

**Summer Training- East Ridge Cross Country Team**

These are guidelines for **experienced runners**:

- The goal of summer running is to build a solid base for the season.
- Gradually build your mileage (Do not increase your mileage by more than 10% per week).
- Do a longer distance run 1x per week.
- Have another day a week where you do a harder effort (fartlek—"speedplay" which means mixing fast and slow, tempo run—periods of more like race pace, hill repeats). The duration of the effort should be 12- 20 minutes.
- Core—it's important to have a strong core. Please do curl ups (30-100) and push ups (15-40) close to daily.
- Stretch before and after you run.

June goals:

- Run 4-5 days a week.
- Do 3-5 miles each day.
- Increase your longer run each week by 5 minutes. Your first long run should be about 40 minutes if your body is ready.
- Run one harder effort per week.
- Take at least one day off a week and cross train (bike, swim, rollerblade...) 1 or 2 times a week.
- Weekly mileage should be 12-25 miles (depending on base—remember to "listen" to your body).

July goals:

- Run 5-6 days a week.
- Do 3-6 miles each day.
- Run one harder effort per week.
- Continue to do your long run each week (increasing time).
- Cross train 1x per week.
- Weekly mileage should be 18-35 miles (depending on base—remember to "listen" to your body).

August goals:

- Run 6 days per week.
- Do 4- 6 miles a day.
- Run one harder effort per week.
- Continue to do your long run each week (increasing time).
- Take one day off a week
- Weekly mileage should be 20-40 miles (depending on experience—remember to "listen" to your body).



**Beginners' guide:**

	<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>Week 1</b>	Rest	15	Cross train	15	Cross train	15	20
<b>Week 2</b>	Rest	15	Cross train	15	Cross train	15	25
<b>Week 3</b>	Rest	15-20	Cross train	15-20	Cross train	15	25
<b>Week 4</b>	Rest	20-25	Cross train	20	Cross train	20	30
<b>Week 5</b>	Rest	20-25	15	25	15	Cross train	30
<b>Week 6</b>	Rest	25	15	25	15	Cross train	35
<b>Week 7</b>	Rest	25-30	20	25	20	Cross train	40
<b>Week 8</b>	Rest	30	20-25	25	20-25	Cross train	40
<b>Week 9</b>	Rest	30-35	25	25	25	Cross train	45

- The numbers listed are in minutes you should run. This is a guide. Your pace should be comfortable—so that you could carry on a conversation with a running partner. By time the season starts you should be able to run 5 times a week.

**Safety and training reminders:**

- Again, "listen" to your body.
- Organize your running to be apart of your life and not an extra.
- Keep a log—I will be sending out one soon. Record your workouts, sleep, nutrition, weather etc. and how you felt about it.
- Have fun! Make running a time to recharge but be consistent (consistent doesn't mean boring—change things up)
- Run against traffic and be very careful around all roadways. Also, if you are running alone, and are using headphones, please don't turn up your music so loud that you cannot hear traffic etc.
- Plan for water stops—stay hydrated. On really hot days run in the morning or evening.
- Run with others!!! Run with your parents, dog, friend, teammates etc. If you do run alone, please tell someone how long you will be gone and where you will be running.