships

