

Cross Country Summer Training Plan - New to running or has not run in a long time								
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	
Week 1	<b>25 minutes easy</b>	<b>10 minutes easy + 5 strides + 10 minutes easy + 5 strides + 5 minutes easy</b>	<i>If you train today, repeat day 1 workout</i>	<b>25 minutes easy</b>	<b>10 minutes easy + 5 strides + 10 minutes easy + 5 strides + 5 minutes easy</b>	<i>If you train today, repeat day 1 workout</i>	<i>If you train today, make it a 30 minute walk</i>	<p>This plan is meant to slowly increase the endurance of a beginning cross country runner who is new to running or a returning runner who has not run in a long time.</p> <p>Unless otherwise specified, your runs should be done at an easy pace, which means that you should be able to talk while you are running. If you find yourself gasping for air, SLOW DOWN. If you slow down but are still breathing too hard to speak, you can take a quick walk break (no more than 30-60 seconds). Your goal by the end of the summer should be to complete a 30-40 minute run without any walking.</p> <p>Workouts in <b>bold</b> are recommended. Workouts in <i>italics</i> are optional. The training plan starts with 4 days a week of running and goes to 5 days a week by the end of summer, since that is how many days a week we will practice. You can also do a sixth day - just listen to your body so that you're not overdoing it! Make sure to take one day a week to rest and recover - you can take the day completely off or do a short walk. You can switch around the days if needed to fit your schedule - just don't do 2 harder days in a row. Even if you can't fit in the whole workout for the day due to travel, etc., doing some running is better than not doing any running!</p> <p>Strides are light, quick 20 second runs (not all-out sprinting). Take about 60 seconds of rest between each stride.</p> <p>For hill runs, find a decent size hill that takes you at least 1-2 minutes to run up. If you don't have any hills near you, consider doing this workout on a treadmill if you have access, or instead just substitute bursts of faster running. If the workout says 4 x 1 minute uphill run (faster pace) and jog down, that means you will run uphill hard for 1 minute, jog back down the hill to recover, then repeat this for a total of 4 times.</p>
Week 2	<b>25 minutes easy</b>	<b>10 minutes easy + 5 strides + 10 minutes easy + 5 strides + 5 minutes easy</b>	<i>If you train today, repeat day 1 workout</i>	<b>30 minutes easy</b>	<b>10 minutes easy + 5 strides + 10 minutes easy + 5 strides + 5 minutes easy</b>	<i>If you train today, repeat day 1 workout</i>	<i>If you train today, make it a 30 minute walk</i>	
Week 3	<b>30 minutes easy</b>	<b>15 minutes easy + 5 strides + 15 minutes easy</b>	<i>If you train today, repeat day 1 workout</i>	<b>25 minutes easy</b>	<b>10 minutes easy + 5 strides + 10 minutes easy + 5 strides + 5 minutes easy</b>	<i>If you train today, repeat day 2 workout</i>	<i>If you train today, make it a 30 minute walk</i>	
Week 4	<b>25 minutes easy</b>	<b>10 minutes easy + 5 strides + 10 minutes easy + 5 strides + 5 minutes easy</b>	<i>If you train today, repeat day 1 workout</i>	<b>20 minutes easy</b>	<b>15 minutes easy + 5 strides + 15 minutes easy</b>	<i>If you train today, repeat day 2 workout</i>	<i>If you train today, make it a 30 minute walk</i>	
Week 5	<b>30 minutes easy</b>	<b>10 minutes easy + 5 strides + 10 minutes easy + 5 strides + 5 minutes easy</b>	<b>25 minutes easy</b>	<b>25-30 minutes easy</b>	<b>30 minutes easy + 6 strides</b>	<i>If you train today, repeat day 2 workout</i>	<i>If you train today, make it a 30 minute walk</i>	
Week 6	<b>35 minutes easy</b>	<b>10 minutes easy + 5 strides + 10 minutes easy + 5 strides + 5 minutes easy</b>	<b>25-30 minutes easy</b>	<b>30 minutes easy</b>	<b>30 minutes easy + 6 strides</b>	<i>If you train today, repeat day 3 workout</i>	<i>If you train today, make it a 30 minute walk</i>	
Week 7	<b>40 minutes easy</b>	<b>10 minutes easy + 5 strides + 10 minutes easy + 5 strides + 10 minutes easy</b>	<b>25-30 minutes easy</b>	<b>10 minutes easy, 4 x 30 second uphill run (faster pace) and jog down, 10 minutes easy</b>	<b>30 minutes easy + 6 strides</b>	<i>If you train today, repeat day 3 workout</i>	<i>If you train today, make it a 30 minute walk</i>	
Week 8	<b>30 minutes easy</b>	<b>10 minutes easy + 5 strides + 10 minutes easy + 5 strides + 5 minutes easy</b>	<b>20-25 minutes easy</b>	<b>10 minutes easy, 4 x 30 second uphill run (faster pace) and jog down, 10 minutes easy</b>	<b>25 minutes easy + 6 strides</b>	<i>If you train today, repeat day 3 workout</i>	<i>If you train today, make it a 30 minute walk</i>	

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	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 9	<b>45 minutes easy</b>	<b>10 minutes easy + 5 strides + 10 minutes easy + 5 strides + 10 minutes easy</b>	<b>25-30 minutes easy</b>	<b>10 minutes easy, 4 x 1 minute uphill run (faster pace) and jog down, 10 minutes easy</b>	<b>30-35 minutes easy + 6 strides</b>	<i>If you train today, repeat day 3 workout</i>	<i>If you train today, make it a 30 minute walk</i>
Week 10	<b>45-50 minutes easy</b>	<b>10 minutes easy + 5 strides + 10 minutes easy + 5 strides + 10 minutes easy</b>	<b>25-30 minutes easy</b>	<b>10 minutes easy, 4 x 1 minute uphill run (faster pace) and jog down, 10 minutes easy</b>	<b>30-35 minutes easy + 6 strides</b>	<i>If you train today, repeat day 3 workout</i>	<i>If you train today, make it a 30 minute walk</i>
Week 11	<b>45-55 minutes easy</b>	<b>20 minutes easy + 5 strides + 15 minutes easy</b>	<b>25-30 minutes easy</b>	<b>10 minutes easy, 5 x 1 minute uphill run (faster pace) and jog down, 10 minutes easy</b>	<b>30-35 minutes easy + 6 strides</b>	<i>If you train today, repeat day 3 workout</i>	<i>If you train today, make it a 30 minute walk</i>
Week 12	<b>40 minutes easy</b>	<b>10 minutes easy + 5 strides + 10 minutes easy + 5 strides + 10 minutes easy</b>	<b>20-25 minutes easy</b>	<b>10 minutes easy, 4 x 1 minute uphill run (faster pace) and jog down, 10 minutes easy</b>	<b>25 minutes easy + 6 strides</b>	<i>If you train today, repeat day 3 workout</i>	<i>If you train today, make it a 30 minute walk</i>

Cross Country Summer Training Plan - Returning runner								
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	
Week 1	<b>25 minutes easy</b>	<b>15 minutes easy + 5 strides + 15 minutes easy</b>	<i>If you train today, repeat day 1 workout</i>	<b>25-30 minutes easy</b>	<b>10 minutes easy + 5 strides + 10 minutes easy + 5 strides + 10 minutes easy</b>	<i>If you train today, repeat day 1 workout</i>	<i>If you train today, make it a 30 minute walk</i>	<p>This plan is meant to slowly increase the endurance of a returning cross country runner who has run at least one season of cross country without a significant injury.</p> <p>Unless otherwise specified, your runs should be done at an easy pace, which means that you should be able to talk while you are running. If you find yourself gasping for air, SLOW DOWN. If you slow down but are still breathing too hard to speak, you can take a quick walk break (no more than 30-60 seconds). Your goal by the end of the summer should be to complete a 40-50 minute run without any walking.</p> <p>Workouts in <b>bold</b> are recommended. Workouts in <i>italics</i> are optional. The training plan starts with 4 days a week of running and goes to 5 days a week by the end of summer, since that is how many days a week we will practice. You have the option of running up to 6 days a week - just listen to your body so that you're not overdoing it! Make sure to take one day a week to rest and recover - you can take the day completely off or do a short walk. You can switch around the days if needed to fit your schedule - just don't do 2 harder days in a row. Even if you can't fit in the whole workout for the day due to travel, etc., doing some running is better than not doing any running!</p> <p>Strides are light, quick 20 second runs (not all-out sprinting). Take about 60 seconds of rest between each stride.</p> <p>For hill runs, find a decent size hill that takes you at least 1-2 minutes to run up. If you don't have any hills near you, consider doing this workout on a treadmill if you have access, or instead just substitute bursts of faster running. If the workout says 4 x 1 minute uphill run (faster pace) and jog down, that means you will run uphill hard for 1 minute, jog back down the hill to recover, then repeat this for a total of 4 times.</p>
Week 2	<b>25-30 minutes easy</b>	<b>15 minutes easy + 5 strides + 15 minutes easy</b>	<i>If you train today, repeat day 1 workout</i>	<b>25-30 minutes easy</b>	<b>10 minutes easy + 5 strides + 10 minutes easy + 5 strides + 10 minutes easy</b>	<i>If you train today, repeat day 1 workout</i>	<i>If you train today, make it a 30 minute walk</i>	
Week 3	<b>30-35 minutes easy</b>	<b>15 minutes easy + 5 strides + 15 minutes easy</b>	<i>If you train today, repeat day 1 workout</i>	<b>25-30 minutes easy</b>	<b>10 minutes easy + 5 strides + 10 minutes easy + 5 strides + 10 minutes easy</b>	<i>If you train today, repeat day 4 workout</i>	<i>If you train today, make it a 30 minute walk</i>	
Week 4	<b>25 minutes easy</b>	<b>10 minutes easy + 5 strides + 10 minutes easy + 5 strides + 5 minutes easy</b>	<i>If you train today, repeat day 1 workout</i>	<b>25 minutes easy</b>	<b>15 minutes easy + 5 strides + 15 minutes easy</b>	<i>If you train today, repeat day 2 workout</i>	<i>If you train today, make it a 30 minute walk</i>	
Week 5	<b>35-40 minutes easy</b>	<b>15 minutes easy + 5 strides + 15 minutes easy</b>	<b>25 minutes easy</b>	<b>30-35 minutes easy</b>	<b>30 minutes easy + 6 strides</b>	<i>If you train today, repeat day 3 workout</i>	<i>If you train today, make it a 30 minute walk</i>	
Week 6	<b>35-45 minutes easy</b>	<b>15 minutes easy + 5 strides + 15 minutes easy</b>	<b>30-35 minutes easy</b>	<b>10 minutes easy, 4 x 1 minute uphill run (faster pace) and jog down, 10 minutes easy</b>	<b>30 minutes easy + 6 strides</b>	<i>If you train today, repeat day 3 workout</i>	<i>If you train today, make it a 30 minute walk</i>	
Week 7	<b>40-45 minutes easy</b>	<b>15 minutes easy + 5 strides + 15 minutes easy</b>	<b>30-35 minutes easy</b>	<b>10 minutes easy, 5 x 1 minute uphill run (faster pace) and jog down, 10 minutes easy</b>	<b>30 minutes easy + 6 strides</b>	<i>If you train today, repeat day 3 workout</i>	<i>If you train today, make it a 30 minute walk</i>	
Week 8	<b>35 minutes easy</b>	<b>10 minutes easy + 5 strides + 10 minutes easy + 5 strides + 5 minutes easy</b>	<b>25-30 minutes easy</b>	<b>10 minutes easy, 4 x 1 minute uphill run (faster pace) and jog down, 10 minutes easy</b>	<b>25 minutes easy + 6 strides</b>	<i>If you train today, repeat day 3 workout</i>	<i>If you train today, make it a 30 minute walk</i>	

Cross Country Summer Training Plan - Returning runner								
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	
Week 9	<b>45-50 minutes easy</b>	<b>20 minutes easy + 5 strides + 15 minutes easy</b>	<b>30-40 minutes easy</b>	<b>10 minutes easy, 5 x 1 minute uphill run (faster pace) and jog down, 10 minutes easy</b>	<b>30-35 minutes easy + 6 strides</b>	<i>If you train today, repeat day 3 workout</i>	<i>If you train today, make it a 30 minute walk</i>	
Week 10	<b>45-55 minutes easy</b>	<b>30-35 minutes easy + 6 strides</b>	<b>30-40 minutes easy</b>	<b>10 minutes easy, 5 x 1 minute uphill run (faster pace) and jog down, 10 minutes easy</b>	<b>15 minutes easy + 5 strides + 15 minutes easy + 5 strides + 10 minutes easy</b>	<i>If you train today, repeat day 3 workout</i>	<i>If you train today, make it a 30 minute walk</i>	
Week 11	<b>50-60 minutes easy</b>	<b>30-35 minutes easy + 6 strides</b>	<b>30-40 minutes easy</b>	<b>10 minutes easy, 6 x 1 minute uphill run (faster pace) and jog down, 10 minutes easy</b>	<b>15 minutes easy + 5 strides + 15 minutes easy + 5 strides + 10 minutes easy</b>	<i>If you train today, repeat day 3 workout</i>	<i>If you train today, make it a 30 minute walk</i>	
Week 12	<b>40 minutes easy</b>	<b>10 minutes easy + 5 strides + 10 minutes easy + 5 strides + 10 minutes easy</b>	<b>30 minutes easy</b>	<b>10 minutes easy, 4 x 1 minute uphill run (faster pace) and jog down, 10 minutes easy</b>	<b>25 minutes easy + 6 strides</b>	<i>If you train today, repeat day 3 workout</i>	<i>If you train today, make it a 30 minute walk</i>	

Cross Country Summer Training Plan - Returning runner who has been running consistently								
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	
Week 1	45 minutes easy	10 minutes easy + 5 strides + 10 minutes easy + 5 strides + 10 minutes easy	25-30 minutes easy	30-40 minutes easy	30-40 minutes easy + 6 strides	If you train today, repeat day 3 workout	If you train today, make it a 30 minute walk	<p>This plan is meant to slowly increase the endurance of a returning cross country runner who has run at least one season of cross country without a significant injury and who has been running consistently for at least the last 2 months.</p> <p>Unless otherwise specified, your runs should be done at an easy pace, which means that you should be able to talk while you are running. If you find yourself gasping for air, SLOW DOWN. If you slow down but are still breathing too hard to speak, you can take a quick walk break (no more than 30-60 seconds). Your goal by the end of the summer should be to complete a 60 minute run without any walking.</p> <p>Workouts in <b>bold</b> are recommended. Workouts in <i>italics</i> are optional. The training plan has 5 days a week of running, but you have the option of running up to 6 days a week - just listen to your body so that you're not overdoing it! Make sure to take one day a week to rest and recover - you can take the day completely off or do a short walk. You can switch around the days if needed to fit your schedule - just don't do 2 harder days in a row. Even if you can't fit in the whole workout for the day due to travel, etc., doing some running is better than not doing any running!</p> <p>Strides are light, quick 20 second runs (not all-out sprinting). Take about 60 seconds of rest between each stride.</p> <p>For hill runs, find a decent size hill that takes you at least 1-2 minutes to run up. If you don't have any hills near you, consider doing this workout on a treadmill if you have access, or instead just substitute bursts of faster running. If the workout says 4 x 1 minute uphill run (faster pace) and jog down, that means you will run uphill hard for 1 minute, jog back down the hill to recover, then repeat this for a total of 4 times.</p>
Week 2	45 minutes easy	15 minutes easy + 5 strides + 15 minutes easy	25-30 minutes easy	30-40 minutes easy	30-40 minutes easy + 6 strides	If you train today, repeat day 3 workout	If you train today, make it a 30 minute walk	
Week 3	45-50 minutes easy	15 minutes easy + 5 strides + 15 minutes easy	25-30 minutes easy	30-40 minutes easy	30-40 minutes easy + 6 strides	If you train today, repeat day 3 workout	If you train today, make it a 30 minute walk	
Week 4	30 minutes easy	15 minutes easy + 5 strides + 15 minutes easy	25 minutes easy	25-30 minutes easy	30-40 minutes easy + 6 strides	If you train today, repeat day 3 workout	If you train today, make it a 30 minute walk	
Week 5	45-55 minutes easy	20 minutes easy + 8 strides + 10 minutes easy	25-35 minutes easy	30-40 minutes easy	30-40 minutes easy + 6 strides	If you train today, repeat day 2 workout	If you train today, make it a 30 minute walk	
Week 6	45-55 minutes easy	20 minutes easy + 8 strides + 10 minutes easy	30-40 minutes easy	10 minutes easy, 5 x 1 minute uphill run (faster pace) and jog down, 10 minutes easy	30-40 minutes easy + 6 strides	If you train today, repeat day 3 workout	If you train today, make it a 30 minute walk	
Week 7	45-60 minutes easy	20 minutes easy + 8 strides + 15 minutes easy	30-40 minutes easy	10 minutes easy, 5 x 1 minute uphill run (faster pace) and jog down, 10 minutes easy	30-40 minutes easy + 6 strides	If you train today, repeat day 3 workout	If you train today, make it a 30 minute walk	
Week 8	40 minutes easy	15 minutes easy + 6 strides + 15 minutes easy	30 minutes easy	10 minutes easy, 4 x 1 minute uphill run (faster pace) and jog down, 10 minutes easy	25 minutes easy + 6 strides	If you train today, repeat day 3 workout	If you train today, make it a 30 minute walk	

## Cross Country Summer Training Plan - Returning runner who has been running consistently

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	
Week 9	<b>45-60 minutes easy</b>	<b>20 minutes easy + 8 strides + 15 minutes easy</b>	<b>30-40 minutes easy</b>	<b>10 minutes easy, 6 x 1 minute uphill run (faster pace) and jog down, 10 minutes easy</b>	<b>30-40 minutes easy + 6 strides</b>	If you train today, repeat day 3 workout	If you train today, make it a 30 minute walk	
Week 10	<b>50-60 minutes easy</b>	<b>20 minutes easy + 8 strides + 15 minutes easy</b>	<b>30-40 minutes easy</b>	<b>10 minutes easy, 6 x 1 minute uphill run (faster pace) and jog down, 10 minutes easy</b>	<b>15 minutes easy + 5 strides + 15 minutes easy + 5 strides + 10 minutes easy</b>	If you train today, repeat day 3 workout	If you train today, make it a 30 minute walk	
Week 11	<b>50-60 minutes easy</b>	<b>20 minutes easy + 8 strides + 15 minutes easy</b>	<b>30-40 minutes easy</b>	<b>10 minutes easy, 6 x 1 minute uphill run (faster pace) and jog down, 10 minutes easy</b>	<b>15 minutes easy + 5 strides + 15 minutes easy + 5 strides + 10 minutes easy</b>	If you train today, repeat day 3 workout	If you train today, make it a 30 minute walk	
Week 12	<b>40 minutes easy</b>	<b>15 minutes easy + 6 strides + 15 minutes easy</b>	<b>30 minutes easy</b>	<b>10 minutes easy, 4 x 1 minute uphill run (faster pace) and jog down, 10 minutes easy</b>	<b>25 minutes easy + 6 strides</b>	If you train today, repeat day 3 workout	If you train today, make it a 30 minute walk	