



Goshen Cross Country Summer Training



The following is a summer training program based on Hal Hidgeon's Cross Country training program (specifically designed *for beginner/intermediate high school XC runners*). It is **STRONGLY** recommended that you follow this program to a certain degree over the summer, so that you are prepared for practice in August.

The "TOTAL" column is aligned with the training plan and gives you an idea of approximately how many miles you should be running per week. For beginners, you should try and run at least the lower number; athletes that have been running track this spring and are already in good shape, should be running more mileage (the higher number or more). Each workout is defined at the bottom of the chart.

| Week | Mon | Tue | Wed | Thu | Fri | Sat | Sun | TOTAL |
|------|---------------|-------------------|------------------|-----------------|------------------|--------------|------|-------|
| 1 | Tempo: 30 min | Interval 10 x 400 | 30 min easy/core | Fartlek: 30 min | 30 min easy/core | Long: 50 min | Rest | 15-25 |
| 2 | Tempo: 30 min | Interval 5 x 1000 | 30 min easy/core | Fartlek: 30 min | 30 min easy/core | Long: 55 min | Rest | 15-25 |
| 3 | Tempo: 35 min | Interval 6 x 600 | 30 min easy/core | Fartlek: 35 min | 30 min easy/core | Long: 60 min | Rest | 18-28 |
| 4 | Tempo: 35 min | Interval 10 x 400 | 30 min easy/core | Fartlek: 35 min | 30 min easy/core | 5k | Rest | 18-28 |
| 5 | Tempo: 40 min | Interval 5 x 1000 | 30 min easy/core | Fartlek: 40 min | 30 min easy/core | Long: 65 min | Rest | 20-30 |
| 6 | Tempo: 40 min | Interval 8 x 600 | 30 min easy/core | Fartlek: 40 min | 30 min easy/core | Long: 70 min | Rest | 20-30 |
| 7 | Tempo: 45 min | Interval 10 x 400 | 30 min easy/core | Fartlek: 45 min | 30 min easy/core | 5k | Rest | 25-35 |
| 8 | Tempo: 45 min | Interval 5 x 1000 | 30 min easy/core | Fartlek: 45 min | 30 min easy/core | Long: 75 min | Rest | 30-40 |
| 9 | Tempo: 45 min | Interval 10 x 600 | 30 min easy/core | Fartlek: 45 min | 30 min easy/core | Long: 80 min | Rest | 30-40 |
| 10 | Tempo: 30 min | Interval 10 x 400 | 30 min easy/core | Fartlek: 30 min | 30 min easy/core | 5k | Rest | 25-35 |

Tempo Runs: tempo run in this program is a workout usually run on trails or in the woods so you have no reference to exactly how far or how fast you are running. Begin at an easy pace, about as fast as you would during any warm-up on the track. After 5 or 10 minutes of gentle jogging, gradually accelerate toward peak speed midway through the workout, holding that peak for 5 or 10 minutes, then gradually decelerate, finishing with 5 minutes of gentle jogging, your cool-down. Run hard, but not too hard.

Interval Training: Interval training consists of fast repeats (400, 600 and 1,000 meters in this program), followed by jogging and/or walking to recover. It is the "interval" between the fast repeats that gives this workout its name. In this program, I suggest a 400-meter jog between the 400 repeats, a 200-meter jog between the 600 repeats, and 3 minutes walking and/or jogging between the 1,000 repeats. Most important is not how fast or slow you walk or jog the interval, but that you be consistent with both the repeats and the interval between.

Fartlek: Fartlek is a Swedish word, loosely translated as "speed play." A fartlek run is a workout of anywhere from 30 to 45 minutes that involves constant changes of pace at different distances. It is entirely intuitive (similar to tempo runs) and is best run on trails in the. After 5 or 10 minutes of gentle jogging at the start, pick up the pace and surge for maybe 10 or 20 or more seconds, then jog or even walk for a near equal time until partly recovered, then surge again. These speed bursts could be anywhere from 100 to 400 meters, or longer. They could be up a hill or down a hill or on the flat. They could be at top speed or at the pace you might run a 5,000 meter race or from this tree to that tree. Fartlek teaches you how to surge in the middle of the race to get away from opponents--or hang with them when they attempt to surge on you.

Long Runs: Long runs are necessary to improve your aerobic fitness and endurance. It doesn't matter how fast or slow you run, as long as you run for the prescribed length of time at a pace that allows you to finish as fast as you start. If your pace lags and you have to walk in the last few miles, you obviously ran the early miles too fast. Run at a conversational pace. If running with your teammates (something I recommend), use this workout as an excuse to talk about every silly thing that happened to you during the week. This is a workout that you can run on the roads or on trails. Mostly, have fun.

Rest/Easy Days: These are the three days of the week when you do not run hard. And quite frankly you can't run hard seven days a week without risking injury or overtraining. So in between the hard workouts, run easy. Rest can be an easy run of 30 minutes, or it can be a day when you do not run at all. You need days of comparative rest between the hard workouts; otherwise you will not be able to run those hard workouts at full speed. If you fail to do the hard workouts properly, you will not improve. Don't train hard every day assuming that it will make you a better runner; it may actually affect your training negatively.

Core Workout: It is also a good idea to focus on your "core" during the 2 easy days. A strong core can make a huge difference. Planks, sit-ups/crunches, push-ups, and squats are all good core exercises to strengthen abdominal muscles. Try to increase the number of push-ups and crunches each week.

Racing (5k's): Low-key road races can be fun, can offer a change of pace from training, and can motivate you to run all summer long. For that reason, you are free to run several road races during the summer. These races will also give you an idea of how much work you need to do over the summer and how well you will run once the season begins. You don't need to race on the weeks indicated; and you could race every weekend if you prefer.

You don't need to follow this plan exactly to stay in shape over the summer, but you should be at least running the minimum number of miles in the total column. If you want to improve and be competitive this season, you should be exceeding the recommended number of miles. Depending on your fitness level, you may need to start out with less time per interval or fewer reps. *Good luck and see you in August!*

Remember...

- Work together and push each other.
- Don't just run over the summer; TRAIN!
- Keep track of your workouts and mileage. ***We will be collecting your running logs at the start of preseason.***