

Summer Training Schedule

June 2023						
◀ May						July ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
Run on vacations!	Run with teammates!	Wear a watch!	Get quality running shoes!	1	2	3 #’s next to levels (letters A-E) indicate minutes of running
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19 7:00 am begins. Meet behind 10-12 building A=25 B+35 C=40 D=45 E=50 *Speed	20 A=20 B=30 C=35 D=40 E=45 *abs	21 A=OFF B=OFF C=35 D=45 E=50 *weightroom	22 A=25 B=35 C=40 D=45 E=50 *abs	23 A=20 B=30 C=35 D=40 E=45 *speed/Frisbee Friday	24 A 110 total min wk B=30 160 C=40 190 D=40 255 E=40 280
25 All levels OFF Use this day as make-up for ANY days that you did not run the previous week or may miss in the following week	26 A=25 B=35 C=40 D=45 E=50 *speed	27 A=25 B=35 C=40 D=45 E=50 *abs	28 A=OFF B=OFF C=40 D=45 E=50 *weightroom	29 A=30 B=35 C=40 D=45 E=50 *abs	30 A=30 B=35 C=40 D=45 E=50 *speed / Frisbee Friday	Drink 2-3 liters of water per day!

What level runner are you?

- A = No previous XC experience. 9th or 10th grader
- B = Ran XC or track in MS or 9th grade. 9th or 10th grader
- C = Ran XC and/or track in HS. 10th-12th grader
- D = Ran at least 2 yrs. XC/Track. Varsity level runner
- E = 11th -12th grader. 2-3 years varsity XC and track. Highly committed.

July 2023						
◀ June						August ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
Boys:TR pace A = 8:30 B = 8:00-8:15 C = 7:45-8:00 D = 7:30-7:45 E = 7:00-7:30		Girls:TR pace A = 9:30 B = 9:00-9:15 C = 8:45-9:00 D = 8:30-8:45 E = 8:00-8:30		RE: Recovery Pace = 30-40 sec. per mile <i>slower</i> than TR pace		1 A=30 140 total B=35 175 C=40 240 D=45 250 E=50 300
2 All levels = OFF Use the day to make-up for any days that you will miss or had missed last week.	3 TR A=30 B=35 C=40 D=45 E=50 *speed	4 4 th of July 5K race in Pottstown. Good chance to test current fitness! If no race do Monday's run again.	5 RE A=OFF B=35 C=40 D=45 E=50 *weightroom	6 TR A=30 B=35 C=40 D=45 E=50 *abs	7 RE A=35 B=40 C=45 D=50 E=55 *speed / Frisbee Friday?	8 TR A=30 150* B=35 175* C=40 240* D=45 270* E=50 300*
9 All levels = OFF Use the day to make-up for any days that you will miss or had missed last week.	10 RE A=35 B=40 C=45 D=50 E=55 *speed	11 TR A=35 B=40 C=20+HILLS D=25+HILLS E=30+HILLS *abs	12 RE A=35 B=40 C=45 D=50 E=55 *weightroom	13 TR A=30 B=35 C=40 out+back D=50 out+back E=55 out+back *abs	14 RE A=35 B=40 C=45 D=50 E=55 *speed / Frisbee Friday	15 TR A=35 200 B=40 230 C=45 260 D=50 300 E=55 330
16 RE A=OFF B=OFF C=45 D=50 E=55 *C,D,E are 7 days/wk now	17 TR A=15+Hills B=20+Hills C=25+Hills D=25+Hills E=30+Hills *Abs	18 RE A=35 B=40 C=45 D=45 E=50 *speed	19 RE A=35 B=40 C=45 D=45 E=55 *weightroom	20 TR A=35 B=40 C=20 min tempo D=25 min tempo E=30 min tempo *abs	21 RE A=40 B=45 C=45 D=50 E=55 *speed / Frisbee Friday	22 TR A=40 out/back 230 B=40 out/back 280 C=40 out/back 310 D=50 out/back 335 E=50 out/back 375
23 RE A=OFF B=OFF C=45 D=50 E=55	24 TR A=15+Hills B=20+Hills C=25+Hills D=25+Hills E=30+Hills *abs	25 RE A=40 B=45 C=50 D=60 E=65 *speed	26 RE A=35 B=40 C=45 D=40 am + 25 pm E=45 am + 25 pm *weightroom	27 TR A=20 min tempo B=25 min tempo C=30 min tempo D=30 min tempo E=35 min tempo *abs	28 RE A=40 B=45 C=50 D=60 E=65 *speed / Frisbee Friday	29 TR A=40 out/back 230 B=40 out/back 280 C=40 out/back 310 D=50 out/back 335 E=50 out/back 375
30 RE A=40 B=45 C=50 D=35 am +30 pm E=40 am + 40 pm	31 TR A=15+Hills B=20+Hills C=25+Hills D=25+Hills E=30+Hills *abs	Review you goals frequently! Write down your goals and post them somewhere so you see them EVERY day! Encourage teammates to be at summer workouts!!! Wear watches for EVERY run!				

Communicate with coaches on REMIND

Sleep at least 8 hours per night

Eat healthy foods. Cut processed sugars and sodas from your diet.

August 2023						
◀ July						September ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 RE A=40 B=45 C=50 D=65 E=70 *speed	2 RE A=35 B=40 C=45 D=40 am + 25 pm E=45 am + 25 pm *weightroom	3 TR A=20 min tempo B=25 min tempo C=30 min tempo D=30 min tempo E=35 min tempo *abs	4 RE A=40 B=45 C=50 D=60 E=65 *speed / Frisbee Friday	5 TR A=40 out/back 280 B=45 out/back 310 C=50 outback 350 D=55 out/back 375 E=60 out/back 420
6 RE A=40 B=45 C=50 D=35 am +30 pm E=40 am + 40 pm	7 TR A=15+Hills B=20+Hills C=25+Hills D=25+Hills E=30+Hills *abs	8 RE A=40 B=45 C=50 D=65 E=70 *speed	9 RE A=40 B=40 C=50 D=40 am +30 pm E=40 am + 35 pm *weightroom	10 TR A=20 min tempo B=25 min tempo C=30 min tempo D=30 min tempo E=35 min tempo *abs	11 RE A=40 B=45 C=50 D=60 E=65 *speed / Frisbee Friday	12 TR A=45 out/back 290 B=50 out/back 320 C=55 out/back 360 D=60 out/back 395 E=65 out/back 440 *possible 5K road race
13 RE A=35 B=40 C=50 D=60 E=65	14 1st mandatory practice. 7:00 am All physicals and forms must be complete and submitted to practice	15 7:00 am	16 7:00 am	17 7:00 am	18 7:00 am Time trial on track to make team Girls = 2miles under 20:00 Boys = 2 miles under 17:30	19 Long run with team (not mandatory)
20 Long run on your own	21 7:00 am	22 Staff in-service Afternoon practice	23 Staff in-service Afternoon practice	24 Staff in-service Afternoon practice	25 2 mile scrimmage at SF	26 Long run with team
27 Long run on your own	28 1 st day of school Practice 3:00-5:00	29 Practice 3:00	30 Practice 3:00	31 Practice 3:00	Be sure you're present for Sat. Meets on 9/9, 9/23, and 9/30.	