

Middle School Girls Cross Country Summer Training Schedule

Week of June 28

Mon. - 25 min run

Wed. 25 min run with 5x100 strides after the run

Thu. - 35 min run (10 easy, 5 min brisk, 5 min easy, 5 min brisk, 10 easy)

Fri. - 20 min run with 5x100 strides after the run

Sun. - 30 min run

Week of July 5

Mon. - 30 min run

Wed. - 30 min run with 5x100 strides after the run

Thu. - 35 min run (10 easy, 5 min brisk, 5 min easy, 5 min brisk, 10 easy)

Fri. - 20 min run with 5x100 strides after the run

Sun. - 30 min run

Week of July 12

Mon. - 40 min run

Wed. - 30 min run with 5x100 strides after the run,

Thu. - 35 min run (10 easy, 15 min brisk, 10 easy)

Fri. - 20 min run with 5x100 strides after the run

Sun. - 30 min run

Week of July 19

Mon. - 40 min run

Wed. - 30 min run with 5x100 strides after the run,

Thu. - 35 min run (10 easy, 15 min brisk, 10 easy)

Fri. - 20 min run with 5x100 strides after the run

Sun. - 30 min run

Week of July 26

Mon. - 35 min run (10 easy, 15 min brisk, 10 easy)

Tues. - 30 min run

Wed. - 30 min run with 5x100 strides after the run,

Thu. - 35 min run (10 easy, 15 min brisk, 10 easy)

Fri. - 20 min run with 5x100 strides after the run

Sun. - 30 min run

Week of August 2

Mon. - 40 min run

Wed. - 30 min run with 5x100 strides after the run,

Thu. - 35 min run (10 easy, 15 min brisk, 10 easy)

Fri. - 20 min run with 5x100 strides after the run

Sun. - 30 min run

Week of August 9 – PRACTICES MONDAY, WEDNESDAY and THURSDAY AT BA TRACK 3:00-4:30 PM

Mon., August 9 at 3:00 at BA track for official practice; until 4:30

Tues., August 10 30 min run with 5x100 strides after the run (*Back-to-School Picnic at 6pm*)

Wed., August 11 at 3:00-4:30 at BA track

Thurs., August 12 at 3:00-4:30 at BA track

Fri. - 20 min run with 5x100 strides after the run

Sun. - 30 min run

Week of August 16 – IMPORTANT

Mon., August 16 at 3:00 at BA track until 4:30

Tues., August 17 – first day of school ☺ Practice 2:15 until 3:30

TRAINING TIPS

- Make sure you **stretch** after each run.
- Run in the cool of the day (morning or evening) and **hydrate** well before and after your runs.
- **x100 strides** - After you run, pick a flat stretch of 'preferably' grass of about 80-100 meters that you should run 4 times at a pace faster than cross country race pace. Do not run these all out, but at a fast, relaxed pace. Take 30-60 seconds rest between each stride.
- **"Brisk"** means you should be running at a comfortably hard pace. It **should not be all out!** When you finish a brisk effort, you should feel somewhat fatigued, but that you could have run another few minutes at that pace.
- You should **not feel completely spent.**
- **Keep a running log or journal to track your runs!**