

GARRISON FOREST



Hello Cross Country!

We are excited that you will be joining us for what will be another exciting fall season! On the following pages you will find a training program that would be beneficial for you to utilize prior to preseason.

Take your training seriously this summer. We need you fit and healthy for our entire season. In order for you to maintain our high level of play you need to be prepared mentally and physically. The most important key to success is self-confidence. An important key to self-confidence is preparation. Do the hard work this summer so that you can come into preseason with confidence!

If you would like to come to GFS this summer to work out and train please bring a buddy!

Guidelines for Summer Training:

Be sure to complete a warm-up and cool down after each workout session.

Get out and run at least 5 days a week.

During the month of July focus on getting in easy-moderate runs, striders (see below), and one longer run a week.

August is the time to start adding one day of tempo running and one day of intervals to the week.

Types of Workouts:

LS (Long Slow Run) – these runs are important in the beginning of your training and throughout the summer as recovery days. You should be relaxed, concentrate on your form, and be able to hold a conversation while running. Remember – this is still a RUN and not a walk.

MP (Moderate Pace) – On these days you will want to pick up the pace of your runs. You should run each mile 10-15 seconds faster than your LS pace. You should still be able to talk to someone, but you have to take more breaks than on an easy run.

TR (Tempo Run) – Your pace should be 20-30 seconds faster per mile than your LS pace. This should be the point right where you feel like you can't talk to someone while you are running.

INV (Intervals) – These practices begin in August. These workouts are to be run on grass, a track, or another soft surface (trail). Avoid running doing these on the road as it brings about too much pounding on your legs. You can design these workouts yourself. The first week of August should include 9 minutes total of fast running and the second week should include 12 minutes total. You can break up the fast running any way you like with intervals of 1-3 minutes long. Always take equal time jogging recovery before beginning the next fast segment. Example for 1st week: 1 min hard/1 min easy/2 min hard/2 min easy/3 min hard/3 min easy/2 min hard/2 min easy/1 min hard (Total of 9 minutes hard running)...week 2 should include something similar, but total 12 minutes. Set it up however you like!

STRIDERS— These are short runs of 12-15 seconds run hard, but in control. Think of these as the pace you could run for 1:00 all-out. Run hard for 12-15 seconds and then run back to where you started. Do these on grass or a track.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Easy run of 30-40 minutes followed by 6-8 striders	Moderate Running of 30-40 minutes	Easy running 30-50 minutes	Tempo run of 10-15 minutes	Off or Cross-Train	Long run day	Off or Cross-Train

Example Week in July

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Easy run of 30-40 minutes followed by 6-8 striders	Tempo run of 15-20 minutes	Easy running 30-50 minutes	Intervals 9 minutes of hard running the 1st week and 12 the 2nd week	Off or Cross-Train	Long run day	Off or Cross-Train

Example week in August